



Tribal Temporary Assistance for Needy Families

April 2026 – Volume 29 Issue 4

Child Abuse Prevention: Protecting Native American Children Against Physical, Emotional and Spiritual Neglect

By Gary P. Taylor, for SCTCA TANF

“Our cultural values exemplify keeping families together, creating space for language, storytelling, traditional teachings, and ceremonies. Culture is a means of healing, bringing a sense of belonging and purpose.”



From *“Levels of Prevention of Child Abuse and Neglect, Strategies and Resources for Tribal Communities,”* U.S. Department of Health and Human Services

April is Child Abuse Prevention Month.

The month is recognized in small towns, big cities, rich and poor communities, and every state across the nation.

It is no different for Native Americans and their children.

Whether living on or off the reservation, federal, state and local statistics show a disturbing level of child abuse suffered by Native American children.

According to Indian Health Service (IHS), approximately 772,000 children were victims of child abuse and neglect in the latest statistical reporting period. The rate was 13.9 per 1000 for Native American/Alaska Native children. That is the second highest rate of victimization of any ethnic group. In addition, IHS reported almost a third of the victims were younger than four years old.

(Continued on page 6)

Rincon Band of Luiseño Indians Will Sponsor KPBS Program Initiative

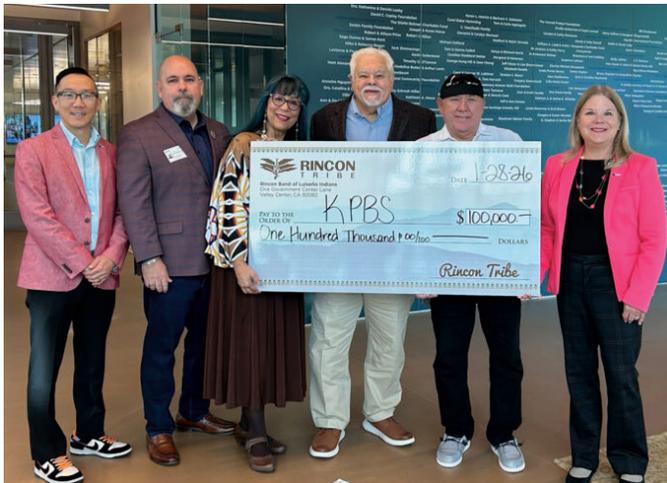
By Gary P. Taylor, for SCTCA TANF

The Rincon Band of Luiseño Indians will sponsor *Public Matters*, a multi-platform initiative featuring news coverage and conversation produced by KPBS.

The tribe made the announcement in early February, presenting the public television station with a \$100,000 check to underwrite the programming in 2026. With the contribution, Rincon becomes the first tribe in San Diego County to sponsor programming on KPBS.

“Community education is vitally important,” Rincon Tribal Chairman Steve Stallings said on the tribe’s website. “Having lived on this land since time immemorial, Rincon is deeply committed to our people, our neighbors and the universal ideals that bind us together as Americans.”

(Continued on page 2)



Rincon Tribal Council members present a check to KPBS



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	

PLEASE NOTE:

No articles or pictures published in the SCTCA TANF Newsletter may be reprinted or used in any manner without the expressed written permission of SCTCA.

SCTCA is not responsible for any errors / mistakes on submissions added to our newsletter.

Publisher: SCTCA
Editor: Gary P. Taylor
Contributor: Colleen Turner, Editor and Contributor, 1998-2018
Printers: Tribal Print Source
Copyright ©2026



Escondido Tribal TANF:
(760) 746-0901 Toll-free: (866) 428-0901

San Diego Tribal TANF:
(619) 460-3400 Toll-free: (866) 913-3725

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

Pala Tribal TANF:
(760) 742-8690 Toll-free: (888) 806-8263

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)



KPBS building in San Diego

Deanna Mackey, KPBS General Manager, said the station is “thrilled” to have Rincon as a programming sponsor.

“Giving voice to stories that might otherwise go untold, public media is America’s historian and we are San Diego’s storyteller. We are thrilled to have the Rincon Band of Luiseño Indians join KPBS in this effort,” Mackey said.

In accepting the tribe’s contribution, KPBS noted this year *Public Matters* will emphasize

“America 250” in recognition of the 250th anniversary of the signing of the Declaration of Independence. Rincon’s participation will help to explore our national and local history, reflect upon who we have become and relate our collective hopes for the future, according to the station.

