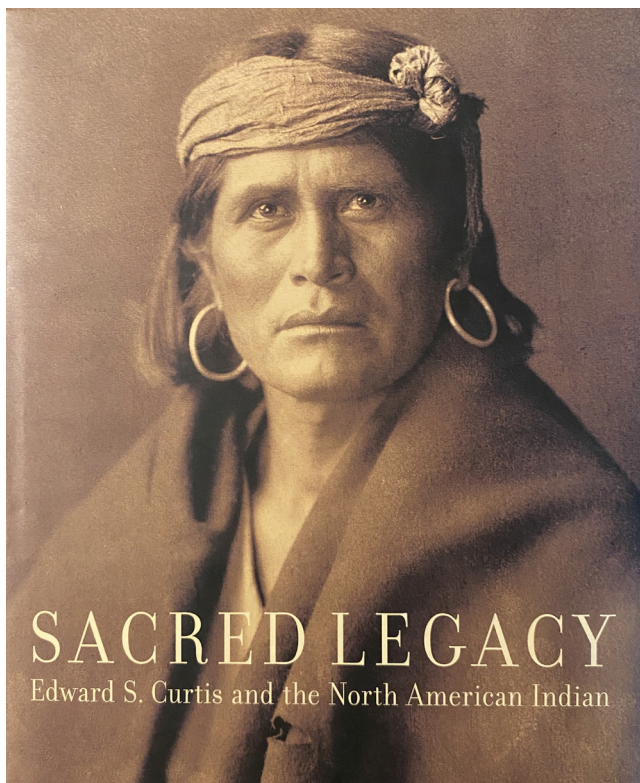


Native American Heritage Month: After 25 Years, Sacred Legacy Remains a Photographic Classic

By Gary P. Taylor, for SCTCA TANF



Nearly a century ago, the photographer Edward S. Curtis completed his epic 20-volume, 2,200 photo masterpiece, *The North American Indian*.

It was- and remains- one of the most consequential books ever written about Native Americans. It has been celebrated through the decades- especially in November, which is Native American Heritage Month.

For nearly 30 years, Curtis traveled across the United States, photographing Indians from more than 80 Native American nations as they had never been photographed before. (The idea was Curtis's; the initial money to pay for all the travel and expenses was provided by the richest man in America, the tycoon J.P. Morgan. Said Morgan of Curtis: "I like a man who attempts the impossible."). Curtis captured images of Native Americans as they once were, in black and white pictures that showed them up close and at a distance, men, women and children, their traditions and ceremonies.

"Taken as a whole, the work of Edward Curtis is a singular achievement," declared Native American author and Pulitzer Prize winner N. Scott Momaday. "Never before have we seen the Indians of North America so close to the origins of their humanity, their sense of themselves in the world, their innate dignity and self-possession."

(Continued on page 4)

At Two Directions, A Course in Becoming a Caregiver

By Gary P. Taylor, for SCTCA TANF, Photos by Roylee Kaai

What is a Home Caregiver?

What are a Caregiver's duties and responsibilities? What are the requirements to become one? Do Caregivers work outside the home? What is the average salary?

These were just some of the questions that were discussed at a day-long course at Two Directions Inc., on September 30th in Rincon.

The course- called Two Directions Home Caregiver Training- was presented by Miki Blanchard, who has 35 years of experience as a Physical Therapist. She is also a Certified Dementia Practitioner and Credentialed CTE Teacher, Healthcare. She is currently Program Administrator for Poway Adult School Allied Health.

Eight participants from Two Directions and four community members who attended the session listened to Blanchard describe

(Continued on page 2)





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

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

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

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

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

| | | |
|---------------|-------------|-----------------|
| Agua Caliente | Los Coyotes | Santa Rosa |
| Barona | Manzanita | Santa Ysabel |
| Cahuilla | Mesa Grande | Santa Ynez |
| 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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SCTCA is not responsible for any errors / mistakes on submissions added to our newsletter.

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(619) 460-3400 Toll-free: (866) 913-3725

Manzanita Tribal TANF:

(619) 766-9039 Toll-free: (866) 931-1480

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Santa Ynez Tribal TANF:

(805) 688-1756 Toll-free: (866) 855-8263

Orange County Tribal TANF:

(714) 450-9240



(Continued from bottom of page 1)

in detail all the responsibilities and requirements of becoming a Home Caregiver. She screened a video called "A Day in the Life of a Caregiver," showed a slide presentation, held a "Skills Partner" practice and answered dozens of questions.

