

Together As Native Families Wellness Conference Includes Reflections on Tradition and Culture

By Gary P. Taylor, for SCTCA TANF



David Katari and his daughter Raya. Photo by Desiree Jasso.

In the sunshine and blue skies of late March, dozens of tribal families and children from throughout Southern California gathered for the 7th annual *Together as Native Families Wellness Conference*.

The three-day weekend conference was held at Cape Rey Resort in Carlsbad in northern San Diego County. Cape Rey, which is just a few hundred yards from the ocean, also hosted the conference last year.

Native American families from San Diego County and Riverside County arrived March 20 from Southern California Tribal Chairmen's Association (SCTCA) TANF, Pechanga Tribal TANF, Morongo Tribal TANF and Soboba Tribal TANF. The tribal organizations developed and sponsored the event, including transporting many TANF participants and their children for the weekend.

"Thank you so much for attending the 7th annual Together As Native Families Wellness Conference," noted the booklet given to all those who attended. "We hope you enjoy this time of learning, reflection and bonding with both your family and others in the Native community."

As in previous years, *Together as Native Families* featured workshops, family engagement sessions and special sessions. There was also childcare provided each day, especially for individuals who were attending the workshops.

(Continued on page 4)

In 2001, World War II Navajo 'Code Talkers' Were Honored at U.S. Capitol Ceremony

By Gary P. Taylor, for SCTCA TANF

Twenty five years ago, President George W. Bush honored Navajo 'Code Talkers' for their service relaying secret messages in their Native language during World War II.

It marked the first time the Code Talkers had been recognized in an official ceremony by the United States government for their role in sending unbreakable military messages in the war against Japan. For decades after the end of the war in 1945, Native Americans who had served as Code Talkers had been sworn to secrecy.

The messages- using Navajo letters, words and pronunciations- often had multiple meanings that confused Japanese codebreakers. Despite spending four years trying to decipher the messages, Japan was unable to break the code. As a result, major U.S. military operations in the Pacific were shrouded in secrecy throughout the war. The secrecy contributed greatly to America's World War II victory. (Two examples:



President Bush salutes Navajo Code Talkers in 2001.

(Continued on page 2)



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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:

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Navajo Code Talkers in World War II in 1943

Code Talkers used Navajo words for animals or objects to represent letters (*Wol-lachee/ Ant*, for "A") and specialized terms like *Besh-lo* (Iron Fish) for "Submarine" or *Da-he-tih-hi* (Hummingbird) for "Fighter Plane.")

"Today we mark a moment of shared history and shared victory," said President Bush, speaking during the ceremony at the U.S. Capitol Building on July 26, 2001. "We recall a story that all Americans can celebrate, and every American should know. It is a story of ancient people, called to serve in a modern war. It is a story of one unbreakable oral code of the Second World War, messages traveling by field radio on Iwo Jima in the very language heard across the Colorado plateau centuries ago.

"Above all, it's a story of young Navajos who brought honor to their nation and victory to their country. Some of the Code Talkers were very young, like Albert Smith, who joined the Marines at 15. In order to enlist, he said, I had to advance my age a little bit. At least one Code Talker was over-age, so he claimed to be younger in order to serve. On active duty, their value was so great, and their order so sensitive, that they were closely guarded. By war's end, some 400 Navajos had served as Code Talkers. Thirteen were killed in action, and their names, too, are on today's roll of honor."

At the ceremony, Bush honored the original 29 Navajo Code Talkers with the Congressional Gold Medal in recognition of "their secret, vital role in World War II," according to a White House statement. Four surviving code talkers—John Brown, Chester Nez, Lloyd Oliver, and Allen Dale June—received medals, with others awarded posthumously.

Bush also awarded silver medals to several dozen other Code Talkers who had served "with the same courage and distinction" during the war. "And with these honors, America pays tribute to the tradition and community that produced such men, the great Navajo Nation," the president declared. In the White House transcript of the event, he then added:

"Regardless of circumstances, regardless of history, they came forward to serve America. The Navajo code itself provides a part of the reason. Late in his life, Albert Smith explained, the code word for America was, "Our Mother." Our Mother stood for freedom, our religion, our ways of life, and that's why we went in. The Code Talkers joined 44,000 Native Americans who wore the uniform in World War II. More than 12,000 Native Americans fought in World War I. Thousands more served in Korea, Vietnam and serve to this very day.

