

In November, Native American Heritage Month Celebrates Centuries of Culture and Tradition

By Gary P. Taylor, SCTCA TANF

"All life is a circle. The atom is a circle, orbits are circles, the earth, moon, and sun are circles. The seasons are circles. The cycle of life is a circle: baby, youth, adult, elder. The sun gives life to the earth who feeds life to the trees whose seeds fall to the earth to grow new trees. We need to practice seeing the cycles that the Great Spirit gave us because this will help us more in our understanding of how things operate. We need to respect these cycles and live in harmony with them."

- Rolling Thunder, Cherokee

All across America, November is Native American Heritage Month.

The month – designated by President George W. Bush in 1990 – is a celebration of centuries of Native American history on the North American continent.

Long before the United States became a nation, there were millions of Native Americans who had lived in every part of the continent – North, South, East and West. Hundreds of tribes lived across the vast territories, establishing a culture, customs, traditions and beliefs passed from generation to generation.

Now, centuries later, American Indians still live in these territories, in what is now the United States. And Native Americans have a history, both before and after.

Native American Heritage Month is “a time to celebrate rich and diverse cultures, traditions and histories and to acknowledge the important contributions of Native people,” as noted in the National Congress of the American Indian web site. “Heritage Month is also an opportune time to educate the general public about tribes, to raise a



(Continued on page 10)

G.L.A.D: Gratitude, Learning, Accomplishment and Delight

By Cyndie Gilliam, SCTCA TANF Therapist



The month of November has us reflecting on what we are grateful for.

Many people choose to reflect on this daily by stating something they are grateful for each day. I want to share with you The G.L.A.D. technique developed by Donald Altman. The goal of this exercise is to challenge the negative thoughts that we often have and become more aware of the positive things that surround us every day.

The **G.L.A.D.** technique is an acronym for Gratitude, Learning, Accomplishment and Delight. I want to go over each area in detail so you can learn how to bring more positiveness into your daily life.

Gratitude - The meaning of gratitude is to show thankfulness and appreciation. Recognizing this will help you to notice the good things that you experience in your day. The more you practice this the easier it

(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
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(760) 746-0901 Ext. 118

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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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(714) 450-9240 Toll-free: (866) 728-2230



will become. It doesn't have to be a life-changing event. You can feel gratitude for simple things like having food, clean water or a roof over your head.

Learning - Every day gives us an opportunity to learn something new. This could be anything that you didn't know yesterday but learned today. Something about yourself or a loved one, a fun fact or even seeing something you thought you knew in a different way.

Accomplishment - Often times we think of accomplishments in terms of major life goals but in reality, they do not always have to be extraordinary. An accomplishment can be as simple as getting enough sleep, staying hydrated or getting your child to school on time.

Delight - Delight is about experiencing joy even for just a moment. Things like laughing with a friend, a joke that your child tells you, a bite of something that makes your tastebuds explode, or even seeing something beautiful in nature. Basically, anything that makes you smile.

What I challenge you to do is to set aside some time each day to come up with one answer to each of the four areas. You can do this alone or as a family project. You can write it down in a journal or on a piece of paper. Keep it in a visible location so that it can be a reminder to do it daily. You could even do it at a certain time like after dinner so you can build a routine. Don't get discouraged if you forget one day. Building habits take time. The more frequent you do it the more likely it is to become a habit.

At the end of the month, ask yourself; Did you feel any different focusing on the positive aspects of your day? Did you learn anything new about yourself? Did the G.L.A.D. technique help you to become more aware of the positive things around you? Do you think this technique will help you and your family to be more positive in your day-to-day life? I hope you find this technique helpful and will continue to incorporate it not just this month, but every month after that. If you have any questions, you can contact me, Cyndie Gilliam, LMFT TANF Therapist, at cgilliam@sctca.net or (619)460-3400, ext. 210.

At Pala, A Forklift Training Session for SCTCA TANF Participants

By Racheal Bentancourt, Site Manager, SCTCA TANF Pala

In late September, several participants from Southern California Tribal Chairmen's Association (SCTCA) Pala TANF attended a day-long forklift training session.