Blanchard noted that Home Caregivers "provide non-medical care to people with disabilities or people that require assistance due to age." She also said Caregivers provide those individuals with physical and emotional support, supervision and companionship and assist with "activities of daily living. She also explained that a Caregiver is "anyone taking care of a family member or loved one at home and anyone seeking employment, or currently employed as a Home Caregiver, Personal Care Aide and Home Care Aide."

Blanchard provided the individuals with some additional "Caregiver Learning Objectives and Goals":

1. Understand a Home Caregiver's Roles and Responsibilities
2. To understand the meaning of Compassionate Communication
3. Be able to provide task-related cues using short, simple sentences without "filler" words
4. To identify signs of Abuse and Neglect
5. To understand the role of a Mandated Reporter
6. Recognize signs of Dysphagia (difficulty in swallowing)
7. Develop an understanding of Aphasia (when an individual has communication difficulties)
8. Gain an understanding of medically prescribed diets
9. Demonstrate safe application and use of gait belt
10. Demonstrate understanding of using good body mechanics during transfers
11. To understand the importance of maintaining mobility and movement
12. Identify potential safety risks in the home and Fall Prevention tips
13. To gain insight into the importance of Caregiver Self Care
14. To utilize deep breathing techniques to reduce stress

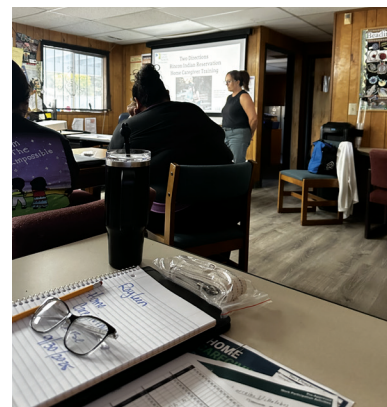
Blanchard said there are many job opportunities for those who become Caregivers, including working in client's private homes, residential care facilities, board and care homes, group homes, assisted living facilities, behavioral health facilities, nursing homes and hospitals.

Regarding average pay, Blanchard said depending on experience, wages range from \$19 to \$25 an hour and up to \$35 an hour for private Caregivers. "Most agency jobs will also offer a benefits package that may include medical, time off and education incentives," she noted.

As for the requirements to actually become a Caregiver, Blanchard said individuals must be at least 18 and do the following:

- **Completion of at least 5 hours of training covering:**
 - o Safety & Client rights
 - o Abuse Prevention
 - o Activities of Daily Living
- **Complete Home Care Aide Registry Application**
 - o Paper application (print & mail) OR
 - o Online Portal
 - o \$35 application fee
 - o Must be renewed every 2 years
- **Complete Live Scan (Background check)**
 - o Find a paper form OR fill out online application, print and take to a Live Scan location

At the end of the course, 12 individuals who attended the session received their Caregiver certificates. For those interested in a career in Home Caregiving, Two Directions will assist in the sign up and payment for Live Scan and Home Care Aide Registration with the California Health and Human Services.



Oklahoma



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Billy B. Walkabout

The eleventh day of the eleventh month is Veteran's Day. It has been observed in the United States since 1954.

Native Americans have served officially in the Armed Forces of the United States even before they were granted citizenship in 1924. In observance of Veteran's Day, all veterans - Native Americans and non-Natives - are honored for their service.

One of those honored veterans was Billy B. Walkabout, a Cherokee from Oklahoma. Walkabout fought in the Vietnam War and is believed to be the most decorated Native American from that conflict. He received one Distinguished Service Cross (upgraded from Silver Star), one Bronze Star Medal, one Army Commendation Medal, and one Purple Heart.

Walkabout, then 28, was a Sergeant in the U.S. Army with the 58th Infantry Regiment, 101st Airborne Division, when he was involved in military operations in November of 1968 near Hue in Vietnam. In the citation for awarding Walkabout the Distinguished Service Cross for "extraordinary heroism," the U.S. Army noted the following:

"Sergeant Walkabout (then Specialist Four) distinguished himself by exceptionally valorous actions on 20 November 1968 during a long range reconnaissance patrol southwest of Hue.

