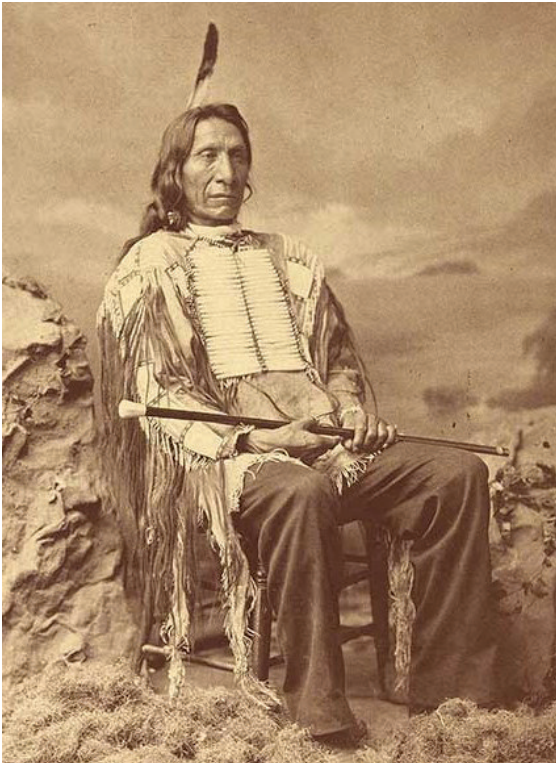


## In November, Native Americans Celebrate Centuries Of History

By Gary P. Taylor, SCTCA TANF

*“I hope the Great Heavenly Father, who will look down upon us, will give all the tribes his blessing, that we may go forth in peace, and live in peace all our days, and that He will look down upon our children and finally lift us far above this earth.”*

- Red Cloud, Oglala Lakota Chief



Red Cloud, in portrait, 1880

November is Native American Heritage Month.

The month was first designated by President George W. Bush in 1990. And now, all across the United States, November is a celebration of centuries of Native American history.

Long before the United States became a nation, there were hundreds of thousands 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.

One of those tribes was the Oglala Lakota Sioux, who roamed the Great Plains for centuries before the coming of the white man. Red Cloud, born in 1822, became a chief of the tribe. He was a warrior against the white man.

“Whose voice was first sounded on this land?” he once said at a conference in Washington, D.C. “The voice of the red people who had but bows and arrows... When the white man comes in my country he leaves a trail of blood behind him.”

Red Cloud and his tribe fought fierce battles against the encroachment of settlers in the 1860s, but his warriors were overwhelmed by the United States Army. He and most of the Oglala Lakota tribe was forcefully moved to the Pine Ridge Indian Reservation in the 1880s. He died there, in December of 1909, at the age of 88.

(Continued on page 6)

## At Two Directions, CPR Lessons in Lifesaving and First Aid

By Gary P. Taylor, SCTCA TANF

Josh Murphy stood at the front of the classroom, opening and closing his hand into a fist.

“This is what your heart is doing when it is in cardiac arrest,” he said, repeating the motion. “It’s a muscle, and if it is out of its normal rhythm that can a very dangerous situation.”

Murphy held up a small red and white device – an Automated External Defibrillator (AED), designed to help people in sudden cardiac arrest by delivering an electrical shock.

“An AED can save a person’s life,” he said. “I’ve seen it happen – it works.”

Murphy was speaking to a group of seven individuals who participated in a



Instructor Josh Murphy, top, at CPR class

(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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Valley Center, CA 92082  
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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
Ewiiaapaayp	Pala	Sycuan
Inaja/Cosmit	Pauma	Torres Martinez
Jamul	Rincon	Viejas
La Jolla	San Manuel	
La Posta	San Pasqual	

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(Continued from page 1)



Cardiopulmonary Resuscitation (CPR) training session in early October. The four-hour course was held at Two Directions in Rincon.

Murphy is the Two Directions High School Diploma/HiSet/ABE Instructor. He has also taught the CPR course at Two Directions for several years.

During the session, Murphy answered participant questions and led them through instruction and training in CPR, including the use of an AED and using breathing devices on life-size figures of adults, children and babies. There was also basic First Aid instruction and training.

Murphy told participants knowledge of how and when to use an AED can be especially important. The medical device analyzes a person's heart rhythm and delivers an electrical shock to help restore a normal rhythm if needed. AEDs are designed to help people experiencing sudden cardiac arrest, which can occur when the heart stops beating or the heart rhythm becomes uncoordinated.

"No one really knows how you're going to react in a medical emergency or a life-saving type of situation," he noted. He told participants such an event "probably won't happen in your presence – but it might. That's why you should become familiar with an AED and know exactly how to use it."

He noted most AEDs are designed to be easy to use, even for people without extensive training. The devices include audio and text instructions, and most models will guide you through the process. AEDs can often be found in public places such as schools, libraries, airports and hospitals, according to the American Heart Association.

At the end of the training session, participants were tested and received a Course Completion Card from the American Heart Association. The card is valid for two years from the test date.