"Twenty-four Native Americans have earned the highest military distinction of all, the Medal of Honor, including Ernest Childers, who was my guest at the White House last week. In all these wars and conflicts, Native Americans have served with the modesty and strength and quiet valor their tradition has always inspired.

"That tradition found full expression in the Code Talkers, in those absent, and in those with us today. Gentlemen, your service inspires the respect and admiration of all Americans, and our gratitude is expressed for all time, in the medals it is now my honor to present."

The ceremony honoring the Code Talkers who had served in World War II came just 47 days before America was attacked on September 11, 2001.

TANF Participant Receives Training Certificate and Becomes Table Games Dealer at Casino

By Karol Provost, SCTCA Staff Training Specialist, Career Development

Whitney Cooper is a member of the Campo Band of Mission Indians.

She had a goal when re-opening her case at Southern California Tribal Chairmen's Association (SCTCA) La Mesa TANF in the fall of 2025. Whitney - who has two children - wanted to get the table games skills she needed to seek employment at one of the bigger tribal casinos in San Diego County. She believed such a career step would enable her to eventually leave TANF- this time with the skills to make a better wage and move her family up in the world.

Whitney, 35, had previous experience as a casino dealer, but she needed training on some games that were offered at the larger casinos. She also believed she needed refresher training to make her better at the job.



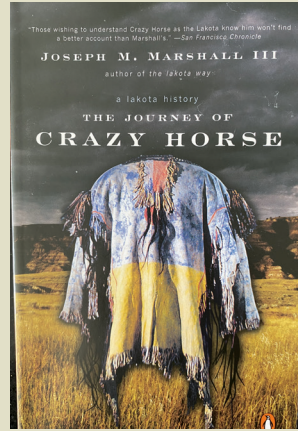
Whitney Cooper

She received funding through the TANF Certificate Program for Table Games Refresher Training, which included those additional games. Whitney was dedicated to completing the training at The Casino Institute, and upon completion she received the TANF Certificate Incentive. Whitney continued to practice her craft at the school, and the Institute assisted with her job search as a table games dealer. During this time Whitney was offered a job as a table games dealer at one of the bigger casinos, which was one of her top choice employers. She accepted the position and was hired in February.

Whitney plans to continue to learn and excel at her casino job, and then transition to becoming completely self-sufficient once she leaves TANF after achieving her employment goal.

DISPATCHES

SOUTH DAKOTA



"His mother brought him forth in the place that symbolized the Lakota world, the place called the heart of all things, the Black Hills.

"Hiyu wo, takoja, wica wawoptetusni wan tawoecun ociciyakin ktelo ("Come, grandson, I want to tell you of the deeds of a hero.")

Joseph M. Marshall III,
in *The Journey of Crazy Horse*

The Lakota warrior Crazy Horse died before he was 40.

There are no known photographs of him. There are no long speeches he left behind, nor did he visit Washington, D.C. to make peace at the height of the Indian Wars. He refused to live on a reservation.

Crazy Horse remains a historical figure unlike any other. He is known for his exceptional bravery in battle, especially in leading the annihilation of Custer and the U.S. Seventh Cavalry at the Battle of Little Big Horn in 1876. Among the Lakota, he remains revered for fearlessness in battle - and because of his fierce loyalty to his people.

"Fight to stay free," Crazy Horse once said. "...I will never give up my horse or my gun."

Joseph M. Marshall III, a descendant of the Lakota, completed his 293-page book *The Journey of Crazy Horse* more than 20 years ago. His book is filled with countless stories about Crazy Horse - almost all of them told by Lakota, in the oral tradition spoken through the generations. Some of the stories are well-known; others had been known only to the Lakota.

Peter Nabokov, then a professor of American Indian Studies and World Arts and Cultures at UCLA, noted this distinction in his review of the book: "Marshall's gloriously poetic and sweeping chronicle ushers in a new genre of American history- Indigenous, oral, formerly suppressed, a thrilling narrative based upon personal stories and hidden accounts..."