Public Matters also presents “One Small Step,” bringing strangers with different beliefs and backgrounds together for a conversation that demonstrates we have more in common than we think, KPBS noted. The program features engagement without debate, but with curiosity and compassion.

In addition to KPBS, *Public Matters* features journalism from *inewssource* and *Voice of San Diego*. These three independent, nonprofit news organizations are partnering to share content, conversation and events that ensure all San Diegans understand their opportunity to participate in the democratic process, the station declared.

“Giving voice to stories that might otherwise go untold, public media is America’s historian and we are San Diego’s storyteller. We are thrilled to have the Rincon Band of Luiseño Indians join KPBS in this effort.”

Dream the Impossible Conference Returns to CSUSM In April

By Gary P. Taylor, for SCTCA TANF

The 18th annual Dream the Impossible Conference will be held on the campus of California State University San Marcos (CSUSM) in April.

The day-long conference - also known as DTI - is scheduled for Saturday, April 18. It has been held at CSUSM several times over the past decade.

As in previous years, the event is expected to draw several hundred high school Native American students from the ages 13-17. Students travel from regions throughout Southern California, including San Diego, Riverside, Orange and San Bernardino counties. Dozens of students from Southern California Tribal Chairmen's Association (SCTCA) TANF have attended the event over the years. DTI is designed to give Native American students a glimpse of college life and to encourage them to consider continuing their education.



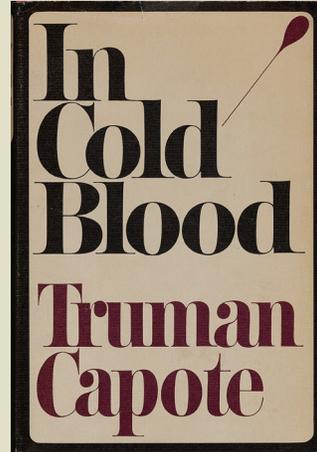
Two CSUSB students at 2025 DTI conference

At last year's conference, James Ramos, Assembly Member from California's 45th District and Serrano/Cahuilla, gave the keynote address. This year, Mikela Jones, Little River Band of Pomo Indians, is expected to be the DTI Emcee for the 18th consecutive time.

"I've been honored to be here from the very first DTI," Jones said at last year's conference, which was held at California State University San Bernardino (CSUSB). "I've seen hundreds, actually thousands of young students attend these conferences. I always hope they leave inspired by some of the things they hear, some of the things they see."

In the past, DTI has featured representatives from more than a dozen colleges and universities, including CSUSM, CSUSB, San Diego State, UCLA, UCSD, USD, UC Riverside, Northern Arizona University and the University of Oregon. The conference also includes representatives from several vocational schools.

DISPATCHES KANSAS



"A wealthy wheat farmer, his wife and their two young children were found shot to death today in their home. They had been killed by shotgun blasts at close range after being bound and gagged."

From an article in the New York Times, November 15, 1959

Sixty years ago, the book *In Cold Blood* was published.

It reconstructed the brutal slayings of Herb Clutter, his wife Bonnie, and their two teenage children, Nancy and Kenyon. The murders occurred in the middle of the night in the small farm town of Holcomb, Kansas, some 70 miles east of the Colorado border.

The book's author, Truman Capote, spent six years researching the murders and the investigation. *In Cold Blood* recounts the killings and the capture, trial and execution of the killers, two ex-cons named Richard Hickock and Perry Smith. They met in prison and were once cell mates. It was Hickock's idea to rob the Clutters and "leave no witnesses." Smith shot each of the family members, one by one.

When it was published in 1966, the book was critically acclaimed as a literary masterpiece.

"(*In Cold Blood*) is a remarkable, tensely exciting, moving, superbly written 'true account,'" wrote the *New York Times*. The *New York Review of Books* concluded the book was "harrowing" and "the best documentary account of an American crime ever written."

Capote's book was unlike any other, in prose and style. What also set it apart was that it included pages and pages of quotes, remarks, interviews, diaries and collected journals directly from Hickock and Smith.

