

## October is Domestic Violence Awareness Month: Statistics Are Alarming for Native American Women

By Gary P. Taylor, for SCTCA TANF

In 1989, Congress declared the month of October as Domestic Violence Awareness Month.

Since then, federal agencies, states, and organizations have compiled extensive statistics on domestic violence in all its forms.

The statistics have been particularly alarming for Native American women. In virtually all categories, in every state, on or off the reservation, Native American women suffer domestic violence abuse at rates that are much higher than any other group.

According to a comprehensive study published by the National Institute of Justice Research on domestic violence, "more than 4 in 5 American Indian and Alaska Native women (84.3%) have experienced violence in their lifetime." Among the startling statistics:

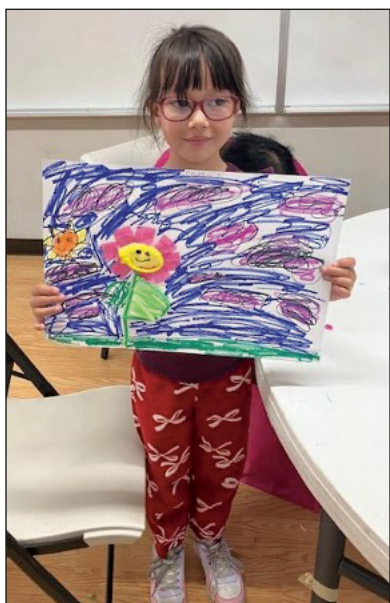
- 56.1 % have experienced sexual violence
- 55.5 % have experienced physical violence by an intimate partner
- 48.8 % have experienced stalking
- 66.4 % have experienced psychological aggression by an intimate partner

(Continued on page 2)



## At Santa Ynez, Back to School Event Features MyPlate and Healthy Habits

By Gerri Massey, Education Coordinator, Santa Ynez TANF



The Santa Ynez TANF Back to School event on July 26 at the Buellton Recreation Center started with a lesson on healthy habits.

The event for parents, family members and children included an indoor and outdoor activity. The indoor activity consisted of using the *MyPlate* nutrition chart to come up with healthy meals. The *MyPlate* nutrition chart is represented by a plate graphic encouraging Americans to eat a balanced diet by dividing meals into the five food groups: Fruits, Vegetables, Grains, Protein, and Dairy. The chart illustrates ideal portion sizes, with vegetables making up the largest section of the plate, followed by grains and protein. Fruits fill the remaining quarter, with a small section for dairy. The goal is to make healthy eating easier by visually demonstrating what and how much to eat from each group throughout the day.

(Continued on page 4)



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Valley Center, CA 92082  
E-mail: gtaylor@sctca.net  
(760) 746-0901 Ext. 118

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

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

Agua Caliente	Los Coyotes	Santa Rosa
Barona	Manzanita	Santa Ysabel
Cahuilla	Mesa Grande	Santa Ynez
Campo	Morongo	Soboba
Ewilaapaayp	Pala	Sycuan
Inaja/Cosmit	Pauma	Torres Martinez
Jamul	Rincon	Viejas
La Jolla	San Manuel	
La Posta	San Pasqual	

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#### San Diego Tribal TANF:

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#### 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)

Although the vast majority of domestic violence abuse victims are women, the statistics also included incidents committed against both women and men. Among those findings:

- 66.5 percent of women and 26.0 percent of men were concerned for their safety
- 41.3 percent of women and 20.3 percent of men were physically injured
- 92.6 percent of women and 74.3 percent of men had talked to someone about what the perpetrators did
- 49.0 percent of women and 19.9 percent of men needed services because of what the perpetrators did
- 40.5 percent of women and 9.7 percent of men had to miss days of work or school because of what the perpetrators did

The combined statistics reflect the prevalence of domestic violence against Native American women and increasing rates among Indian men, according to the National Institute of Justice report.

The statistics are especially relevant during Domestic Violence Awareness Month in October, when millions of people- both Native Americans and non-Natives- reflect on ways to counter such abuse. The following are some recommendations provided by the National Domestic Violence hotline **(1-800-799-SAFE (7233))**:

- **Create a Personal Safety Plan** : A safety plan is a set of actions that can help lower your risk of being hurt by your partner. It includes information specific to you and your life that will increase your safety at school, home, and other places that you go on a daily basis.
- **Safety Plan for Children**: If you have children, identify ways to keep them safe when violence occurs — before it takes place. That includes at home, when you're out and about in public, and if your children spend any unsupervised time with your abusive partner.
- **Research Available Local Resources**: There are many resources available to individuals who may be suffering domestic violence. These resources include:
  - Shelters
  - Legal Help
  - Financial Aid
  - Counseling
  - State and local aid
  - Native American helpline and tribal resources (Stronghearts: **844.762.8483** | Helpline for Native Americans and Alaska Natives)

**You Are Not Alone.**





★ WE'RE HIRING! ★

## Join the SCTCA Team

Looking for a rewarding career where you can make a difference in the lives of families and communities?