Among the stories and 'hidden accounts' are those told by his Lakota contemporaries, including *He Dog*, *High Back Bone*, *Lone Bear*, *Good Weasel* and *Touch the Clouds*:

- When Crazy Horse was young, he was called Light Hair, because he did not have the dark black hair of the Lakota.
- Crazy Horse had a younger brother named *Little Hawk*, who was also a great warrior. He was killed in an ambush by white settlers in the 1870s.
- Crazy Horse had one child, a little girl he believed would become a mother to many great warriors. He named her *They Will Be Afraid Of Her*. She died of sickness when she was a child.
- Regarded as the most courageous of Lakota warriors, Crazy Horse did not recount his accomplishments in battle. He also did not participate in victory celebrations. He regarded this humility after battle as a form of sacrifice required of him for his people, one which had come to him in a vision when he was a child.
- After Crazy Horse was stabbed to death by a soldier at Camp Robinson in Nebraska in 1877, his body was taken by his father, *Worm*, and his mother, *Rattling Blanket Woman*. They buried him at a location that has never been disclosed.

Marshall writes the Lakota say the last words spoken by Crazy Horse as he lay dying were to his father: "Tell the people they should not depend on me any longer."

- Gary P. Taylor

(Continued from top of page 1)

The workshops were held in morning and afternoon sessions on the second day of the conference. The sessions (see summaries on page 7) included *Cyber Footprint & Family Safety*, presented by George Cajás; *Positive Indian Parenting*, with Salina Anderson; *Native Love Languages*, with Cyndie Gilliam; *Future Leaders - Resume Building*, presented by Irma Balderrama; *Journaling to Heal*, with Samantha Thornsberry and Anu Watts; and *Pinch Pots*, with Tony Soares.

The conference's Family Engagement Activities (see page 8) included *Traditional Jewelry* with Gene Begay, *Therapeutic Art* presented by Jessica Cruz, and *Sound Bath*, presented by Jon Freeman.

It was through these workshops and sessions - which often brought together children and their parents, or grandparents or guardians - that enabled individuals to establish connections to each other and Native traditions and culture.

"For many families, the conference served as a restorative reset—an opportunity to pause, reconnect, and strengthen bonds through intentional communication and shared learning," said Desiree Jasso, SCTCA TANF Staff Training Specialist. She attended all three days of the conference.

Cyndie Gilliam, SCTCA TANF Therapist, LMFT, presented a workshop on Native Love Languages. She was very pleased with the response.

"The participants that I spoke with said they had a fantastic time and were really grateful for the experience," Gilliam said. "I am so glad that we can offer this experience for them."

The conference emcee, Racheal Bettancourt from the Pauma Band of Mission Indians, welcomed all the arrivals on Friday night and was the event host throughout the weekend.

Abraham Bearpaw, a citizen of the Cherokee Nation, delivered the conference's keynote address. Bearpaw spoke in part about classes he has established based on cultural teachings and traditions to help people recover from trauma they have experienced in their lives.

"I take great pride in keeping traditions I have grown up with alive," he said.

The conference booklet noted that Bearpaw has "spread his knowledge and great spirit of inspiration to communities via his classes and training staff working with people going through trauma and searching for healthy ways to cope."

Bearpaw- originally from Oklahoma- noted he has been on his own 'Sobriety Journey,' being in recovery for 13 years.



ABOUT THE CONFERENCE: OBSERVATIONS AND REMARKS

Desiree Jasso, SCTCA Staff Development Specialist, attended all three days of the Together as Native Families Wellness Conference in Carlsbad. Here are her comments:

"The Tribal TANF Wellness Conference proved to be a profoundly impactful experience, characterized by high levels of family engagement and meaningful participation throughout all workshops.

"For many families, the conference served as a restorative reset—an opportunity to pause, reconnect, and strengthen bonds through intentional communication and shared learning. Participant feedback consistently reflected a deep appreciation for the space created to engage with their children in new and meaningful ways. Notably, youth evaluations emphasized how much they valued the quality time spent alongside their parents, highlighting the importance of these shared moments.

"The conference successfully achieved its core objective of promoting holistic well-being—supporting families spiritually, physically, emotionally, and mentally—while reinforcing connection as the foundation of family strength."

Cyndie Gilliam, SCTCA TANF Therapist, LMFT, presented a workshop on Native Love Languages on the second day of the conference. Here are some of her observations:

"The conference was great. I did a training on Native Love Languages for both of the morning sessions. The participants that attended said they really enjoyed it. One of them was a teen who said he called his girlfriend up after the session and they had a great discussion about it. That was my intention - to share information that they could take home and pass on with their loved ones who couldn't be there.

"The participants that I spoke with said they had a fantastic time and were really grateful for the experience. I am so glad that we can offer this experience for them."