The morning classroom session was held at Pala TANF and started with a beautiful blessing from Paul Miranda, followed with a self-esteem icebreaker. The icebreaker consisted of self-affirmation listed on a postcard. Participants chose them from a basket. After making a selection, the participants read it to themselves, and then introduced themselves to the group with the self-affirmation that was listed on their card. The purpose of the icebreaker was to remind participants that they are worthy and capable.

Racheal Bentancourt, Site Manager at SCTCA Pala TANF, welcomed the group during the morning session. She told the group the forklift training will be the first of many such sessions offered to participants. She added future sessions, in collaboration with the Career Department, would also focus on culture, self-worth, and a learning experience. The forklift training was the first time such a session had ever been offered to Pala TANF participants. Starting salary range for forklift operators is \$20-\$26 dollars an hour.



Shawnee Reed maneuvers a forklift

Joe Larson, owner of SALT, a training company, introduced himself and conducted the session. He began by explaining in detail the rules and regulations to become a certified forklift driver. Larson used a power-point presentation and discussed with participants how to inspect a forklift, knowledge of the operations of a forklift, making equipment checks and understanding weight limits. He also spent considerable time on individual and group safety while operating a forklift.

In the afternoon, TANF participants had approximately 45 minutes of hands-on training on a forklift provided by Tribal Print Source. Participants inspected the forklift thoroughly, using a pre-operation checklist before starting the forklift.

Once the operational checks were verified, participants individually drove the forklift, picked up, moved and stacked wooden pallets while maneuvering around the Pala site parking lot.

At the conclusion of the training, each participant was certified to drive a forklift.

TANF staff who attended the session included Bentancourt, Erik De Haro from Escondido TANF and Carolyn Stalcup from Pala TANF.

----- DISPATCHES -----

Oklahoma



Dwight Birdwell receives Medal of Honor from President Joe Biden

Each year on November 11, Veterans Day honors all those Americans who have served in the military forces of the United States.

Fifty-five years ago, in one of the bloodiest sieges of the Vietnam War, a Cherokee from Oklahoma distinguished himself on the field of battle.

During the North Vietnamese Tet Offensive on Jan. 31, 1968, Spc. 5 Dwight Birdwell and his United States Army unit felt the full extent of an enemy force attack. Enemy rounds disabled his tank commander and several vehicles in his convoy. His conduct in battle was summarized by the Army:


"Birdwell refused medical attention after the machine gun he recovered exploded and injured him. Even after receiving orders to take medical treatment for his wounds, Birdwell snuck out of the medevac helicopter and continued fighting... After Birdwell moved his tank commander to safety, he entered the commander's hatch and fired upon the attacking enemies until he exhausted the tank's ammunition. He finally agreed to be evacuated after treating fellow troops and after reinforcements had arrived."

For his courage under fire, Birdwell was awarded the Medal of Honor by President Joe Biden last summer. He was presented the award at a ceremony in the White House East Room. "He knew his vehicle was the first line of defense," Biden said of Birdwell. "He sustained fire, drove back the attackers and created a place of relative safety for the injured men."

Along with Birdwell, three other Vietnam veterans received the Medal of Honor- one posthumously.

"It's been a long journey to this day for those heroes and their families," Biden said to the recipients and their loved ones during the ceremony. "And more than 50 years have passed since those soldiers have proved their mettle. But time has not diminished their astonishing bravery, their selflessness ... or the gratitude that we as a nation owe them."

Birdwell, a member of the Cherokee Nation, continues a long tradition of Native Americans serving in the armed forces, the Army noted. After his military service, he had a successful career in law, first serving as a member of the Cherokee Nation Supreme Court, then as its Chief justice.

 - Gary P. Taylor

At Santa Ynez, Two Classes in Pottery and Leather Crafting Bring Together TANF Participants and their Families

By Gerri Massey, Case Manager, SCTCA TANF Santa Ynez

In late July and early August, Southern California Tribal Chairmen's Association (SCTCA) TANF Santa Ynez offered classes in Leather Crafting and Pottery.