# Birch Aquarium, UC San Diego Sponsor Indigenous Ocean Day at La Jolla in November

By Gary P. Taylor, SCTCA TANF

The Birch Aquarium and the UC San Diego Scripps Institution of Oceanography in La Jolla is sponsoring Indigenous Ocean Day on Saturday November 23.

The event – from 11 a.m. to 5 p.m. – features “centering Indigenous people and Indigenous ocean knowledge with the original peoples in the region we now call San Diego County and northern Baja California,” according to Birch Aquarium.

Indigenous Ocean Day will include Birdsingers, Storytelling, Tule boat-making, Demonstrations and hands-on activities, Ocean animals and Ethnobotany with native plants. There will also be Indigenous cultural and educational organizations at the event. All Indigenous community members will receive complimentary Aquarium admission.

Birch Aquarium is located 2300 Expedition Way in La Jolla. For additional information, contact Nan Renner, Senior Director of Strategic Partnership. Her email address is nrenner@ucsd.edu.



Devon L. Lomayesva

In early October, California’s Governor Gavin Newsom made a historical judicial appointment.

Newsom named Devon L. Lomayesva, Chief Judge of Intertribal Court of Southern California, to serve as a Judge in San Diego County Superior Court.

Lomayesva – from the Iipay Nation of Santa Ysabel – becomes the first Native American woman and tribal member to be appointed as a Superior Court Judge in San Diego County.

“I want to congratulate my wife and American Indian Resources Center (AIR) co-founder in her appointment as Judge in the San Diego Superior Court,” said Dwight Lomayesva, Devon’s husband.

“We started our journey at San Diego State University together. She is currently the Chief Judge of the Intertribal Court of Southern California. All her work has been vested in serving our communities through our non-profit, her work in community service at the Santa Ysabel Gathering, and as an attorney.

“Sometimes this can be tough, but her faith and belief in our community is with great hope and optimism. So, we (as a family and as a community) are so proud of Devon as she joins the San Diego Superior Court as the first woman and member of a California Indian tribe to be appointed. Congrats on all your work and dedication to our communities!”

Devon Lomayesva was one of 18 judicial appointments announced by Newsom on Oct. 9, including one in Colusa County; one in Contra Costa County; five in Los Angeles County; two in Orange County; three in Sacramento County; one in San Bernardino County; four in San Diego County; and one in Sutter County.

As noted by a news release from the Governor’s Office, Lomayesva has been Chief Judge at the Intertribal Court of Southern California since 2016. She was a Pro Tem Judge at the Intertribal Court of Southern California from 2015 to 2016 and Tribal Attorney for the Soboba Band of Luiseño Indians from 2013 to 2014. She was Executive Director at California Indian Legal Services from 2007 to 2012 and In-House Counsel for the Iipay Nation of Santa Ysabel from 2004 to 2007.

Lomayesva was also Directing Attorney at California Indian Legal Services from 2003 to 2004 and a Staff Attorney there from 1999 to 2002. She earned a Juris Doctor degree from the California Western School of Law.

Lomayesva’s appointment fills the vacancy created by the retirement of Judge Harry Powazek.

**save the date**

# INDIGENOUS OCEAN DAY

**Saturday, November 23 11 a.m. to 5 p.m.**

Join us for a day at Birch Aquarium at Scripps with family and friends centering Indigenous people and Indigenous ocean knowledge with the original peoples in the region we now call San Diego County and northern Baja California.\*

**Featuring:**

- Birdsinging groups
- Storytelling
- Demonstrations & hands-on activities
- Tule boat making
- Ocean animals
- Ethnobotany with native plants
- Indigenous cultural & educational organizations

**Join us**

Birch Aquarium at Scripps  
2300 Expedition Way La Jolla, CA 92037

\* Indigenous community members will receive complimentary aquarium admission.

Email Nan Renner, Senior Director of Strategic Partnerships, nrenner@ucsd.edu with any questions.

**BIRCH AQUARIUM** | **UC San Diego**  
SCRIPPS INSTITUTION OF OCEANOGRAPHY

# Recipes For The Fall: A Mix of Dishes and Drinks

With the arrival of fall, there are some dishes and drinks to welcome the cooling season. The following recipes include a Breakfast Scramble, Carmelized Onion and Butternut Squash, Caldo de Pescado, and Mulled Apple Cider. The recipes were submitted by Albert Contreras, Certifier/Nutrition Educator with Rincon Food Distribution. Each of the recipes includes all the ingredients, preparation, cooking times and serving sizes.