It was Smith, especially, who intrigued the author. Smith was a Cherokee, abandoned by his mother Flo Buckskin and father Tex John Smith after their years on the rodeo circuit. In one of his journals, Smith wrote he was always considered a "half-breed" and came to revile his full-blooded Cherokee mother, who eventually drank herself to death.

At the time of the murders, Smith was a drifter, just out of prison, when he and Hickock headed for the Clutter farm in Kansas. In one passage Smith, describing the murder of Herb Clutter, said, "I didn't want to harm the man. I thought he was a very nice gentleman. I thought so right up to the moment I cut his throat."

Hickock, 33, and Smith, 36, were executed (death by hanging) in April of 1965. Capote - who had known them both since their arrests - witnessed their executions. *In Cold Blood* was published one year later.

Preparing a Budget: Saving Money and Cutting Expenses Is Essential to Financial Success and Stability

By Gary P. Taylor, for SCTCA TANF

“Money does not dictate your lifestyle. It’s what you do to get it and how you manage your finances that determines your lifestyle.”
– Wayne Chirisa



At every stage in a person’s life, there are questions about money.

When you’re a child, the only question may be, “How can I get Mom or Dad (or anyone, actually) to pay for something I want? Because I don’t have any money!”

When you’re a teenager, the question becomes, “How can I make some money? Because I want to buy things for myself with my own money.”

When you’re a little older, the questions could be, “Why isn’t there enough money to pay all the bills? Where does it all go?”

And when you’re much older, the question might be, “I spent all my life working, trying to make money and save money. Did I make the right decisions?”

All of these questions are asked by virtually everyone at some point in their lives, whether young or old, single or married, man or woman. There’s nothing unusual about that, because concerns about money are a constant for most people- including Native Americans.

Whether on or off the reservation, Native Americans per capita rank near the bottom in terms of overall wealth, savings rates and accumulated debt, according to national income surveys and banking statistics.

But that doesn’t mean there aren’t ways for Native Americans to achieve financial stability. For some, that includes assistance from Southern California Tribal Chairmen’s Association (SCTCA) TANF; for others, there are jobs that pay more than minimum wage; still others rely on help from family members. In each of those instances, one thing remains the same: the need to prepare a detailed

budget - regardless of income - that can bring financial stability to individuals and their families.

Rachel Cruze is a *New York Times* bestselling author and co-host of *The Smart Money Happy Hour*. She has compiled a list of recommendations for anyone - Native American or non-Native - to begin a path toward financial stability. The suggestions- especially for those with lower incomes- range from creating an emergency fund to avoiding debt to figuring out how to save money on everyday expenses. The following are excerpts from her recommendations:

1. Create an emergency fund.

“Things may be tight, but you still need a safety net. There’s nothing more stressful than being broke and having to deal with a very expensive emergency. But an emergency fund will keep you from busting your budget when life throws a curveball—especially if you’re living paycheck to paycheck. So, before you focus on any other goals, make it a priority to save \$1,000 for your starter emergency fund. That way, you can rest assured you’ve got enough to cover a new tire or some other unexpected expense.”

2. Avoid going into debt.

“You might feel tempted to borrow money if you don’t have enough to cover everything you need or want. But trust me, debt only makes your problems worse. Like, *way* worse. And the payments you’ll have to make will only squeeze your budget even tighter. You can save yourself a ton of trouble by deciding here and now that you’re not going to use debt as a crutch.

“If you have your emergency fund and you’re making the right decisions with your current income, you won’t have to rely on debt to bail you out. And if you’ve already got debt, paying it off will help you free up your budget that much more!”

3. Establish your budget.

Low income or not, you can still have control over your money by making and sticking to a budget. And when you do get a higher income and lower your expenses, make sure you adjust your budget —and keep adjusting it month to month. Cruze also said creating a budget isn’t as difficult as it might seem to most people.

First, she said- list your income.

“Every budget starts with your income, no matter how much you make.” she noted. “Because you can’t know how much you’re able to spend for the month if you don’t know how much is coming in, right?”

“Start by listing out all your sources of income. This includes salaries, part-time work, side hustles, stipends, child support, disability, social security—basically any way you get paid each month.”

Cruze said the second step is also direct- list all your expenses. Individuals should include everything they spend money on - all bills, groceries, gas, credit card payments, car loans, clothes, dining out, app subscriptions and any other expenses.