The two classes included TANF participants, their children and grandparents.

The Family Leather Crafting class on July 26 was organized and hosted by Gerri Massey, Case Manager, SCTCA TANF Santa Ynez. The goals of the class were education, youth employment and cultural experience. Other goals that were met were family enrichment, learning a trade, therapeutic outlet and learning a business. One family attended, consisting of a parent and three children.

The course facilitator explained the art of leathermaking very well. In the morning, he taught the craft, gave a history of how he got into leathermaking, and then had the participants practice on small used pieces of leather before making their project.

Participants made necklaces, bookmarks, coasters and belts. The afternoon session consisted of belt-making. Each piece of leather had to dry prior to completing the projects. The children were engaged and made additional

leather crafts throughout the day. They each stated they enjoyed the workshop.

The Family Pottery Class on August 10 was also organized by Massey, but hosted by Grant Zarazoga, Eligibility Specialist, SCTCA TANF Santa Ynez. As in the leather crafting course, the pottery class met goals in education, youth employment and cultural experience. Additionally, the activities also helped in therapeutic activity, family enrichment, learning a trade and starting a business.

According to the surveys completed after the class, the seven TANF participants enjoyed connecting the walls of the cup together and painting the cups afterward. One participant did say attaching the sides of the walls was a little challenging, but they learned to mold the pieces together with the help of their brother. Another participant said that anytime they made a mistake, they were able to start their masterpiece over again. The participants' favorite part of the activity was stamping and painting the cup. Another participant said they loved the different textures. The parents and grandparents at the event stated they really enjoyed the class.





Southern Indian Health Council Hosts 25th Annual Native American Health & Wellness Conference

By Gary P. Taylor, SCTCA TANF



SCTCA TANF table at Native American Wellness Conference

In early October, more than 200 people attended the Southern Indian Health Council's (SIHC) 25th Annual Native American Health and Wellness Conference.

The day-long event included presentations, speeches, breakout sessions, Bird Singers, vendors and exhibitors. It was held at the Heritage Event Center at the Sycuan Casino Resort.

Erica Pinto, SIHC Chairwoman, delivered the Opening Prayer. Guests were welcomed by Laura Caswell, Chief Executive Officer of SIHC.

The conference provided guests with access to more than a dozen organizations offering information on a wide range of health services, including pamphlets and brochures on domestic violence, medical issues, diet and nutrition, behavioural health, substance abuse, suicide prevention, COVID testing and screening, family therapy, individual counseling and referrals.

"We have established care teams to help improve coordination and continuity to improve access to care, and to provide care that is patient and family centered, compassionate, and delivered in a culturally effective manner," according to an SIHC statement in the 21-page conference booklet given to every person in attendance.

The conference had two keynote speakers: Tracy Prior, Chief Deputy District Attorney and Chief Operating Officer

of One Safe Place; and Dr. Vanessa Rodriguez, a Marriage and Family Therapist. Conference breakout sessions included *the Importance of Connectivity; Protecting Our Families; Saving Lives; Intergenerational Healing; and Health and Wellness For All*. The sessions were held in the morning and afternoon.

Throughout the day, guests also spoke with individuals representing organizations and agencies, including the *Strong Hearted Native Women's Coalition; Southern California American Indian Resource Center (SCAIR); SCTCA TANF; Tribal Oak Tree Foster Family Agency; the San Diego County District Attorney's Office and the San Diego Sheriff's Department*.

Other organizations providing guests with information were the *San Diego Regional Center; Acadia Healthcare Comprehensive Treatment Center; Fountain Hospice and Palliative Care; Breaking Down Barriers; Vista Hill Native American Smart Care, San Diego County Registrar of Voters and the County of San Diego HHS*.

Marcia Hunter, MHA Nation, Arikara, Mandan and Northern Cheyenne, is a Facilitator of the Native/Indigenous Community Suicide Loss Support Group. She represented the organization Survivors of Suicide Loss at the conference.