Sandra Plunk, Executive Director of Morongo Tribal TANF, had the following comments about the conference:

"In our continued effort in bringing Native families together and connecting them with resources to support their wellness, Morongo Tribal TANF is proud to have brought a total of 85 participants, representing 18 families, to the conference.

"At this year's Wellness Conference, participants connected with speaker Abraham Bearpaw, whose message resonated with many in attendance. The cultural classes, especially beading and pinch pots, were especially popular, and attendees also shared how much they appreciated the Positive Native Parenting and Native Love Languages workshops."



On all three days of the conference, individuals roamed the grounds of the resort, attending the various workshops and family engagement activities. For the second consecutive year, individuals at the family activities were able to design and make their own jewelry with Gene Begay; create their own colorful paintings with Jessica Cruz; and listen to the relaxing and comforting Sound Bath, conducted by Jon Freeman.

Begay- a Dine originally from Arizona- moved to California nearly 30 years ago. He has been involved in traditional Native jewelry and beading for the past 15 years. During his jewelry sessions at the conference, Begay helped individuals of all ages as they worked together at several tables, creating their own unique designs under bright lights. When they were done, they were able to keep what they had made.

For Cruz - who has Luiseno and Chumash ancestry- the conference provided her with the opportunity to tell Native American cultural stories through painting. This year, she led groups of young and old, and boys and girls, in two painting sessions: *Stories by Firelight* and *Honoring the Ancestors*. In both of her outdoor sessions, she told stories as she guided everyone in creating their paintings, emphasizing color selections and brush strokes. When the paintings were completed, everyone also kept what they had made.

At the *Sound Bath* session, Freeman introduced individuals to his soothing "acoustic, intuitive, multi-instrumental sound journey that harnesses the power of vibration." Freeman, a San Diego-based sound practitioner, has worked for years with various musicians and sound professionals. In *Sound Bath*, he and wife use cymbals, gongs, drums, crystal bowls and Tibetan bowls to create sounds that, as he says, "bring people to a state of deep relaxation and connection with the body, mind and spirit."

The *Together as Native Families Wellness Conference* concluded on Sunday March 22. It ended under the same cloudless skies and warm coastal sunshine that had greeted all those TANF families and children that had arrived just two days earlier.





Photos by Charli LeNay, for Morongo Tribal TANF

ABOUT THE CONFERENCE: WORKSHOPS AND PRESENTATIONS

At the Wellness Conference, there were workshops and presentations during the three-day event. Each of the sessions were offered at least twice to allow individuals to attend two or more. The following is a summary of the workshops, including their content and presenters.

WORKSHOP 1: CYBER FOOTPRINT AND FAMILY SAFETY

Presenter: George Cajias |

In this Cyber Footprint and Family Safety Workshop, participants will learn how everyday online actions create a digital footprint and why managing it matters for privacy, security, and reputation. We'll cover practical family safety basics, including privacy settings and strong passwords on essential accounts. Attendees will also learn safe browsing habits, how to recognize phishing scams and risky downloads. Finally, we'll address cyberbullying, online predator awareness, and wrap up with family-focused strategies such as parental controls and a clear family internet usage agreement.

WORKSHOP 2: POSITIVE INDIAN PARENTING

Presenter: Salina Anderson |

The Positive Indian Parenting curriculum is designed to provide a concise, practical, and culturally specific training program for Indian parents. The curriculum integrates traditional Indian child-rearing practices and values with modern, evidence-based parenting skills. Its goal is to support parents in developing positive, satisfying attitudes, values, and skills that are firmly rooted in their cultural heritage while meeting the needs of today's families.

WORKSHOP 3: NATIVE LOVE LANGUAGES

Presenter: Cyndie Gilliam |

This workshop is designed to support two-parent families, promote healthy marriages, and nurture positive relationships for our children by exploring the 5 Love Languages: Quality Time, Acts of Service, Words of Affirmation, Gift Giving, and Physical Touch. Learn how to identify and understand love languages to improve communication, deepen emotional bonds, and foster healthier relationships at home, work, and in the community!

WORKSHOP 4: FUTURE LEADERS - RESUME BUILDING

Presenter: Irma Balderrama |

This youth empowerment and leadership development workshop will focus on helping youth build their resume and prepare for their first jobs. Participants will get familiar with the do's and don'ts of resume writing, cover letters, and mock interviews!