4. Plan for other expenses.

Cruze said to also include costs for things like childcare, insurance, and debt payments in your budget. “How much do you spend on entertainment? How many Target runs do you usually make for household products each month? And you’ll definitely need a miscellaneous category for those random expenses that pop up (because you know they will pop up).”

“Now, you might get a negative number instead of zero the first time you do this, especially if your income has gone down recently. If that happens, no shame. This is why you’re doing a budget: to stop the overspending before it happens.”

5. Save money on expenses.

Cruze said there are some ways to save money on necessary expenses:

Food

- Try meal planning.
- Buy generic products.
- Shop at cheaper grocery stores.
- Use coupon apps.

Utilities

- Replace your air filters.
- Only run appliances (like dishwashers and washing machines when they’re full.
- Wash clothes on cold.
- Adjust your AC or heat.

Transportation

- Combine your errands to save on gas.
- Join gas rewards programs.
- Use an app that tells you the cheapest gas in the area.

Insurance

- Shop around for better policies.
- Raise your deductible (just make sure you’ve got your emergency fund in place first).
- Drop unnecessary coverage.
- Bundle your policies to get a better deal.

Finally, Cruze offered one last piece of advice: “Remember, every dollar should have a job to do, especially when things are tight.”

BUDGETING: QUOTES ON MONEY, WEALTH AND SAVINGS

Managing money unwisely is a common source of unnecessary stress for people, according to finance writer Whitney Hopler. “Research shows that the better people manage money, the more they can increase their well-being,” she said. These famous quotes describe the importance of financial stability to well-being:

“Don’t think money does everything, or you are going to do everything for money.”

– Voltaire

“It’s good to have money and the things that money can buy, but it’s good, too, to check up once in a while and make sure that you haven’t lost the things that money can’t buy.”

– George Lorimer

“The habit of saving is itself an education; it fosters every virtue, teaches self-denial, cultivates the sense of order, trains to forethought, and so broadens the mind.”

– T.T. Munger

“If you’re saving, you’re succeeding.”

– Steve Burkholder

“You must gain control over your money - or the lack of it will forever control you.”

– Dave Ramsey

“A wise person should have money in their head, but not in their heart.”

– Jonathan Swift

“Too many people spend money they haven’t earned, to buy things they don’t want, to impress people they don’t like.”

– Will Rogers

Quotes compiled by The Center For Advancement of Well Being, George Mason University





“This month has been dedicated to raising the awareness about child abuse and neglect and encouraging individuals and communities to work together to prevent child maltreatment in all its forms,” IHS declared on its website. “Neglect, physical abuse, sexual abuse, and emotional abuse are the most common types of maltreatment.

“Indian Health Service is working with the communities and multidisciplinary teams to provide preventive, medical, mental, and social services for abused and neglected children. It is important that those who work in the field recognize the signs of abuse and neglect and know how and where to report child maltreatment.”

According to the National Crimes Against Children Investigators Association (NCACIA), Indigenous and Native American groups in America make up approximately two percent of the U.S. population. But 15.2 percent of the total number of annual child abuse cases nationwide come from these two groups. As a result, “Native or Indigenous children are seven times more likely than other children to be subjected to criminal physical abuse, sexual abuse, neglect, or a combination of all these,” according to NCACIA.

Child Abuse: Native American Statistics and Findings

- **High Victimization Rates:** Native American children are reported for child maltreatment at the second-highest rate, and once cases are investigated, they have the highest rate of substantiated reports.
- **Neglect and Abuse:** Neglect is the most common form of maltreatment, followed by physical, emotional, and sexual abuse.
- **Adverse Childhood Experiences (ACEs):** Native Americans report higher average numbers of ACEs than any other racial/ethnic group, including, but not limited to, higher rates of parental substance abuse and household dysfunction.
- **Gender Disparities:** Native American females report higher rates of emotional and sexual abuse, while males report higher rates of physical neglect.
- **Generational Trauma:** Historical trauma stemming from forced removal to boarding schools, which involved widespread abuse and high mortality, continues to impact family structures and contributes to current high rates of violence.
- **Disproportionality:** Despite being a small percentage of the population, Native American children are overrepresented in child welfare, often due to a lack of culturally competent state standards and high poverty rates.
- **Data Limitations:** Existing data may underreport the true extent of abuse in tribal communities due to reporting limitations between tribal, state, and federal systems.