"After successfully ambushing an enemy squad on a jungle trail, the friendly patrol radioed for immediate helicopter extraction. When the extraction helicopters arrived and the lead man began moving toward the pick-up zone, he was seriously wounded by hostile automatic weapons fire. Sergeant Walkabout quickly rose to his feet and delivered steady suppressive fire on the attackers while other team members pulled the wounded man back to their ranks...

"Maneuvering under heavy fire, Sergeant Walkabout positioned himself where the enemy were concentrating their assault and placed continuous rifle fire on the adversary. A detonated mine ripped through the friendly team, instantly killing three men and wounding all the others. Although stunned and wounded by the blast, Sergeant Walkabout rushed from man to man administering first aid, bandaging one soldier's severe chest wound and reviving another soldier by heart massage. He then coordinated gunship and tactical air strikes on the enemy's positions.

"Sergeant Walkabout's extraordinary heroism and devotion to duty were in keeping with the highest traditions of the military service and reflect great credit upon himself, his unit, and the United States Army."

Walkabout died in 2007. He was 57.

(Continued from page 1)

In 2000 - in celebration of *The North American Indian* - a condensed version of Curtis's epic collection was published. It was called *Sacred Legacy: Edward S. Curtis and the American Indian*. In its 192 pages, there are reprints of hundreds of photographs from *The North American Indian*, along with essays and writings from Native American and non-Native authors. The oversized book is divided into sections including the Great Plains, California, the Southwest, the Plateau and Woodlands and the Northwest Coast and Alaska.

There are also dozens of pages of essays and text summarizing the photographs, along with detailed explanations of the type of pictures Curtis took (photogravure, master prints, albumen prints, platinum prints, goldtone prints, toned silver prints, field prints and experimental prints). Nearly 98 percent of all the pictures taken by Curtis were photogravure, according to *Sacred Legacy*. It was chosen by Curtis because in the early 1900s it was considered one of the finest photo printing processes available.

Much like *The North American Indian*, on every page of *Sacred Legacy* there are photographs of Native Americans from tribes all across the country, with detailed notes under the pictures ("*Black Eagle - Assiniboin. Silver Border Print - circa 1908.*") Some of the photographs fill the entire page; others are smaller. The images capture men, women and children, some looking directly at the camera, some looking away, some seeming unaware there is even a camera near them.

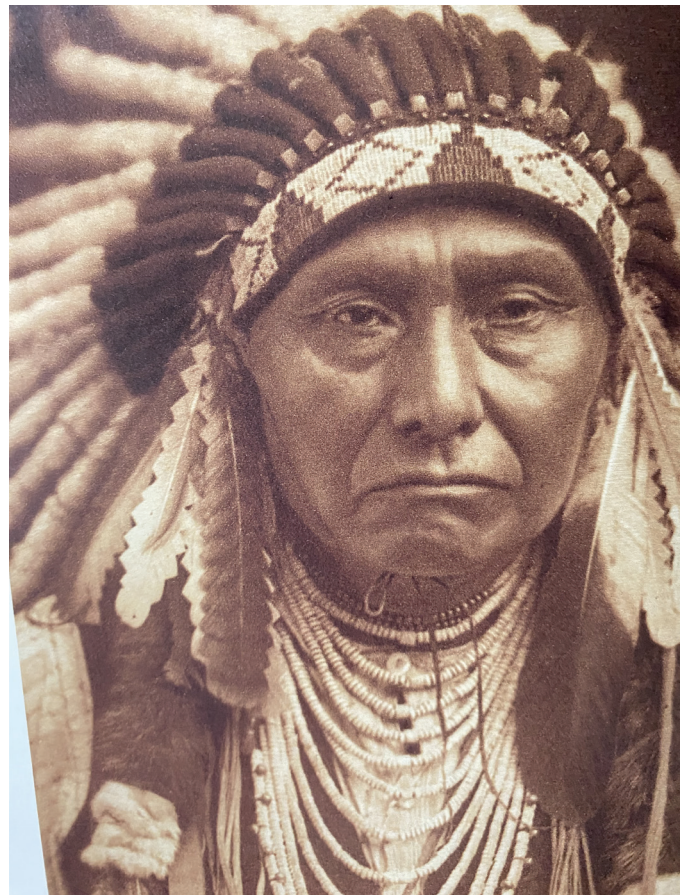
"(Curtis's) approach was highly interpretative, personal and romantic," said Beaumont Newhall, acclaimed photohistorian. "He went to great lengths to reconstruct the past. To push it, as it were, time back."