WORKSHOP 5: JOURNALING TO HEAL

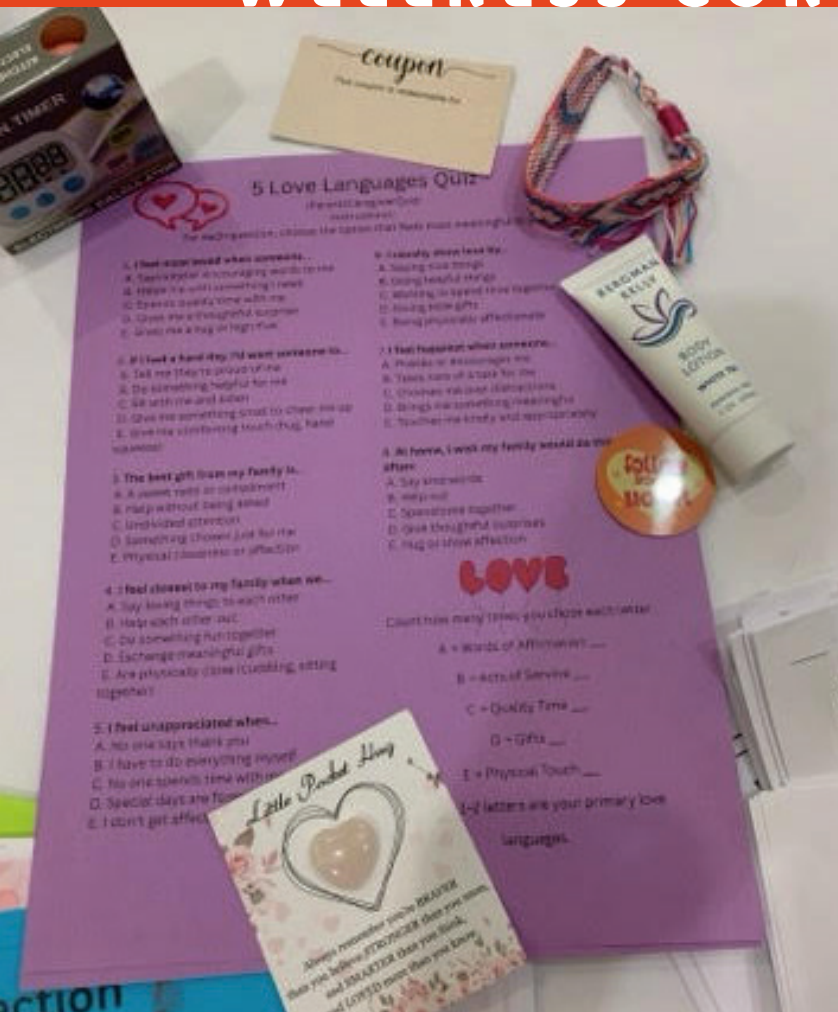
Presenter: Samantha Thornsberry & Anu Watts |

Write State of Mind: Journaling to Heal will teach you how journaling can be a therapeutic activity that alleviates stress, promotes mental clarity, and allows for people to form stronger interpersonal relationships. In this workshop, we will focus on several key topics that promote self-esteem and confidence building as well as introspective discussions on interpersonal relationships (platonic and romantic).

WORKSHOP 6: PINCH POTS

Presenter: Tony Soares |

Participants will get a chance to learn how to make their own pinch pots using a traditional technique, tools and locally sourced clay.



ABOUT THE CONFERENCE: FAMILY ENGAGEMENT ACTIVITIES

In addition to a series of workshops, the Wellness Conference also provided all those in attendance with Family Engagement Activities. The following is a description of the various activities and the individuals who presented them.

Traditional Jewelry

Presenter: Gene Begay |

Learn how to bead wire wrap bracelets. Participants will be provided with all the materials to wrap their bracelets, and they will choose from an assortment of various colors.

Therapeutic Art

Presenter: Jessica Cruz |

Painting 1: Storytelling by Firelight

Gather in the spirit of the fire as stories are shared across generations through our elders passing on oral history. This guided painting honors elders as keepers of wisdom, memory, and culture. Participants will create imagery inspired by firelight, symbols, and spoken stories, reflecting how oral traditions carry teachings, healing, and identity forward.