- Gary P. Taylor

## Autumn Breakfast Scramble

Prep time: **15 minutes** Cook time: **25 minutes** Yields: **1 serving**

### Ingredients:

- 1/2 cup of quartered baby potatoes
- 1/2 cup of sweet potatoes 1/2" dice
- 1/2 cup of quartered white mushrooms
- 1/2 cup of sliced zucchini
- 2 Tablespoons of alfalfa sprouts
- 2 eggs
- 1/2 Tablespoon of olive oil
- salt pepper, garlic powder, chili powder to taste
- 1 teaspoon of butter optional
- 1/4 cup of your favorite salsa verde, optional
- Protein of choice, optional

### Instructions:

#### Scramble:

1. Pre-heat your oven to 375 degrees F
2. Toss the potatoes and sweet potatoes with 1/2 Tablespoon of olive oil and season with salt, pepper, garlic powder, and chili powder
3. Put on a baking tray and cook in the oven for 15 minutes, stirring every 5 minutes
4. Add in the zucchini and mushrooms, mix in another 1/2 Tablespoon of olive oil and mix well with the potatoes and sweet potatoes. Roast for another 5-10 minutes. Make sure the veggies have nice caramelization.
5. Remove the roasted veggies and add them to a mixing bowl, stir in the salsa verde (optional) before plating.
6. Finish with 2 eggs prepared the way you like, and top with the alfalfa sprouts.

#### Scrambled Eggs:

1. Heat up a non-stick pan with 1/2 Tablespoon of oil and 1 teaspoon of butter. Add in the eggs right away and scramble well with a spatula. Keep them nice and light, or let them cook for a bit more to get some added flavor. Season lightly with salt and pepper

#### Sunny Side Up:

1. Heat up a non-stick pan with 1/2 Tablespoon of oil and 1 teaspoon of butter. Crack in the egg right away and be careful not to break the yolk. Keep the temperature on medium heat and slowly cook the egg white until no translucent liquid remains. Keep that yolk whole!

#### Poached:

1. Heat up 1 small pot with water and just a pinch of salt. Let the water just come to a simmer and drop the egg carefully into the water. Let sit for a few minutes on a simmer but never a full boil as that will break up the egg. The egg should only poach for 2-3 minutes for a nice soft to medium cooked egg.
2. Serve!



## Mulled Apple Cider

Prep time: **5 minutes** Cook time: **1 hour** Yields: **8 servings**

### Ingredients:

- 1 whole nutmeg
- 10 allspice berries
- 10 cloves
- 2-star anise
- 4 cinnamon sticks
- 1/2-gallon apple cider
- 1 small orange, for garnish
- Whole cranberries, for garnish

### Instructions:

Toast the spices the spices for a few minutes to release the full flavors of the spices. Add the nutmeg, allspice, cloves, star anise and cinnamon to the bottom of a pot (or to a skillet for Slow Cooker instructions). Toast over medium heat for 2 to 3 minutes, stirring occasionally, until fragrant.

**Stovetop cooking instructions:** Turn the heat to low. Pour in the apple cider and bring to below a simmer, just barely bubbling. Warm for 1 hour on low heat (don't let it simmer). Skim off any particulate if desired, or stir to re-incorporate it.

**Slow Cooker & Instant Pot instructions:** Place the apple cider in the slow cooker or Instant Pot (pressure cooker) with the spices. Cook on low for 3 hours OR Normal using the Instant Pot "Slow Cooker" setting.





## Caldo de Pescado (Mexican Fish Soup)

Prep time: **15 minutes** Cook time: **30 minutes** Yields: **4 servings**

### Ingredients:

#### To Make Homemade Fish Broth:

Fish head tail, and bones of 1 fish

1/2 onion

1 garlic clove

1 bay leaf

1 tablespoon salt

1/2 teaspoon pepper

10 cups Water

#### For the Tomato Sauce:

3 tomatoes quartered

1 cup Water

½ onion

1 garlic clove

1 chipotle pepper in adobo sauce

½ tablespoon salt

#### For the Fish Soup:

2 tablespoons Olive Oil

1 large russet potato cubed

2 carrots sliced

10 cups Fish Broth or 10 cups water + 2 seafood bouillons

1 bay leaf

1 fish sea bass cut into 1-inch pieces

1 Sliced chile de árbol optional

Lime wedges optional

### Instructions:

#### To Make Homemade Fish Broth:

1. In a large pot, add fish head, tail and bones, ½ onion, 1 garlic clove, bay leaf, salt and pepper.

2. Add 10 cups of water.

3. Cover and bring to a boil.

4. Reduce heat and let simmer for 15 minutes.

5. Turn off heat.

6. Strain to discard bones, onion, garlic, and bay leaf.

7. Set broth aside until ready to use.

#### For the Tomato Sauce:

1. In a blender, add tomatoes, 1 cup water, 1/2 onion, 1 garlic clove, 1 chipotle pepper, salt.

2. Blend until smooth.

3. Set aside.

#### For the Fish Soup:

1. Heat oil in a large stock pot.

2. Carefully add the tomato sauce.

3. (Warning, it will splatter slightly when adding the tomato mixture).