The enduring power of Curtis's photographs is evident in an essay in *Sacred Legacy* by Joseph D. Horse Capture. His great-great-grandfather Horse Capture was photographed by Curtis, and the impact of the image remains:

"Through Curtis's photography...we have come to know Horse Capture. By noting the clothing he wears in Curtis's photographs, we can see that he was a traditional Indian man. People recognized for their power wore pierced shirts, as he is wearing. He also wears an eagle-bone whistle, indicating that he participated in sacred ceremonies. A scalp lock is attached to his rifle, representing his exploits as a warrior. He led a traditional life and dedicated himself to the care of one of the objects most sacred to my people, the Flat Pipe."

Ann Makepeace is the director of *Coming to Light: Edward S. Curtis and the North American Indians*, a documentary about Curtis and his photographs. She traveled across the country and parts of Canada in the 1990s to assess how Native Americans regard his historical images.

What she found did not surprise her: there is an enduring power to Curtis's photographs that has not faded. Makepeace, in the Afterword to *Sacred Legacy*, wrote:



Top: Assiniboin mother and baby; below, Chief Joseph

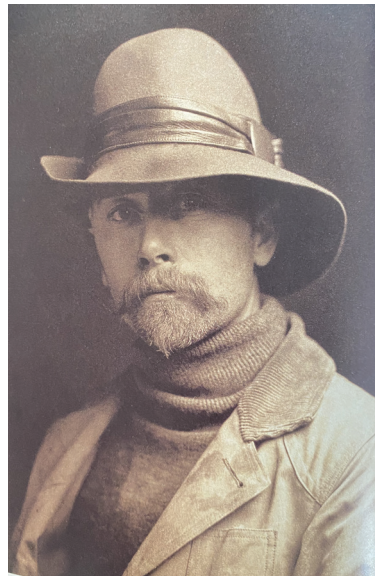
"In all my travels to Indian reservations in Arizona, Montana, Washington, British Columbia, Alberta and Alaska, Native people have been thrilled to discover Curtis's photographs, to see their villages, camps, canoes, long houses, hogans, sand paintings, ceremonies and traditional dress presented to them by their ancestors. For them, the hand of the photographer is invisible. They are seeing their own people revealed, presenting themselves as they had wished to be seen."

Curtis never achieved any fame for *The North American Indian*, nor much money. He died in Los Angeles in 1952, living with his daughter Beth, virtually unknown and destitute. But his epic masterpiece remains one of the most authentic collections of photographs in American history.

Sacred Legacy recounts his work, and the Native Americans who appeared in it, their images unforgettable.



Above: Two Apsaroke in the Great Plains; bottom left, Chief Red Cloud; right, Edward S. Curtis



Quotes and Remarks

The following quotes and remarks appear in the book *Sacred Legacy*.

"The passing of every man and woman means the passing of some tradition, some knowledge of sacred rights possessed by no other."

- Edward S. Curtis

"Photography, at its best, is authentic art, an expression of the creative imagination informed by an original perception of the world."

**- N. Scott Momaday,
in the Foreword to *Sacred Legacy***

"We eat the white man's food, and it makes us soft; we wear the white man's heavy clothing and it makes us weak...Yes - we know that when you come, we die."