★ SCTCA has new job openings and we're inviting YOU to apply!

### Why Work with Us?

- ✓ Be part of a mission-driven team
- ✓ Support families and empower communities
- ✓ Grow your career with purpose

### 📱 Ready to Apply?

Scan the QR code below to explore our current job openings and submit your application today!

★ Don't miss this chance to join a supportive, inspiring workplace where your work truly matters.



## DISPATCHES New York



*Lacrosse players on the Rochester Knighthawks*

The game of Lacrosse has been played by Native Americans for hundreds of years, created by tribes long before the arrival of Europeans on the continent.

Now- for the first time- a Native American tribe has bought a professional Lacrosse team.

The Seneca Nation in western New York acquired the Rochester Knighthawks, a National Lacrosse League (NLL) franchise. The Seneca bought the franchise in July from the Pegula family, which announced in June that it would sell the team after owning it since 2019, according to *Forbes* magazine. The tribe bought the Knighthawks for an undisclosed sum, but the final price is believed to be in the millions. Pegula has vast sports holdings in America, including ownership of the Buffalo Bills football team and the Buffalo Sabres hockey team.

The Seneca Nation is now the second Indian tribe to own a professional sports franchise outright, joining the Mohegan Tribe, which has owned the WNBA's Connecticut Sun since 2003, according to *Forbes*. The magazine also noted:

*"J. Conrad Seneca, president of the Seneca Nation, said in an interview that the Knighthawks are the tribe's first sports investment. However, he added that the Nation has deep roots in lacrosse and has numerous leagues for its more than 8,600 enrolled members, ranging from youth organizations to competitions for older adults. Several members of the Seneca Nation have gone on to play in college, including Zed Williams, a former University of Virginia star who now plays in the NLL for the Colorado Mammoth."*

The NLL consists of 14 franchises (eight in the U.S. and six in Canada) that play so-called box lacrosse, an indoor version of the sport that has different rules than the outdoor version. Native American athletes in high school and college play both versions. Tribes across the country have traditionally played the game outside and with different variations than the existing professional leagues.

The Seneca Nation's purchase of the Knighthawks means the team will remain in Rochester, which is about 100 miles from the tribe's reservation, where Native American kids still play the game created by their ancestors all those years ago.

(Continued from bottom page 1)

The outdoor activity consisted of teamwork to race to put many healthy items on a chart. While the children worked on a mixed media activity, Education Coordinator Gerri Massey provided parents with a Powerpoint presentation reviewing education requirements and forms.

One child stated in their evaluation after the event that they enjoyed making crafts and learning about making food taste better. The child also stated that “this day was so much fun.” Another participant stated they enjoyed learning about healthy habits and how to measure portion sizes. One child stated they enjoyed the outside game and learning that fruits are nutritious for the body. Another participant also enjoyed learning about healthy habits. They liked the phrase “Eat what you want, add what you need.”

Overall the day seemed to flow and everyone seemed to have fun at the annual Back to School event. There were activities for every learning style and each family learned healthy habits together.



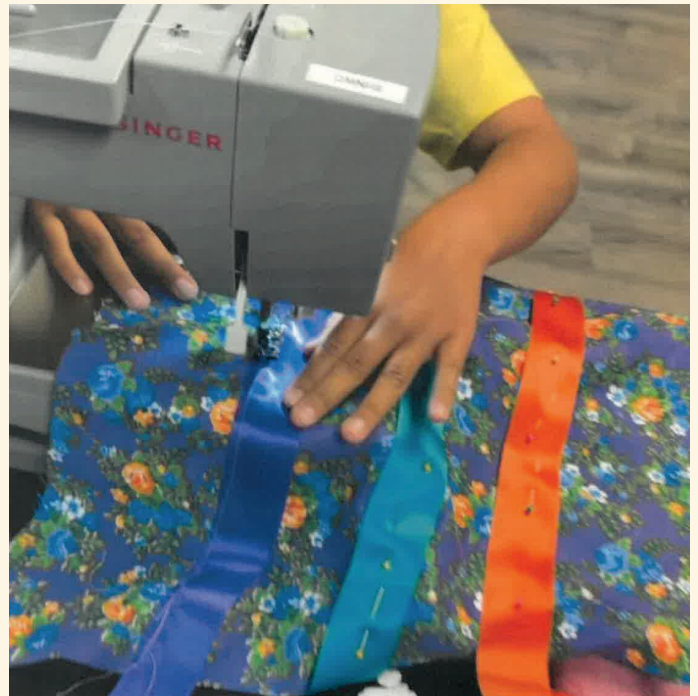
# Students Attend Ribbon Shirt, Bird Skirt Workshops - And A Fashion Show

*By Keith Vasquez, Education Coordinator, Pala TANF*

Four students from Pala TANF attended the Nexus Native Event at All Tribes Charter School in Rincon.