4. Cook for 2 minutes, stirring constantly.

5. Add all the homemade fish broth. (Or, water + bouillons, if using)

6. Add the potatoes, carrots, and bay leaf.

7. Taste for salt.

8. Bring to boil.

9. Add the fish and cook for 3-5 minutes, depending on the thickness of the fish.

10. Serve in a deep bowl with lime wedges and top with chile de árbol and green onions.

11. Enjoy!



## Caramelized Onion, Butternut Squash, Cranberry & Crunchy Pecan Bruschetta

Prep time: **15 minutes** Cook time: **40 minutes** Yields: **10 servings**

### Ingredients:

2 tablespoon avocado oil + more for bread

4 cup 3/4" cubed, uncooked butternut squash

2 medium yellow onions, chopped

1 1/3 cup vegetable broth

2 tablespoon apple cider vinegar

1/4 teaspoon dried red pepper flakes

1 cup roughly chopped raw pecans

1/4 cup maple syrup divided

1/4 teaspoon fine grain sea salt + more for cranberries

1/4 teaspoon ground black pepper

1 cup fresh cranberries

1/2 cup water

1/4 cup maple syrup

10 slices sourdough bread

### Instructions:

Warm a large skillet over medium-high heat. Add the avocado oil. When it simmers, add the butternut squash and the onions, and cook, stirring very occasionally, until both are browned on the outside, about 10 minutes. Reduce heat to low. Add vegetable stock, apple cider vinegar and red pepper flakes and cook uncovered until the stock is absorbed and the squash is cooked through, about 15 minutes. Transfer to a bowl and mash with a fork until it has the texture of rustic mashed potatoes. Cover to keep warm.

Meanwhile, in a medium skillet, heat the pecans on low until they begin to darken slightly and smell nutty and fragrant, about 10 minutes. Turn the heat up to medium-high and add 1/4 cup maple syrup, 1/4 teaspoon of sea salt, and the ground black pepper. Spread in an even layer over skillet and cook for 3 more minutes as the maple syrup simmers and bubbles (this is it turning into a crispy candy!). Transfer to a parchment paper-lined plate, spreading in an even layer to cool.

Add cranberries to the pecan pan (no need to rinse). Add the water and the remaining 1/4 cup of maple syrup, plus a pinch of fine grain sea salt. Cook on high for 5 minutes, or until the berries pop and the liquid mostly evaporates (the texture should be like a loose jam or jelly).

Wipe out the large skillet and drizzle with avocado oil. Warm until hot on medium-high. Add the bread in a single layer; cook until golden brown, then flip and repeat on the other side. Repeat with all remaining bread.

To assemble, break the pecans up into small pieces. Spread a generous layer of the squash mixture on each slice of bread. Top with a few dollops of the cranberry sauce, and a sprinkle with the pecans. The squash, cranberries, and pecans can all be made ahead of time—when you're ready to serve, just toast the bread and assemble!



Red Cloud's long life was the exception among Native American warriors – many died in battle, killed at a young age. When the future Lakota chief was born, his tribe roamed freely, following the buffalo on the Great Plains. When he died, his tribe was enclosed on an Indian reservation, their freedom gone.

Now, centuries later, American Indians still live in these territories, in what is now the United States. And Native Americans have a history, whether it is the story of Red Cloud or of countless other Indians.

Karin Lehnardt, Senior Writer with FACTRETRIEVER web site, wrote a column nearly ten years ago about Native American history. She included 94 facts, some of which are well known, others obscure, some probably not even known by many Indians. In recognition of Native American Heritage Month, here are some of Lehnardt's facts:

- The Indian Citizenship Act (Snyder Act) of 1924 granted full U.S. citizenship to America's indigenous peoples. It was enacted in part due to the recognition of thousands of Native Americans who served in World War I.
- The term "Indian" originated with Christopher Columbus, who thought his ships had landed in the East Indies. He called the indigenous people "Indians."
- In the early 1600s, five tribes who were former enemies formed the Iroquois Confederacy. An all-male council who was elected for life made decisions; however, women had the right to fire any of them.
- Benjamin Franklin, co-author of the Constitution, thought the idea of a democratic government like the Iroquois Confederacy could be used by the English colonies. The eagle on the U.S. shield is the Iroquois bald eagle—also a symbol for the Iroquois.
- The Choctaw, Cherokee, Creek, Chickasaw, and Seminole tribes were called the "Five Civilized Tribes" by early white settlers. They were considered more civilized because of the similarities between their cultures and those of the Europeans, such as planned villages and farms.
- The elaborate eagle-feather headdress of the Lakota (Sioux), which reached from head to toe, could be worn only by a warrior who had proven his courage in battle. Eagle feathers were highly prized because they were thought to be full of spiritual power.
- Warriors of most Plains tribes thought that being able to touch an enemy during a raid without being touched in return was a great honor. This was known as "counting coup" and was regarded more highly than actually injuring the enemy or even stealing his horse.
- Over 24,000 Native Americans served during World War II. One of the most notable groups was the Navajo Code Talkers, who were a special group of U.S. military units who created an unbreakable secret code that was vital in defeating Japan.