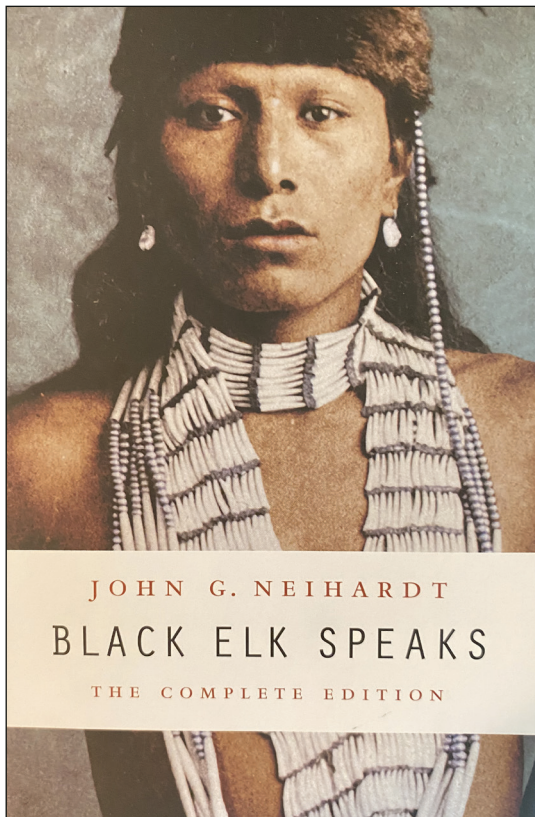
- Chiaparopai, Yuma woman

*"It was the wind that gave them life.
It is the wind that comes out of our mouths now that gives us life.
When this ceases to blow we die.
In the skin at the tips of our fingers we see the trail of the wind;
It shows us where the wind blew when our ancestors were created."*

- Navajo Poem

Black Elk Speaks: The Complete Edition **Provides Sharp Insights Into Indian Holy Man**

By Gary P. Taylor, for SCTCA TANF



"My friend I am going to tell you the story of my life, as you wish; and if it were only the story of my life I think I would not tell it; for what is one man that he should make much of his winters, even when they bend him like a heavy snow? So many other men have lived and shall live that story, to be grass upon the hills."

And so begins the book *Black Elk Speaks*, the eloquent words coming directly from the Lakota Holy Man whose visions and dreams have been recounted for nearly a century.

The original 169-page book was written in 1932 by John G. Neihardt, Poet Laureate of Nebraska, two years after he met Black Elk on the Pine Ridge Indian Reservation in South Dakota. Neihardt had traveled to the reservation and was introduced to Black Elk, who was regarded by the Oglala Sioux as a *wichasha wakan*, or Holy Man.

What followed was a series of conversations over two years between Black Elk and Neihardt, with the Indian's words translated by family members and transcribed by the author's daughter. When the thousands of pages of notes and translations were completed, Neihardt published his book with the simple title, *Black Elk Speaks*.

It was a remarkable piece of literature, a revelation spiritually for Native Americans and non-Natives alike. *Black Elk Speaks: The Complete Edition* (369 pages) was published in 2020 and adds to the original with numerous essays, prefaces, analysis, interpretations, drawings and appendixes.

Composed of short stories recounted by Black Elk, the Holy Man recalls his life in detail, including his memories of Custer at the Battle of Little Bighorn (under the chapter heading "The Rubbing Out Of Long Hair" - Black Elk was a cousin of Crazy Horse). Other stories are told in short chapters, among them "The Bison Hunt," "Across the Big Water," "Walking the Black Road," "The Horse Dance," "The Killing of Crazy Horse," "Bad Trouble Coming" and "The Butchering At Wounded Knee."

But the chapters that have received the most attention over the decades have been the ones in which Black Elk describes his visions of humanity, the earth and the universe- "The Great Vision," "The Messiah" and "Visions From The Other World." In "The Great Vision," Black Elk recounts a vision he had when he was nine:

"I could see two men were coming from the clouds, headfirst like arrows slanting down, and I knew they were the same that I had seen before. Each now carried a long spear, and from the points of these a jagged lightning flashed. They came clear down to the ground this time and stood a little way off and looked at and said, "Hurry! Come! Your Grandfathers are calling you!"

And then, in a later passage:

"Your Grandfathers all over the world are having a council, and they have called you here to teach you. His voice was very kind, but I shook all over with fear now, for I knew that these were not old men, but the Powers of the World. And the first was the Power of the West; the second of the North; the third, of the East; the fourth, of the South; the fifth, of the Sky; the sixth, of the earth."

The Holy Man's visions about the Six Grandfathers- and what was to come for not only his tribal members but for peoples all over the world- is at the center of *Black Elk Speaks*. Throughout the book, Neihardt includes the words of not only Black Elk but other tribal members- among them Standing Bear, whose drawings of Black Elk's visions appear in a multi-page appendix. Others, including Iron Hawk, add their memories of events or confirm the Holy Man's visions.

Since its publication, *Black Elk Speaks* has been read not only as a landmark piece of American literature but also as a spiritual testament. It is filled with numerous quotes from Black Elk that have endured for decades in Native American culture, but one of the most profound comes in the book's final lines:

"And I, to whom so great a vision was given in my youth - you see me now a pitiful old man who has done nothing, for the nation's hoop is broken and scattered. There is no center any longer, and the sacred tree is dead."

Black Elk Speaks has been translated into more than 20 languages, including French, Italian, Finnish and Latvian.