“This support group is for individuals from the Native Community who have lost a family member or friend to suicide,” she wrote in a page available at her table. “It is a welcoming and non-threatening space to share personal experiences and thoughts. Interactions are kept confidential and discussed only within the confines of the group meeting.” (Marciahunter90@gmail.com).

The fact that the conference - now more than two decades old - continues to draw individuals such as Hunter and so many other agencies, organizations and health care providers indicates it remains a strong annual presence in the Native American community.




25TH ANNUAL NATIVE AMERICAN HEALTH & WELLNESS CONFERENCE

SOUTHERN INDIAN HEALTH COUNCIL, INC.

SYCUAN CASINO RESORT
FRIDAY, OCTOBER 6, 2023



619-445-1188 www.SIHC.org

About Southern Indian Health Council

Mission Statement: Southern Indian Health Council, Inc. (SIHC), is a Native American organization committed to protecting and improving the physical, mental, and spiritual health of our American Indian Community. We provide a comprehensive range of wellness, professional health care, dental, and social services

Services: SIHC is proud to provide direct services by offering, medical, dental, pharmacy, community services, youth center, and Kumeyaay Family Services. Each of these programs are designed to provide individualized care. SIHC is committed to providing these services to protect and improve the physical, mental and spiritual health of the community.

Tribal Consortium: SIHC serves a seven-member tribal consortium that includes Barona, Campo, Ewiiiapaayp, Jamul, La Posta, Manzanita and Viejas. We are an accredited and Federally Qualified Health Center operating out of a modern facility set on 10 acres of pristine countryside.

SIHC Alpine Clinic, 4058 Willows Road, Alpine, Ca. 91901
Phone: (619) 445-1188 www.SIHC.org

PREVENTION IS POSSIBLE

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Show Respect  Take Action  Report It

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Photo: Courtesy of Emory University

Editor's note: College Horizons is a pre-college program for Native American high school students open to current sophomores and juniors. Each summer, students work with college counselors and college admissions officers in a five-day "crash course." The individualized program helps students select colleges suitable for them to apply to, get admitted to, and receive adequate financial aid. Below is a local student's personal account of her experience this past summer at College Horizons.

College Horizons at Emory University

By Erica A. Hood, Pauma Band of Luiseno Indians/Shawnee/Choctaw

I went to College Horizons from July 8th to July 14th at Emory University in Atlanta, Georgia. It was the most helpful college-related experience I have ever had.

After being accepted into the program, there were a couple of assignments to complete before attending. Most were short and simple, such as completing a couple of surveys. The longest assignment was to complete a draft of the Common App essay and to answer the prompts in a way that connects to your Native identity. The drafts were then used as starting points to complete a final draft by the end of the program. This took the most amount of time to complete but made the week a lot easier because I had already decided the direction I wanted to go with my essay. The mentors from the groups were able to read the essays before we arrived so they could also begin to work on helping us.

Immediately after arriving at Emory University we started working. The first day was very simple and focused on getting to know different people. We had large group sessions, but most of the time was spent in small groups. These groups had around 12 students and a mentor for every two or three students. The mentors were all representatives from different colleges – most of them worked on admissions teams. There was also a list-maker who helped choose colleges you might be interested in.

Each group also had two essay specialists who worked

individually with each student three times during the week to revise our Common App essay. Every day (other than the first) our schedule was nearly the same. We spent one day focusing on a specific topic, such as financial aid, and then would meet in our small groups where one or more of the mentors would share a presentation and we could ask questions regarding the topic. Then we would get into the large group, where a presenter would go over the same general topics and we would take notes.

Each day there were two sessions to meet with different colleges. The representative from each school would have an information session on their school. With the help of the mentors, we would choose a school to go to and would be able to learn specifics about a school we were interested in. We then got into our small groups again and had time to work on our essays, the common app, and researching schools. This was also the time when meetings with the essay specialists and list-maker would happen.