- Europeans introduced several new and fatal diseases to the Native Americans. The most well-known disease was small pox, which decimated the Indian population. Others killers included cholera and measles.
- The U.S. Congress passed the Indian Removal Act in 1830 that forced American Indians tribes to agree to cede land east of the Mississippi River. In 1838, the U.S. military forced the Cherokee, Creek, Chickasaw, Choctaw, and Seminole Indians to walk from Georgia to Louisiana, which has become known as the "Trail of Tears." Thousands of those who walked died from disease, starvation, and exposure to bitterly cold weather.
- The 'Ghost Dance' appeared around 1890 in the Great Plains. It was believed that the ritual dance would help restore the old way of Native American life before the arrival of the Europeans. The dance promised the return of the buffalo and communication with the spirits of the dead. The U.S. government saw the 'Ghost Dance' as a threat and jailed or killed Indians who performed the ritual.
- Probably the most painful Native American ceremony was the Sun Dance of the Plains people. This involved dancers having skewers implanted in their chest muscles and being attached by rope to the sacred cottonwood tree. In return for their pain, they hoped for a plentiful supply of buffalo.
- The Iroquois called maize, beans, and squash the "three sisters." They were so important as sources of food that they were thought of as female spirits.



## Quotes and Remarks

*"There will be an animal you must learn to use. It has a shaggy neck and a tail almost touching the ground. Its hoofs are round. This animal will carry you on his back and help you in many ways."*

*"Those far hills that seem only a blue vision in the distance take many days to reach now; but with this animal you can get there in a short time, so fear him not. Remember what I have said."*

**- Sweet Medicine, Cheyenne prophet, telling his people of the coming of the horse.**

*"I was born upon the prairie, where the wind blew free, and there was nothing to break the light of the sun. I was born where there were no enclosures, and where everything drew a free breath. I want to die there, and not within walls."*



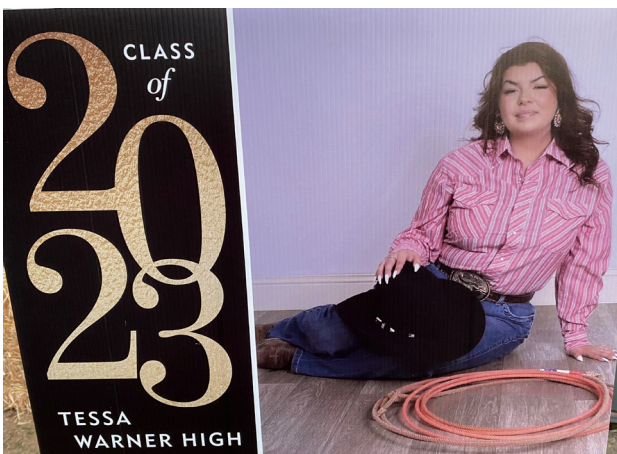
*"I have hunted and lived over that country. I lived like my fathers before me, and like them, I lived happily. So why do you ask us to leave the rivers, and the sun, and the wind, and live in houses?"*

**- Ten Bears, Comanche Chief, speaking at Medicine Lodge Creek**

*"The wild Indian exists no longer. The game on which he lived has been destroyed; the country over which he roamed has been taken up; and his tribes, one by one, have been compelled to abandon the old nomadic life, and to settle down within the narrow confines of reservations."*

**- George Bird Grinnell, 1882**









## Quotes and Remarks

*“I’m hoping people will take a look at the buffalo in a new way. Not as animal, but as a living being. I’m hoping people can know that buffalo can coexist with everybody. They can coexist with our cows. They can coexist with people. And if we give them a chance, like I think we should, it will strengthen us not only as not only human beings, but as Americans.”*

**- Gerard Duncan, Native American, and Assistant Director of the National Park Service**



*“My father has given me this nation. In protecting them I have a hard time.”*

**- Sitting Bull, Lakota Sioux Chief**

*“The dust created from the stampeding horses and powder smoke made everything dark and black. Flashes from carbines could be seen... I never heard such whooping and shouting. ‘There is never a better time to die,’ shouted Red Horse.”*

**- Moving Robe Woman, witnessing the Battle of Little Bighorn in 1876**









## Quotes and Remarks

*"The secret of our success is we never, never give up."*

*- Wilma Mankiller, Cherokee Chief*

*"The elders were wise. They know that man's heart, away from nature, becomes hard; they knew that lack of respect for growing, living things soon led to a lack of respect for humans too."*

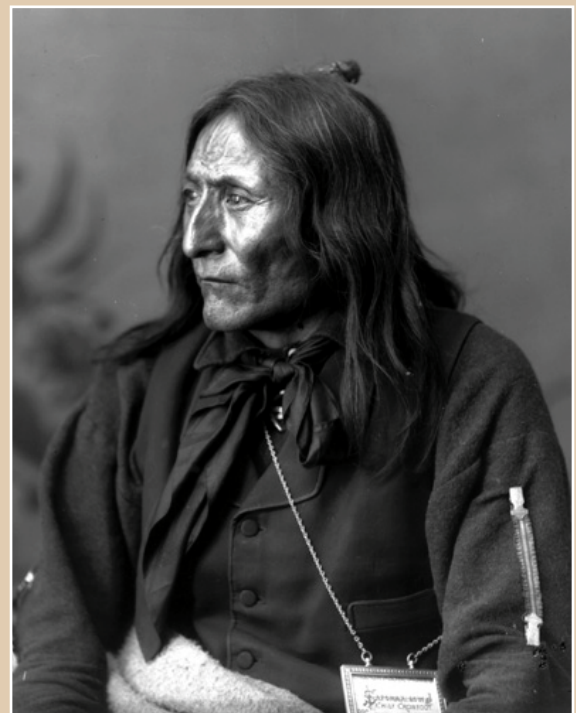
*- Ten Bears, Comanche Chief, speaking at Medicine Lodge Creek*