Black Elk- Warrior, Visionary, Holy Man- died in 1950. He was 86.

In Nebraska, A New Beginning - And A New Life

By Gary P. Taylor, for SCTCA TANF

It was just after 4 o'clock on a sunny afternoon in Nebraska when the message arrived from my son Nigteagle.

My wife Jennifer rushed out of our bedroom, holding tightly onto an iPad. My daughter Autumncloud and I were sitting in the front room, talking. We saw Jennifer's face, and immediately fell silent.

"Please welcome Sophie Ysabel Taylor to the family!" she read, her voice rising. "Everyone is doing well and healthy! No complications!"

Our granddaughter-our first grandchild - had been born just a few minutes earlier, at 3:55 p.m. on Wednesday, September 24th. Jennifer, after reading the message, was overcome with emotion. She dropped to her knees, and Autumncloud and I joined her, wrapping our arms around her.

"We're grandparents!" Jennifer said, wiping away tears. "And now I'm an aunt!" Autumncloud said, laughing.

Jennifer showed us the message, accompanied by our first glimpse of Sophie, looking completely content in the arms of her mother Christa. Nigteagle was leaning in towards Christa and the baby, a huge smile on his face.

Just a few minutes later, Nigteagle called, inviting us to the hospital to come and see Sophie later in the evening. We were there less than two hours later, along with Christa's parents West and Janis, her brother Aaron, sister Irelyn and her boyfriend, also an Aaron.

West was wearing a black t-shirt, emblazoned with the words "Only the Greatest Dads Get Promoted to Grandpa." Janis had brought balloons and gifts, and all of us were laughing and joking when Nigteagle came out to the maternity waiting room and invited us all in to see Christa and the baby.

When we walked into the room, Sophie was lying in Christa's arms, wrapped up and bundled tightly in her hospital blanket. She had a little cap on her head, her eyes closed, sleeping quietly. When I saw her, I immediately moved closer to look at her little face. She was beautiful, in every way.

As Nigteagle picked her up, gathering his little girl from Christa, I watched him hold her so naturally, as if he had prepared for this moment all his life.

"She's such a beautiful baby," my wife gushed, placing her hands on Sophie's blanket as Nigteagle held her. "Yes, she is," he replied, never looking away from the new life he held in his arms. He asked Jennifer if she wanted to hold her, and of course she said yes.

As Sophie was gently held by my wife, I remembered when Nigteagle was born and when he was in my arms for the first time. It was hard to believe that was 28 years ago, and my mind raced through so many memories- not only of his birth, but of his life since.

I remembered when he was a little boy, living on the reservation in Santa Ysabel, the first years in a home with no electricity or water. I remembered when he was a choir boy at 10 at the Santa Ysabel Indian Mission; in Little League baseball, dressed in his uniform, playing first base and pitching; an eighth grader, playing basketball and flag football, determined to win and to be the best player on the court or on the field. I remembered Nigteagle in high school, where he accomplished so much at Cathedral Catholic High School that he received a scholarship to attend Creighton University, in far-away Nebraska. It is there he met Christa, and nearly seven years ago they were married.

I thought of all these things as I watched him holding Sophie, placing her in the arms of everyone in the room

so each of us could hold her.

In the weeks since she was born, we have visited her so many times- morning, noon and night. Nigteagle and Christa have brought Sophie to see us, and we take turns holding her close. Jennifer has read several books to her, including the "ABCs of Nebraska," while I hold her as she sleeps. Or Jennifer holds her (Sophie is, and will be, a much-held baby), touching her tiny hands and telling her stories about the adventures ahead for all of us. We have bought her toys and clothes and books and offered to come over at any time. Every morning we awaken and realize she is actually here, just a mile away, our beautiful granddaughter. She is now in our lives, and we are in hers.

It is the excitement of a new beginning, with the overwhelming joy of a new life, and her name is Sophie Ysabel Taylor.



Sophie Ysabel Taylor, at five days Photo by Christa Taylor



Let's Make a Gratitude Jar



What is Gratitude?

When we are dealing with everyday life, it can be difficult to remember the things we are grateful for. When we can see the good, it becomes more difficult to complain and stay stuck. Did you know regularly practicing gratitude can re-wire the brain's neuropathways for happiness and decrease anxious or depressive thoughts? Practicing gratitude helps switch our focus from what we are lacking or wish for, and instead appreciate our current reality. Higher levels of gratitude are associated with an improved sense of well-being, stronger social ties, better school performance, and lower levels of depression. Being intentionally grateful can help children practice empathy, a critical part of social and emotional development.