Common Types of Maltreatment

- **Neglect:** Often stemming from systemic poverty and substance abuse issues.
- **Physical Abuse:** Significantly higher rates reported compared to the general U.S. population.
- **Sexual Abuse:** Approximately 1 in 4 Native American females reported sexual violence.
- **Emotional Abuse:** Highly prevalent, alongside witnessing intimate partner violence

Data compiled from Indian Health Services

Why are the rates so high?

Experts- both Native American and non-Native- cite many reasons: generational trauma, poverty, broken families, substance abuse within the family, lack of employment and disrupted education.

The National Indian Child Welfare Association (NICWA) put it in stark terms in a 2022 report:

“Adverse childhood experiences (ACEs) are potentially traumatic events occurring during childhood (from the ages of 0–17), such as experiencing abuse or neglect or witnessing violence in the home. ACEs also include aspects of a child’s environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with substance misuse, mental health problems, instability due to parental separation, or incarceration of a parent, sibling, or other member of the household.”

What, then, can be done to protect Native American children from the trauma of child abuse?

Several organizations - including NICWA and NCACIA - stress a return to traditional tribal customs, traditions and values to prevent or reduce child abuse cases in the Native American community.

NCACIA specifically emphasizes several recommendations, among them:

- **Integration of Traditional Practices and Values:** Integrating traditional practices into child welfare programs can include using indigenous languages, customs, and healing practices. For example, incorporating traditional storytelling can be a powerful tool for teaching children about cultural values and norms, including how to treat others respectfully.

- **Collaboration with Tribal Leaders and Elders:** Tribal leaders and elders hold a wealth of knowledge and authority in their communities. Their involvement in designing and implementing prevention and intervention programs ensures that these initiatives are grounded in the community's cultural context. Elders, in particular, can play a vital role in mentoring parents and youth, providing guidance based on traditional wisdom.

- **Respecting Cultural Differences in Family Structures:** It's essential to recognize and respect the variations in family structures and child-rearing practices among different indigenous communities. What might be considered a norm in one community could be different in another. Programs must be flexible and adaptable to these differences.

- **Education Programs:** Educating the community about the signs and consequences of child abuse, as well as ways to prevent it, is vital. These programs can be delivered through schools, community centers, and local events, ensuring wide reach and accessibility.

- **Support for Parents:** Parenting programs that provide support, education, and resources to parents can be particularly effective. These programs can cover a range of topics from basic child care to dealing with the stresses of parenting. The key is to deliver these programs in a way that is non-judgmental and supportive, offering practical solutions that align with the community's values.

- **Youth Programs:** Engaging youth directly through programs that build self-esteem, teach life skills, and offer recreational and educational activities can help prevent abuse. Such programs can also provide a safe space for youth to discuss issues and seek help if needed.

Child Abuse: What It Is - And What To Look For

Child abuse has been defined as mistreatment and neglectful behavior towards children. More than 4 million cases of child abuse/neglect are reported each year, with the higher number of those cases involving babies under one year old. Issues such as poverty, mental health (stress, depression), family history, substance abuse and domestic violence are some factors that could contribute to child abuse and neglect within families.

Child abuse may not be easy to recognize. Additionally, children may not always be able to tell anyone that they are being abused. But there are signs to look for such as physical signs (unexplained injuries, etc.) or sudden changes in behavior. If you or someone you know is being abused or neglected, seek help immediately with a medical professional or with the local Child Protective Services.

Child abuse is preventable. Education, developing coping skills, communication and staying involved with your child, are a few valuable tools that can be used to help prevent child abuse and neglect.



Some or all of these recommendations could make a difference for Native American children suffering child abuse in any form.

Listed below are hotline numbers and links with helpful information about child maltreatment.

- *Childhelp™ National Child Abuse Hotline: 1-800-4-A-CHILD (1-800-422-4453)*
- *National Youth Crisis Hotline: 1-800-HIT-HOME (1-800-448-4663)*
- *National Runaway Switchboard: 1-800-621-4000 (a referral service for youth in personal crisis)*



Child Abuse Prevention: A Role For Tribal Values

The goal of primary child abuse prevention is to prevent abuse or neglect. These strategies are directed at all members of a community - including Native Americans.