*"If the white man wants to live in peace with the Indian, he can live in peace... Treat all men alike. Give them all the same law. Give them all an even chance to live and grow. All men were made by the same Great Spirit Chief. They are all brothers. The Earth is the mother of all people, and all people should have equal rights upon it..."*

*- White Elk*

*"And while I stood there I saw more than I can tell, and I understood more than I saw; for I was seeing in a sacred manner the shapes of things in the spirit, and the shape of all shapes as they must live together like one being."*

*- Black Elk*



# In Battle of Leyte Gulf, A Native American Naval Commander Fights To The End

By Gary P. Taylor, SCTCA TANF

*"This is going to be a fighting ship. I intend to go in harm's way, and anyone who doesn't want to go along had better get off right now."*

*- Ernest J. Evans, Commander of the USS Johnston*

**Eighty** years ago, the Naval forces of the United States and Imperial Japan engaged at Leyte Gulf near the Philippines. It became a fierce and bloody three-day fight in the Pacific Ocean, the single largest Naval battle of World War II.

Ernest J. Evans, a Cherokee from Muskogee, Oklahoma, was commander of the destroyer *USS Johnston*.

His conduct during the battle on October 25, 1944, earned him the Medal of Honor, becoming the first Native American in the U.S. Navy to receive the award. But Evans, 36, received the award posthumously. The commander, along with 185 other members of the *Johnston*, died during the battle after the ship was sunk by the Japanese.

Evans' courage at Leyte Gulf has been lauded by the U.S. Navy for decades. He was one of only two World War II destroyer captains to receive the Medal of Honor - and a ship was named after him in 1957.

What did Evans do at Leyte Gulf? In a single word, he *fought*.

But that should not have been a surprise.

When Evans assumed command of the *Johnston* in 1943, he told his sailors, "This is going to be a fighting ship. I intend to go in harm's way, and anyone who doesn't want to go along had better get off right now."

The fight that began off Samar near the Philippines in 1944 was up-close naval warfare involving American and Japanese aircraft carriers, destroyers, battleships and shoreline bombardment and combat. As noted by the U.S. Naval Institute, "Ernest Evans ordered 'left full rudder, all engines ahead flank' and charged headlong into a formidable formation of Japanese battleships, cruisers, and destroyers."

What followed, according to the U.S. Department of Defense, was that "The *Johnston* was able to draw fire away from the American carriers, directly taking hits from three powerful 14-inch (Japanese) guns. Evans was undaunted by the damage and had his crew inflict its own.

The *Johnston* shot off all 10 of its torpedoes and more than 200 rounds from its 5-inch gun, sinking a Japanese heavy cruiser. It also provided fire support for other ships in the group as they launched their torpedoes."

As a result, "His devotion to protecting the Marines

fighting onshore went beyond providing them cover with the allotted amount of ammunition," said Sam Cox, a retired rear admiral and director of the Naval History and Heritage Command. "He often ordered his ship in so close to shore it was hit with small-arms fire. When Evans demanded more ammunition, he climbed into a wooden gig and motored over to the task group's flagship to request it in person."

Evans did not do these things because he was ordered to do them. He did it on his own initiative, commanding his ship into the center of a fight in which American sailors and soldiers were dying every hour.

According to the Defense Department: "After three hours of intense combat, the burning, shuddering *Johnston* could do no more. Surrounded by the enemy, a seriously injured Evans gave the

order to abandon ship. The *Johnston* sank soon after, taking with it 186 members of the 327-man crew, Evans included... But the physical and psychological damage they inflicted won the day. The enemy fleet's commanders, who had lost two cruisers in the battle, thought they were fighting a much larger force than they were, so they turned back from the fight. Japan's maritime might was massively diminished that day, and it never regained strength."

Evans was born on Aug. 13, 1908, and lived with his sister and parents in Muskogee, Oklahoma. As the Naval Institute noted, "...He grew up where tribes had been massacred by the Army just a generation before, so life wasn't easy. He experienced prejudices common to that era, which made his desire to serve his country after high school all the more impressive."



Ernest J. Evans, Naval Academy photo, 1931



On Sept. 28, 1945, not long after World War II ended, the 17-year Navy veteran earned the Medal of Honor. It was presented to his wife, Margaret, in San Pedro, California, during a ceremony that his mother, sister and sons Jerry and Ernest Jr. also attended. And in 2019, explorers announced they had officially identified the wreckage of the *USS Johnston*, releasing new images that clearly show the ship's hull number, 557. At more than four miles below sea level, it's now considered the deepest shipwreck ever discovered, according to the Defense Department.