How to Prepare



- Pick a jar, box, or small container. This can be a mason jar, a recycled jar, a shoebox, or any container you have around the house. Your family can personalize them with paints, stickers, ribbons, and/or markers.
- Cut out slips of paper or use sticky notes and place them near your jar.
- You can be as creative as you want to be. Use color-coded messages by assigning colors to different types of gratitude. For example, one color for family, another for friends, another for activities, and so on. You can also assign each family member their own color. The colorful notes make the jar look cheerful.
- You could also use paper shaped like stars or hearts.
- Keep crayons, markers, or pens next to the jar so you can write it down and stick it in the jar as soon as you think of something.

What to Do

Set a Gratitude Routine

Encourage your family to write a note daily or weekly, or even whenever something special happens.

Draw Your Gratitude

For younger kids who may not be writing yet, drawing pictures of what they're thankful for is a great alternative.

Gratitude Jar Family Time

Set a time each week to gather as a family and read a few notes from the jar. Not only does this create bonding time, but it also encourages kids to see how much there is to be grateful for in their lives.

Themed Days of Gratitude

Try creating a theme for different days of the week. For example:

- Monday Memories: Encourage kids to think back on a favorite memory from the past week and add it to the jar.
- Thankful Thursdays: Each Thursday, write down one person they're grateful for and why.
- Self-Love Sundays: Write down something they like about themselves or an accomplishment they're proud of.



Please reach out to me if you have any questions or would like further information.

Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913
or ogilliam@sctca.net

Class Calendars

Two Directions, Inc.

November 1st—November 30th, 2025



2025 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 |
|---|---|---|--|--|
| In Person / Virtual / Distance Learning classes offered daily | | | | |
| Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... Culture and Beading Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more | Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... (In Person 9:00am-11:00am) Culture (In Person 11:15 am-1:15pm) Drivers Education / Behind the Wheel Training (In Person 11:15 am-1:15pm) | Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... Culture and Beading Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more | Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... (In Person 9:00am-11:00am) Beading (In Person 11:15 am-1:15pm) Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more | Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED – Assessment Testing (In Person 9:00am-1:15pm) Second Language (In Person 9:00am-1:15pm) Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... Beading (In Person 9:00am-11:00am) Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more |
| Two Directions, Inc. offers classes based on Assessment Testing, Educational, and Career Goals. *Additional Tutorial Assistance Available by appointment | | | | |
| 7041 West Tribal Road, CA Valley Center, CA 92082 Phone (760) 749-1196 Fax(760) 749-9152 Email : staff@twodirections.com | | | | |

Manzanita Tribal Training Program Class Schedule

November 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|---|--|---|-----|
| | | | | | | 1 |
| 2 | 3 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 4 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100, Typing or Photoshop 11:30 to 1 pm GED Prep: Language Arts/Math 1 to 2:30 pm Life Skills: Relationship/Wellness Skills 2:30 to 4:30 pm Work Study | 5 8 to 10 am Work Study 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm Work Study 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 6 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100, Typing or Photoshop 11:30 to 1 pm GED Prep: Language Arts/Math 1 to 2:30 pm Life Skills: Resiliency/Team Building Skills 2:30 to 4:30 pm Work Study | 7 8 to 4:30pm Work Study | 8 |
| 9 | 10 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 11 <i>Closed— No Classes Veterans Day</i> | 12 8 to 10 am Work Study 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm Work Study 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 13 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100, Typing or Photoshop 11:30 to 1 pm GED Prep: Language Arts/Math 1 to 2:30 pm Life Skills: Relationship/Wellness Skills 2:30 to 4:30 pm Work Study | 14 8 to 4:30pm Work Study | 15 |
| 16 | 17 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 18 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100, Typing or Photoshop 11:30 to 1 pm GED Prep: Language Arts/Math 1 to 2:30 pm Life Skills: Relationship/Wellness Skills 2:30 to 4:30 pm Work Study | 19 8 to 10 am Work Study 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm Work Study 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 20 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100, Typing or Photoshop 11:30 to 1 pm GED Prep: Language Arts/Math 1 to 2:30 pm Life Skills: Relationship/Wellness Skills 2:30 to 4:30 pm Work Study | 21 8 to 4:30pm Work Study | 22 |
| 23 | 24 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 25 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100, Typing or Photoshop 11:30 to 1 pm GED Prep: Language Arts/Math 1 to 2:30 pm Life Skills: Relationship/Wellness Skills 2:30 to 4:30 pm Work Study | 26 8 to 10 am Work Study 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm Work Study 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study | 27 <i>Closed-No Classes Thanksgiving Day</i> | 28 <i>Closed-No Classes Thanksgiving Holiday</i> | 29 |
| 30 | | | | | | |

OFFICE CLOSURES:

Tuesday, November 11, 2025
For Veteran's Day.