Education about traditional tribal ways of knowing and being, traditional cultural values, and the role of the community to protect and nurture children are examples of primary prevention strategies. *Increased knowledge and practice of cultural teachings, including ceremonies and rituals, have been proven to reduce the risk of child maltreatment.*

The goal of secondary prevention is to reduce the impact of child abuse or neglect that has already occurred in Native American and non-Native families. Strategies that are designed to support families and children, facilitate reunification, acknowledge and repair harm, and enable the restoration of healthy family dynamics are examples of secondary prevention strategies.

The goal of tertiary prevention is to acknowledge the impact of child abuse and neglect that is ongoing and to prevent its reoccurrence in all families, Native American and non-Native, both immediate and extended. Services that work directly and intensely with families, to support their continued learning and practice of healthy ways to manage stress, interact with children in a safe manner, and address individual mental, emotional, and physical health needs are examples of tertiary prevention strategies.

*The Children's Bureau,
U.S. Department of Health and Human Services*

A Sister's Anguished Plea for Justice

By Shelbi Piccininni

Editor's note: Brandie Taylor, former Chairwoman of the Iipay Nation of Santa Ysabel, was brutally attacked in her home on the reservation nearly two years ago. She died last May after a year of suffering from her injuries. The man who attacked her was scheduled to be sentenced on March 27. The following is a pre-sentencing statement submitted to the court by Brandie's sister.

My name is Shelbi. I am Brandie Taylor's younger sister. On June 3, 2024, my sister Brandie- who was only 50 years old- was viciously and brutally attacked in her home on the Santa Ysabel Indian Reservation. The assailant trespassed onto tribal land and broke into her home. This was a shocking and senseless act of violence that violated not only her personal safety, but the safety of our tribal community. Her home was her safe place—the place where she and her teenage son Hunter should have been protected—and that safety was violently taken from her.

During the attack, Brandie was beaten and strangled. She was calling out for Hunter, yelling for him to help her. At one point, the assailant told her that he had already killed her son. Brandie believed him. She believed her child was dead. She later said that was the moment she passed out.

At the same time, Hunter heard his mother's cries for help from a distance and ran into the home. When he entered, he saw his mother lying on the ground with the assailant on top of her, choking her. Hunter truly believed in that moment that his mother was dead. He was only 18 years old. Despite that terror, Hunter heroically intervened, forcing her assailant to flee. He saved her life that night.

My sister and Hunter were extremely close. It was always just the two of them—always. Their bond as mother and son was sacred, unique, inseparable. Brandie was Hunter's constant. She was his safety, his guidance, and his entire world.

Although Brandie survived the initial attack, she never recovered from it. The injuries she suffered were severe and life-altering. She lived with horrific Post-Traumatic Stress Disorder (PTSD), nightmares and panic attacks. She suffered physically, emotionally, and spiritually before passing away on May 9, 2025, from the injuries she sustained that night.

My sister was extraordinary. She was a protector in every sense of the word. If someone she loved was hurting, she showed up—no hesitation. She had a calming presence that made people feel safe just by being near her.

Brandie was a selfless, devoted leader in our tribal government, serving as Iipay Nation Tribal Vice Chairwoman

and later Tribal Chairwoman. She was loved and respected because she was genuinely good. She advocated for tribal youth and made the well-being of our elders a priority. She deeply believed in our culture and was passionate about keeping our customs and traditions alive. Brandie was such a bright light in so many lives. She was a beacon of hope, wisdom and strength in our family, our tribe, and to everyone she met. Brandie was not just my sister. She was my closest friend, my confidant, and my hero. She once saved my life, and now I speak because she no longer can.

I miss everything about her, especially her funny stories and laughter. I still reach for my phone to call or text her. The heartache of losing her is constant and I know life will never be the same again. I will NEVER forget when she told me what happened that night. The sight of her black and blue bruised face, black eyes and swollen body is forever seared into my memory.

The impact on my nephew Hunter will last a lifetime. He experienced the trauma of believing his mother was dead, saving her life - and then watching her suffer before losing her entirely. That trauma does not disappear. It will shape his life forever. Now he must navigate adulthood without the mother he was so deeply bonded to.

What was done to Brandie and Hunter was pure evil. It wasn't just an act of violence – it was a permanent blow to everyone who loved them. The pain is overwhelming and it doesn't fade. My sister's assailant, with his violent and erratic regard for human life, has forever changed our family. His brutality stole a beautiful woman's life, took a loving mother away from her son, and deprived our tribe of a respected leader.