The body of Ernest J. Evans – Cherokee Commander of the *USS Johnston*, who with the men he led fought courageously to the end – was never recovered.



*Aircraft carriers at Battle of Leyte Gulf, above; below, troop landing ships*





# BE GRATEFUL

It is November, the month for gratitude. You might have heard about the gratitude challenge on social media. It is usually posting one thing a day that you are grateful for. I think this is a great idea and something you and your family can work on together.

As humans, our brains are wired to focus on the negatives. If we let our brains do their own thing, we will miss out a lot of the positive things around us! If we want to be more positive, we can practice gratitude, each and every day. We need to challenge our brains to see the good, no matter how small or insignificant. Think of gratitude like a muscle, the more we work it out, the stronger it gets.

By challenging our brains to notice and name the good, we can boost our brains ability to do this more easily. Which in turn will help us to find more positiveness in our lives.

So here is my challenge to you. Each day in the month of November, I want you to name at least one (you can do more if you want to) new thing per day that you are grateful for. Each day of gratitude should be unique, no matter how small. Challenge yourself not to repeat the same thing each day. This might be a little hard at first but the more you do it the easier it can get and you may start to notice tons of goodness that your brain was simply missing before. My hope is that once you start doing this for the next 30 days you will want to continue on for 365 days and beyond.

If you have any questions or would like to discuss this further please contact  
Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913  
or [cgilliam@sctca.net](mailto:cgilliam@sctca.net)







# **JOB MARKET**

## **USPS**

**SORTATION CLERK, PALA**

**STARTING WAGE: \$23.47 -**

**\$38.62/HR**

**CUSTOMER SERVICE**

**SORTING AND DISTRIBUTING MAIL**

## **URBAN CORPS**

**SUPERVISOR-**

**TRAIN, MENTOR AND COACH**

**CORPSMEMBERS**

**APPLY ONLINE AT**

**[URBANCORPSSD.ORG/SUPERVISOR](http://URBANCORPSSD.ORG/SUPERVISOR)**

**(619)235-6884**

## **GOODWILL**

**8 JOBS AVAILABLE**

**ESCONDIDO, CA**

**FULL-TIME**

**APPLY ONLINE AT**

**[WWW.SDGOODWILL.ORG/JOBS/](http://WWW.SDGOODWILL.ORG/JOBS/)**

**SECURITY - SECURITY OFFICER,**

**VALLEY VIEW CASINO & HOTEL**

**\$21/HR**

## **VALLEY VIEW COMMUNITY UNIT**

**SCHOOL DISTRICT,**

**SECURITY GUARD**

**COMPETITIVE SALARY**

## **HOMEAGLOW**

**CLEANING JOBS AVAILABLE**

**\$25+/HR, PAID WEEKLY**

**OCEANSIDE, CA**

**COMPETITIVE PAY (\$25+/HR + 100%**

**OF TIPS)**

## **PALA TRIBE**

**MULTIPLE JOBS AVAILABLE**

**APPLY ONLINE AT**

**[WWW.PALATRIBE.COM/COMMUNITY/JOBS/](http://WWW.PALATRIBE.COM/COMMUNITY/JOBS/)**

**BS/**

**CONTACT YOUR CAREER DEVELOPMENT**

**SPECIALIST FOR ASSISTANCE**

**SCTCA TRIBAL TANF**



# TANF Casino Dealing Classes @ Two Directions



Call and Sign up  
ASAP to save your  
spot!!!!

(760) 749-1196

Are you interested in a career as a Table Games Casino Dealer; Blackjack, Pai Gow, Baccarat, Texas Holdem, Spanish 21, Three card poker - we will offer in person classes with step by step instructions!

**\*Earn \$60K-\$100K to start Part Time\*Earn your certificate to start your new career\*Multiple shifts offered at most Casinos\***

## We are currently recruiting students!

Call 760-749-1196 or email [Claudina\\_schroeder@outlook.com](mailto:Claudina_schroeder@outlook.com)



Open to ALL TANF participants  
Community Members (@cost)

Start time Tentatively January '25

Days and Times TBD

Location Two Directions Training in Rincon





# Class Calendars

Two Directions, Inc.