The part I enjoyed the most during my time was the small group sessions. Before starting any work, we would always do ice-breakers, which helped the group grow closer together. Every day we would all set three goals to meet by the end of the day. Our mentors would help us attempt to meet those goals. They could be goals about the amount of work you'd get done that day, but also goals such as meeting two new people or drinking more water that day.

For the first half of the week we had to eat with our small groups for every meal, but after that we were allowed to sit anywhere. We were encouraged to use that time to meet with representatives from the different schools that you might be interested in. We could then learn more about the school. Although I did meet some new people, my small group had become especially close with each other and we continued to eat every meal together.

The biggest asset, in my opinion, was the list-maker. Each small group had one person dedicated to helping find schools for each student. During my first meeting with my list-maker, Shelly, we discussed different things I was looking for in a college. As someone who has had a hard time deciding what type of school I was looking for, I found this especially helpful. We started a Google sheet of several colleges that she thought would be good options. From there, we would go through and research a list of questions for each school. At the end of the week, I had a list of schools that I wanted to apply to and reasons as to why I wanted to go there. This also provided me with a list of questions to look for when researching a school, as well as giving me a better sense of the types of schools I was interested in.

The whole College Horizons experience was extremely encouraging. They have made it very easy to stay in touch with them for further help even after the summer program ended. Everyone at College Horizons made you feel seen in your identity and feel worthy of going to good schools that are right for you. They also made sure we were focusing on a school that was the right fit for us, rather than if we were "good enough" for a certain school.

Emory University, below, and Erica Hood, right



Native American Heritage Month



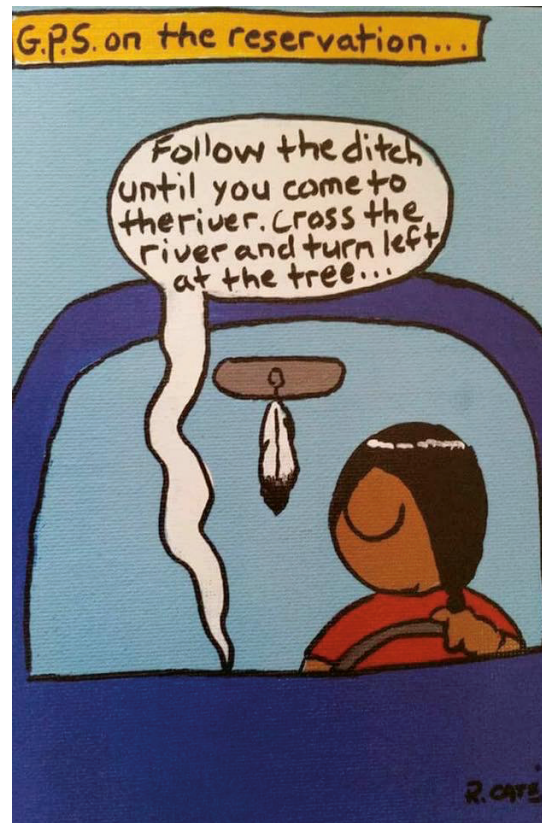
general awareness about the unique challenges Native people have faced both historically and in the present...and the ways in which tribal citizens have worked to conquer these challenges.”

“The American Indian is of the soil, whether it be the region of forests, plains, pueblos, or mesas. He fits into the landscape, for the hand that fashioned the continent also fashioned the man for his surroundings. He once grew as naturally as the wild sunflowers, he belongs just as the buffalo belonged...”

– Luther Standing Bear, Oglala Sioux Chief

Bush’s declaration in 1990 came 75 years after the first attempt to proclaim a single day in honor of Native Americans. According to *Indian Country*: “The first inklings that such a day may come to pass occurred back in 1915 when Red Fox James, a Native American of the Blackfoot nation, took it upon himself to ride a horse from state to state seeking approval from 24 separate state governments for a day to honor the “American Indian.” In December of that year he presented his proposal to President Woodrow Wilson in the White House, apparently to no positive effect.