Thursday, November 27, and
Friday, November 28, 2025
For Thanksgiving.

NOVEMBER 2025 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 |
|--|--|---|---|--|
| IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL 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) PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed) 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) | IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL 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) 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) | IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL LIFE SKILLS: (via Zoom, Google Meet, or other form of virtual face to face meeting) WHAT COLOR IS MY PARACHUTE 9-11AM PRACTICAL LIFE SKILLS 11:30AM-1:30PM 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) KEYBOARDING 9AM-12PM (available online & can be tracked by instructor) *TUTORING ASSISTANCE (BY APPOINTMENT ONLY via Zoom, Google Meet, or other form of virtual face to face meeting) | IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL COMPUTER SKILLS (GENERAL) 9AM-12PM (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: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed) SELF-SUFFICIENCY: MATH REFRESHER 12:30PM-2:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) KEYBOARDING 9AM-12PM (available online & can be tracked by instructor) *TUTORING ASSISTANCE (BY APPOINTMENT ONLY via Zoom, Google Meet, or other form of virtual face to face meeting) | IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL 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) PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed) 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) |

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 2025

Serving the Native American
Community Since 1997

| 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 |
|--|---|--|--|--|
| Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation Parenting Support | Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation Parenting Support Coffee with the Director 11/4: 10:00am Community w/ PRIDE 11/4: 12:00-1:00pm | Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation Parenting Support | Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation Parenting Support | Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation Parenting Support |

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 or scan the QR code here:



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

Commodity Distribution Schedule November 2025

| DATE | LOCATION | TIME |
|--|-----------------------------|-------------------------------|
| NOV 3 rd , MONDAY | MANZANITA OLD CAMPO | 930 AM-1030 AM 11 AM-12 PM |
| NOV 5 th , WEDNESDAY | VIEJAS BARONA | 9 AM-10 AM 11 AM – 12 PM |
| NOV 6 th , THURSDAY | MESA GRANDE SANTA YSABEL | 9 AM-10 AM 11 AM-12 PM |
| NOV 10 th , MONDAY | CAMPO | 10 AM – 12 PM |
| NOV 13 th , THURSDAY | SAN PASQUAL | 8 AM-12 PM |
| NOV 17 th , MONDAY | LOS COYOTES LA JOLLA | 9 AM – 10 AM 11 AM – 12 PM |
| NOV 18 th , TUESDAY | RINCON | 8 AM – 12 PM |
| NOV 19 th , WEDNESDAY | PECHANGA PAUMA | 9 AM – 10 AM 11 AM-12 PM |
| NOV 20 th , THURSDAY | PALA | 9 AM – 11 AM |
| OFFICE CLOSURES: 11th - Veterans Day / 27th - 28th - Thanksgiving | | |
| <small>A HOUSEHOLD CANNOT PARTICIPATE IN THE FOOD COMMODITY PROGRAM IF THEY ARE ON THE CALFRESH (FOOD STAMPS) PROGRAM. YOU CAN PARTICIPATE IN ONLY ONE OF THE ABOVE PROGRAMS. WRONG INFORMATION ON APPLICATION, DUAL PARTICIPATION, SELLING OR EXCHANGING USDA FOOD COMMODITIES COULD BE A BASIS FOR DISQUALIFICATION FROM THE FOOD COMMODITY PROGRAM. IF YOU DO NOT PICK UP ON YOUR SCHEDULED RESERVATION DAY, YOU MUST MAKE AN APPOINTMENT TO PICK UP AT THE WAREHOUSE. CALL OUR OFFICE FOR AN APPOINTMENT. (760) 749-5608</small> | | |



Coming in December:

- An Exhibition of Native American Paintings
- Students Honored at annual AIR Banquet
- Where the Jobs Are in 2026