Sept. 1st—Dec. 31st, 2024



## 2024 CLASS SCHEDULE

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
<b>In Person / Virtual / Distance Learning classes offered daily</b>				
<p><b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding <b>(In Person 9:00am-12pm)</b></p> <p><b>ABE / Diploma / HiSet / GED</b></p> <p><b>Second Language</b></p> <p><b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more...</p> <p><b>Culture and Beading</b></p> <p><b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more</p>	<p><b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding</p> <p><b>ABE / Diploma / HiSet / GED</b></p> <p><b>Second Language</b></p> <p><b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more... <b>(In Person 9:00am-11:00am)</b></p> <p><b>Culture</b> <b>(In Person 11:15 am-1:15pm)</b></p> <p><b>Drivers Education / Behind the Wheel Training</b> <b>(In Person 11:15 am-1:15pm)</b></p>	<p><b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding <b>(In Person 9:00am-12pm)</b></p> <p><b>ABE / Diploma / HiSet / GED</b></p> <p><b>Second Language</b></p> <p><b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more...</p> <p><b>Culture and Beading</b></p> <p><b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more</p>	<p><b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding</p> <p><b>ABE / Diploma / HiSet / GED</b></p> <p><b>Second Language</b></p> <p><b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more... <b>(In Person 9:00am-11:00am)</b></p> <p><b>Beading</b> <b>(In Person 11:15 am-1:15pm)</b></p> <p><b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more</p>	<p><b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding <b>(In Person 9:00am-1:15pm)</b></p> <p><b>ABE / Diploma / HiSet / GED –</b></p> <p><b>Assessment Testing</b> <b>(In Person 9:00am-1:15pm)</b></p> <p><b>Second Language</b> <b>(In Person 9:00am-1:15pm)</b></p> <p><b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more... <b>Beading</b> <b>(In Person 9:00am-11:00am)</b></p> <p><b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more</p>

Two Directions, Inc. offers classes based on Assessment Testing, Educational, and Career Goals.

\*Additional Tutorial Assistance Available by appointment

7041 West Tribal Road, CA  
Sp# 8 and #39  
Phone (760) 749-1196 Fax(760) 749-9152  
Email : staff@twodirections.com

**OFFICE CLOSURES:**

**Monday, November 11, 2024  
for Veteran's Day.**

**Thursday & Friday, November  
28-29, 2024 for Thanksgiving.**

**NOVEMBER 2024 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

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

CLASSES & TIMES ARE SUBJECT TO  
CHANGE.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p><b>IN PERSON AND VIRTUAL</b></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 &amp; 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 &amp; 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><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p><b>IN PERSON AND VIRTUAL</b></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 &amp; can be tracked by instructor)</p> <p>KEYBOARDING 9AM-12PM (available online &amp; 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><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p>ED2GO.COM/ COURSES</p> <p><b>IN PERSON AND VIRTUAL</b></p> <p>LIFE SKILLS: (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>WHAT COLOR IS MY PARACHUTE</b> 9-11AM <b>PRACTICAL LIFE SKILLS</b> 11:30AM-1:30PM</p> <p>SPANISH 9AM-11AM (available online/app &amp; 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 &amp; 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><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p><b>IN PERSON AND VIRTUAL</b></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 &amp; can be tracked by instructor)</p> <p>PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed)</p> <p>SELF-SUFFICIENCY: <b>FINANCIAL FREEDOM</b> 12:30PM-2:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>KEYBOARDING 9AM-12PM (available online &amp; 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><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p>ED2GO.COM/ COURSES</p> <p><b>IN PERSON AND VIRTUAL</b></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 &amp; 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 &amp; 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.

**NOVEMBER 2024**

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
<p><b>Daily services:</b> Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p>	<p><b>Daily services:</b> Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> <p>Coffee w/ the Director 11/5, 10:00am</p> <p>TUPE at SCAIR 11/19, 3:30-5:30</p>	<p><b>Daily services:</b> Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p>	<p><b>Daily services:</b> Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> <p>TUPE at SDAIYC 11/14, 3:30-5:30</p>	<p><b>Daily services:</b> Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> <p>Food Gift Card Distribution 11/15, 10am-2pm</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](http://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*	PARENTING 1PM - 3PM*	CAREER DEVELOPMENT 10AM - 1PM*	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  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 November 2024



FOOD DISTRIBUTION SCHEDULE FOR NOVEMBER 2024		
DATE	LOCATION	TIME
NOV 4 <sup>TH</sup> , MONDAY	LOS COYOTES LA JOLLA	9AM-10AM 11AM-12PM
NOV 5 <sup>TH</sup> , TUESDAY	RINCON	8AM-12-PM
NOV 6 <sup>TH</sup> , WEDNESDAY	PECHANGA PAUMA	9AM-10AM 11AM-12PM
NOV 7 <sup>TH</sup> , THURSDAY	PALA	9AM – 11AM
NOV 12 <sup>TH</sup> , TUESDAY	MANZANITA OLD CAMPO	9:30AM-10:30AM 11AM-12PM
NOV 14 <sup>TH</sup> , THURSDAY	VIEJAS BARONA	9AM – 10AM 11AM-12PM
NOV 18 <sup>TH</sup> , MONDAY	MESA GRANDE SANTA YSABEL	9AM – 10AM 11AM – 12PM
NOV 20 <sup>TH</sup> , WEDNESDAY	CAMPO	10AM – 12PM
NOV 21 <sup>ST</sup> , THURSDAY	SAN PASQUAL	8AM – 12PM



## Coming in December:

- AIR Banquet Honors Students and Leaders
- An Exhibition of Native American Art
- Archives: A Christmas Celebration