But earlier in 1915, the Congress of the American Indian Association approved a plan concerning American Indian Day at its yearly meeting in Lawrence, Kansas. They directed their president, Rev. Sherman Coolidge, an Arapahoe, to call up on the country to observe a day for American Indians. A proclamation was issued on September 28, 1915, declaring the second Saturday of each May as American Indian Day. The proclamation also contained the first formal appeal to recognize Indians as citizens.

Now, more than a century later, the entire month of November celebrates Native Americans and their history, traditions and culture. In our November 2021 issue of the SCTCA TANF Newsletter, we wrote, "It is not possible, of course, to recount the traditions and culture of American Indians in a single month. But it is possible to capture, in a few photographs or a few words, a very small part of what it is to be Native American."

On this page, previous pages and the following pages are photographs from the past, along with words from more than a century ago.

It is all part of one- part of generations long ago, and part of generations here and now.





I am not myself without you.
You taught me to love tenderly
Binding me like infinite hugs
In these ways
that sweetgrass understands
As I rested, gained my strength
By your womb in this world
In the boards of the earth

Self love was taught by you.
By the ones before you
By a Love that is ancestral
Love is passed down.

Cradle board love
Blue Corn love
Medicine Love
Prayer Love
Laughter by the fireplace love
Rain on the mesa love

I love love.

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

*2023 Graduate of
San Diego State University*



QUOTES AND REMARKS:

"The American Indian is of the soil, whether it be the region of forests, plains, pueblos, or mesas. He fits into the landscape, for the hand that fashioned the continent also fashioned the man for his surroundings. He once grew as naturally as the wild sunflowers, he belongs just as the buffalo belonged."

- Luther Standing Bear, Oglala Sioux Chief

"When you know who you are when your mission is clear, and you burn with the inner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose. You know that you are alive."

- Chief Seattle

"I am poor and naked, but I am the chief of the nation. We do not want riches, but we do want to train our children right. Riches would do us no good. We could not take them with us to the other world. And we do not want riches. We want peace and love."

- Red Cloud, Oglala Lakota

"I have seen that in any great undertaking it is not enough for a man to depend simply upon himself."

- Lone Man (Isna-la-wica), Teton Sioux





QUOTES AND REMARKS:

"Being Indian is an attitude, a state of mind, a way of being in harmony with all things and all beings. It is allowing the heart to be the distributor of energy on this planet; to allow feelings and sensitivities to determine where energy goes; bringing aliveness up from the Earth and from the Sky, putting it in and giving it out from the heart."

-Brooke Medicine Eagle

"You must speak straight so that your words may go as sunlight into our hearts."

- Cochise

"I should never have surrendered. I should have fought until I was the last man alive."

- Geronimo

"Will we let ourselves be destroyed in our turn without a struggle, give up our homes, our country bequeathed to us by the Great Spirit, the graves of our dead, and everything that is dear and sacred to us? I know you will cry with me, 'Never! Never!'"

- Chief Tecumseh, Shawnee

"This hand is not the color of yours, but if you pierce it, I shall feel pain. If you pierce your hand, you also feel pain. The blood that will flow from mine will be the same color as yours. I am a man. God made us both."

- Standing Bear, Ponca



SOUTHERN CALIFORNIA
TRIBAL CHAIRMEN'S ASSOCIATION

TRIBAL TANF

Empowering Families... Strengthening Communities...

Tribal Temporary Assistance for Needy Families (**TANF**) is a federal and state funded program that provides cash assistance and supportive services to Native American families who are in need.

The Southern California Tribal Chairmen's Association (SCTCA) offers the **Tribal TANF** program to all Native American families residing in the counties of San Diego, Santa Barbara and Orange.