Painting 2: Honoring the Ancestors

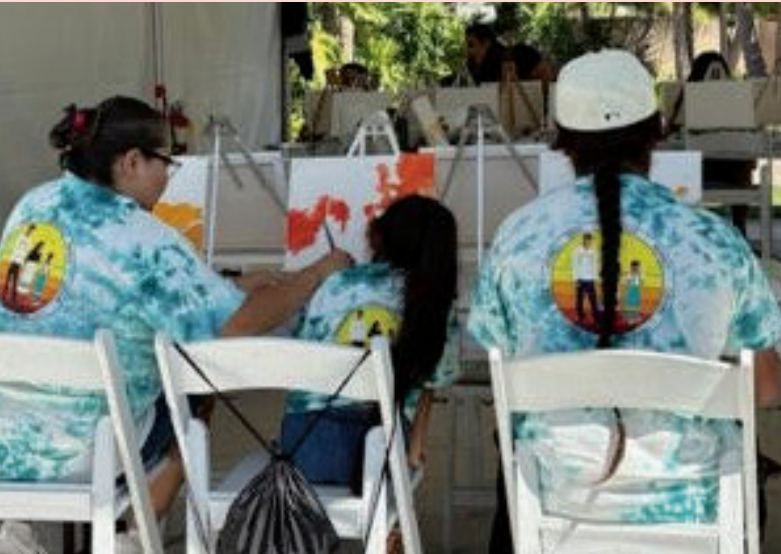
In this step-by-step symbolic painting of lineage experience, participants will honor those who walked before us. Through symbolic forms and ancestral marks, participants will reflect on lineage, resilience, and belonging. The artwork becomes a visual prayer of gratitude, connection, and remembrance, celebrating the strength and guidance of our ancestors.

Sound Bath

Presenter: Jon Freeman |

Sessions 1 and 2

Be led into an acoustic, intuitive, multi-instrumental sound journey that harnesses the power of vibration to bring people into meditative states, deep relaxation and connection with the body, mind and spirit. The parasympathetic nervous system will be activated leading to rest, restoration, relaxation and peace.



Mitchell Red Cloud Jr.: Fallen Native American Received Medal of Honor in Korean War

By Gary P. Taylor, for SCTCA TANF

On the final Monday in May- Memorial Day- the United States honors all those who served and died fighting for America.

Among the many thousands of veterans honored is Mitchell Red Cloud Jr., a Ho-Chunk (Winnebago) from Wisconsin who served in World War II and the Korean War. Red Cloud Jr. - who was wounded and received a Purple Heart in World War II- was awarded the Medal of Honor posthumously following his death in combat in Korea in 1950. He was 25.

The medal was presented to Red Cloud Jr.'s mother in April of 1951 by General Omar Bradley in a ceremony at the Pentagon.

Corporal Red Cloud Jr. had been assigned to the United States Army "Easy Company," Company E, 2nd Battalion, 19th Infantry Regiment, 24th Infantry Division. His unit was sent to Kyushu, Japan, and in July was among the first U.S. companies sent to Korea with the outbreak of war on June 25, 1950, according to *The Grateful Nation Project*.

On November 5, 1950, Easy Company was positioned near Chonghyon, North Korea, on Hill 123. According to the U.S. Department of War, Red Cloud Jr. "was manning a listening post at the hill's ridge, right in front of the command post, when he realized Chinese Communist forces were approaching. Those forces instantly charged at him from the brush about 100 feet away."

What happened next is described in detail in the Medal of Honor Citation honoring Red Cloud Jr. According to the U.S. Army:

"For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty in Chonghyon, Korea, 5 November 1950. Cpl. Red Cloud, Company E, distinguished himself...above and beyond the call of duty in action against the enemy.

"From his position on the point of a ridge immediately in front of the company command post he was the first to detect the approach of the Chinese Communist forces and give the alarm as the enemy charged from a brush-covered area less than 100 feet from him. Springing up he delivered devastating point-blank automatic rifle fire into the advancing enemy. His accurate and intense fire checked this assault and gained time for the company to consolidate its defense.

"With utter fearlessness he maintained his firing position until severely wounded by enemy fire. Refusing assistance, he pulled himself to his feet and, wrapping his arm around a tree, continued his deadly fire again, until he was fatally wounded. This heroic act stopped the enemy from overrunning his company's position and gained time for reorganization and evacuation of the wounded. Cpl. Red Cloud's dauntless courage and gallant self-sacrifice reflects the highest credit upon himself and upholds the esteemed traditions of the U.S. Army."

Many years after his death, Red Cloud Jr.'s daughter Annita told Discover Wisconsin she met the medic from

her father's unit at a Korean War event. The medic recounted that Cpl. Red Cloud told him, "Get me all the ammo you can, and put it next to me," and then said, "Get everybody you can out of here."