I ask the court to honor my sister's life by giving her assailant the maximum sentence possible- in the name of justice for Brandie.

Thank you.



Iipay Nation poster of Brandie Taylor, May 2025



Cultivating Self Love



Think about how you treat someone you truly care about. You're patient. You probably encourage them, check in on them, and give them grace when they're struggling. Now ask yourself: Do you treat yourself that same way? Learning to treat yourself like someone you love is not selfish—it's an important part of emotional health.

Self-love is often mistaken for ego or selfishness, but it is neither. It's about acknowledging your worth, treating yourself with kindness, and accepting yourself—flaws and all. Here's a breakdown:

- **Self-Acceptance:** Embracing your imperfections and recognizing that they are part of what makes you unique.
- **Self-Compassion:** Treating yourself with the same understanding and care you would offer a friend.
- **Self-Respect:** Setting boundaries and making choices that honor your well-being.

You may ask yourself, "How do I cultivate self love"?

- **Speak to Yourself with Kindness:** Notice your inner voice. Would you say those words to a friend, partner, or child? Try shifting from: "I'm terrible at this, to "I'm learning and growing." Your self-talk shapes how you feel and how you move through the world.
- **Respect Your Limits:** When you love someone, you don't expect them to give endlessly without rest. You notice when they're tired and encourage them to take care of themselves. Give yourself that same respect: Say no when you need to. Take breaks without guilt. Rest before burnout. Protecting your energy is a form of self-respect.
- **Take Care of Your Basic Needs:** Loving someone means making sure they are cared for. You deserve that same care. Check in with yourself: Have I eaten regularly? Have I slept enough? Have I exercised? Have I taken a few quiet moments to breathe? Small acts of care make a big difference.
- **Celebrate Progress, Not Perfection:** When someone you love tries, you notice the effort—even if things aren't perfect. Practice doing the same for yourself: Notice what went right. Acknowledge small wins. Give yourself credit for showing up. Progress matters.
- **Practice Self-Forgiveness:** Everyone makes mistakes. When you love someone, you don't define them by their hardest moments. Offer yourself that same grace: "I'm human." "I'm allowed to learn." "I can try again." Self-forgiveness helps you move forward instead of staying stuck.
- **Choose What Supports Your Well-Being:** Treating yourself like someone you love means choosing what helps you grow and stay healthy, even when it's uncomfortable. That might include: Asking for help. Setting healthier boundaries. Letting go of harmful patterns. Making time for rest and reflection. You are worth the effort it takes to care for yourself.

Self-love is a journey, not a destination. Be patient with yourself, celebrate your progress, and remember that you are worthy of love and happiness. By incorporating these principles into your daily life, you can cultivate a deeper and more fulfilling relationship with yourself. You deserve kindness, patience, and care just as much as anyone else. Treating yourself with compassion helps you heal, grow, and show up more fully in your life. When you love yourself you create a stronger foundation for everything else.



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



Scan the QR code to view current SCTCA Tribal TANF Contractor Class Schedules and Calendars.
Schedules include training offered through our approved contractors.
Schedules are updated monthly.



Commodity Distribution Schedule April 2026

FOOD DISTRIBUTION SCHEDULE FOR APRIL 2026

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
APR 1 ST WEDNESDAY	MESA GRANDE SANTA YSABEL	9 AM-10 AM 11 AM-12 PM
APR 2 ND THURSDAY	CAMPO	10 AM-12 PM
APR 6 TH MONDAY	SAN PASQUAL	9 AM – 12 PM
APR 8 TH WEDNESDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 PM
APR 9 TH THURSDAY	RINCON	8 AM-12 PM
APR 13 TH MONDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM-12 PM
APR 14 TH TUESDAY	PALA	9 AM – 11 AM
APR 16 TH THURSDAY	MANZANITA OLD CAMPO	930 AM – 1030 AM 11 AM – 12 PM
APR 20 TH MONDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM -12 PM

OFFICE CLOSURE: FRIDAY, APRIL 3RD – GOOD FRIDAY

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



Coming in May:

- The Annual *Together as Native Families Wellness Conference*
- Remembering a Native American Korean War Veteran
- History: The Indian Relocation Act of 1956