Services provided include:

- **Monthly Cash Aid Assistance**
- **Transportation Assistance for training activities**
- **Training Opportunities**
- **Academic Incentives**
- **Job Preparation / Job Search**
- **Family Engagement and Empowerment Activities**
- **Assistance with overcoming Employment Challenges**
- **Adult & Family Counseling Services**
- **Child Care Assistance**

In order to be eligible for the **Tribal TANF** program, you must meet the following criteria:

- One member of the household must be able to provide proof of membership or lineal descendancy from a federally recognized tribe or the California Judgment Rolls
- Have a minor dependent in your home or be a single Native American woman in your third trimester of pregnancy
- Reside within San Diego County, Santa Barbara County or Orange County
- Meet the income qualifications **May differ for non-parent Caretaker*
- Submit required verifications

www.sctca.net

Contact us today for more information or to apply

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Pala, CA 92059
(760) 742-8690

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M-F / 8:00am-4:30pm

Closed Holidays



Class Calendars

Two Directions, Inc.

Sept. 1st-Dec. 31st, 2023

2023 CLASS SCHEDULE

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

Two Directions, Inc.

Sept. 1st— Dec. 31st, 2023

2023 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #8 Classroom 2 Classes				
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
Break 11:00-11:15				
11:15-1:15 Study Period	11:15-1:15 Study Period	11:15-1:15 Study Period	Diploma / HiSet/ *ABE 10:30-12:30 Josh M. (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)	Diploma / HiSet/ *ABE 11:15-1:15 Josh M. 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	No classes <small>*Adult Basic Education</small>

Two Directions, Inc.

Sept. 1st—Dec. 31st, 2023

2023 CLASS SCHEDULE

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

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:

**Friday, November 9, 2023 for
Veteran's Day.**

**Thursday & Friday, November
23-24, 2023 for Thanksgiving**

NOVEMBER 2023 CALENDAR

BG ASSOCIATES INC.
210 S. JUNIPER ST., SUITE 212
ESCONDIDO, CA 92025

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

WWW.BGASSOCIATESINC.COM

MONDAY-FRIDAY
8:30AM-4:00PM

FOR CLASS INFORMATION, CONTACT KAYLEIGH at
KGUACHENA@BGASSOCIATESINC.COM.

**BG ASSOCIATES INC.
PROVIDES INDIVIDUALIZED
LEARNING TO
ACCOMMODATE THE
SCHEDULE & NEEDS OF
PARTICIPANTS.**

**CLASSES & TIMES ARE
SUBJECT TO CHANGE.**

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

SCAIR, Inc.
239 E Main St. • El Cajon, CA 92020
Monday-Friday • 8:00am-4:30pm
888.21.SCAIR • 619.328.0676
www.SCAIRInc.org



SCAIR
Southern California American Indian Resource Center, Inc.

NOVEMBER 2023

SCAIR Weekly Calendar
Serving the Native American
Community Since 1997

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm
Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services
	Coffee with the Director 11/7 - 10-10:30am	Monthly Career Training 11/15 - YouTube release	TUPE at SDAIHC 11/2 - 4:00-5:30 pm	
	TUPE at Ballard Center 11/28 - 6:00-8:00pm	TUPE at SCAIR 11/29 - 3:30-5:30 pm	TUPE at MLK comm. ctr 11/9 - 6:00-7:00pm	

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
 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 November 2023



<u>COMMODITY DISTRIBUTION SCHEDULE FOR NOVEMBER 2023</u>		
<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
NOVEMBER 2, THURSDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
NOVEMBER 6, MONDAY	CAMPO	10 AM – 12 PM
NOVEMBER 8, WEDNESDAY	SAN PASQUAL	8 AM – 12 PM
NOVEMBER 9, THURSDAY	LOS COYOTES LA JOLLA	8:30 AM – 9:30 AM 11 AM – 12 PM
NOVEMBER 14, TUESDAY	RINCON	8 AM – 12 PM
NOVEMBER 15, WEDNESDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
NOVEMBER 16, THURSDAY	PALA	9 AM – 11 AM
NOVEMBER 20, MONDAY	MANZANITA/LA POSTA OLD CAMPO	9:30 AM – 10:45 AM 11:30 AM – 12:30 PM
NOVEMBER 21, TUESDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM



Coming in December:

- AIR Banquet at San Diego State University
- Indigenous Day at Safari Park
- A Native American Christmas

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