In recognition of Red Cloud Jr.'s service and sacrifice, the U.S. Army Garrison Camp Red Cloud - located in Uijeongbu, Korea - was named in his honor. And in August of 1999, the United States Navy commissioned the Military Sealift Command ship USNS Red Cloud (T-AKR 313), according to the U.S. Department of War.

Red Cloud Jr. had initially been buried at a United Nations cemetery in Korea, but his remains were returned to his family in America. He was interred in Black River Falls, Wisconsin,

not far from where he was born more than a century ago.

One monument that stands in his honor at Black River Falls has an inscription that reads, "The son of a Winnebago chief and warriors who believe that when a man goes into battle, he expects to kill or be killed, and if he dies, he will live forever."

His daughter Annita said of her father: "A person never dies...until he's forgotten. And that's what's really important to me—that he's not forgotten."

Red Cloud Jr. and his ultimate sacrifice has not been forgotten. Not by his family, not by the U.S. Army and Navy - and not by those who remember what he did in Korea all those years ago.



Mitchell Red Cloud Jr in U.S. Army photo

The Power in the Pause



Breathing is something we do every moment of our lives, yet most of us rarely think about it. When life becomes stressful, our breathing often becomes fast, shallow, or tight without us even noticing. Learning to breathe with awareness can be a powerful tool for improving mental health, emotional balance, and overall well-being.

Our breath is closely connected to our nervous system. When we are stressed, scared, or overwhelmed, the body goes into “fight, flight, or freeze” mode. In this state, breathing becomes quick and shallow, sending a message to the brain that danger is present.

Slow, deep breathing sends the opposite message. It tells the brain and body that it is safe to relax. This activates the calming part of the nervous system, helping the heart rate slow down, muscles soften, and the mind feel more at ease. In this way, breathing becomes a natural way to calm anxiety and reduce stress.

Breathing does not have to be complicated.

Here are a few simple ways to use breath to support your mental health:

4-7-8 Breathing

Inhale through your nose for 4 counts.
Hold your breath for 7 counts.
Exhale slowly through your mouth for 8 counts.
This technique helps ease stress and promote better sleep.

Belly Breathing

Sit or lie down comfortably.
Place one hand on your chest and the other on your belly.
Inhale deeply through your nose, letting your belly rise.
Exhale slowly through your mouth.
Repeat for a few minutes to calm your nervous system.

Mindful Breathing

Simply observe your breath without trying to change it.
Notice the sensation of air entering and leaving your body.
When your mind wanders, gently bring your attention back to your breath.

Box Breathing (4-4-4-4 method)

Inhale through your nose for 4 counts.
Hold your breath for 4 counts.
Exhale through your mouth for 4 counts.
Hold again for 4 counts.
Repeat several cycles to regain focus and reduce anxiety.

Breathing is one of the most accessible and powerful tools for mental health. It is always available, free, and can be used anywhere. By becoming more aware of your breath, you can calm your body, regulate emotions, improve focus, and support healing. Honoring your breath is a simple yet meaningful way to care for mental, emotional, and spiritual well-being. Every breath is a new beginning. No matter how heavy the moment feels, your next breath is a chance to reset, to soften, and to return to yourself. Healing does not always start with big changes — sometimes it begins with one slow, intentional breath.

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 May 2026

FOOD DISTRIBUTION SCHEDULE FOR MAY 2026

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
MAY 6 TH , WEDNESDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
MAY 7 TH , THURSDAY	CAMPO	10 AM – 12 PM
MAY 11 TH , MONDAY	SAN PASQUAL	8 AM – 12 PM
MAY 13 TH , WEDNESDAY	LOS COYOTES LA JOLLA	9 AM -10 AM 11 AM – 12 PM
MAY 14 TH , THURSDAY	RINCON	8 AM – 12 PM
MAY 18 TH , MONDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
MAY 19 TH , TUESDAY	PALA	9 AM – 11 AM
MAY 21 ST , THURSDAY	MANZANITA OLD CAMPO	9:30 AM – 10:30 AM 11 AM – 12 PM
MAY 26 TH , TUESDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM

OFFICE CLOSURES: MAY 25TH – MEMORIAL DAY

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 June:

- SCTCA High School Graduation Celebration
- Dream the Impossible Conference
- A Gallery of Native American Art

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