The students at the two-day event on July 21 and 22 participated in the Ribbon Shirt/Bird Skirt workshop and the Rattle Gourd Making workshop. In these workshops, the students joined more than a dozen others and had the opportunity to learn about the history behind Bird Skirts, Ribbon Shirts and Gourd Rattles while also learning how to properly care for them.

Students also had the opportunity to use their creations to participate in Bird Singing and Bird Dancing to mark the start of the Fashion Show at the end of the event. One student participated in the Fashion Show by walking down the runway and showing their designs. Students enjoyed being able to express their creativity and getting to meet new friends within the workshops.



# In Hiring, Employers are Increasingly Receiving and Reviewing Digital Resumes

By Gary P. Taylor, for SCTCA TANF

The Digital Age has come to resumes.

For decades, writing a one or two-page paper resume was the only way to submit it to any prospective employer. Not anymore.

Now, a vast majority of employers are accepting and reviewing only digital resumes from potential job candidates.

That means anyone seeking a job- including participants from Southern California Tribal Chairmen's Association (SCTCA) TANF- will be creating and sending digital resumes, even if they have never done so before.

So what exactly is this latest resume version? In its most basic form, a digital resume is "any resume that hiring managers, recruiters and human resource professionals can access online," according to the *Indeed* job search website. Digital resume formats and templates are now easily accessible online for individuals seeking examples of the proper form.

*Indeed* added "posting your resume on your social media profiles, creating an online portfolio with your resume, writing samples and links to other works and building a profile on job search websites with an uploaded resume are all examples of effective digital resumes."

One of the biggest differences between the traditional paper resume and a digital one is an emphasis on being much more creative. "Consider varying your layouts, incorporating a photo, using other imagery, uploading a video and using unique formatting options to showcase your abilities and commitment to the role you're applying for," *Indeed* suggested. "Where a traditional resume usually just has a single format, you can have (create) multiple digital resumes that you pick from depending on the employer's preference or the position you're applying for."

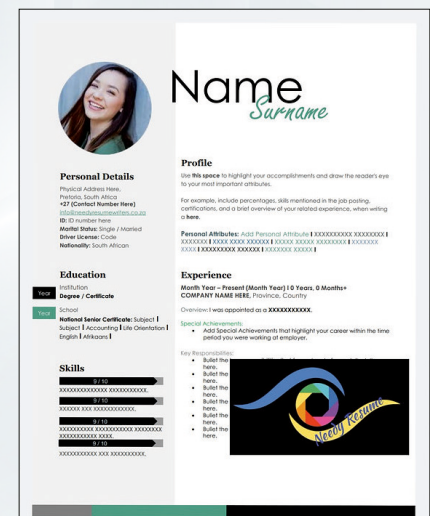
One thing that hasn't changed, though is that a digital resume should include everything that you would have included in a paper version:

- Full name
- Contact information, including your email address
- Resume objective
- Work experience
- Skills
- Education
- Certifications and licenses
- Portfolio link
- Any other sections the employer specifically requests

Another thing that hasn't changed: applicants who submit a digital resume should still consider attaching a traditional printed resume. Some people reviewing resumes still prefer the 'old school' version so, among other things, they can actually make notes on it before they interview a candidate.

Even in the Digital Age, some things remain the same.

*"Consider varying your layouts, incorporating a photo, using other imagery, uploading a video and using unique formatting options to showcase your abilities and commitment to the role you're applying for."*



A sample first page of a digital resume

# Five Years Later, *Yellow Bird* Remains a Startling Depiction of Murder on an Indian Reservation

By Gary P. Taylor, for SCTCA TANF

Five years ago, Sierra Crane Murdoch wrote a book about murder on an Indian reservation. It was called *Yellow Bird: Oil, Murder, and a Woman's Search for Justice in Indian Country*.

It is a significant piece of reporting, especially its revelations that it wasn't law enforcement that developed most of the leads in the case.

It was a Native American woman named Lissa Yellow Bird, a mother of five who had lived on the sprawling Fort Berthold Reservation in North Dakota most of her life. The reservation covers nearly a million acres and is home to the "Three Affiliated Tribes" of the Mandan, Hidatsa and Arikara

This is where Yellow Bird lived when, with a relentless determination, she worked to solve the brutal murder of Kristopher Clarke, a young truck driver who disappeared on the reservation in February of 2012. What happened to him? Did he simply leave his job without telling anyone? Or did something worse happen?

Yellow Bird didn't know Clarke - she was an Indian, he wasn't, and she didn't know much about him, except that Clarke's mother was imploring law enforcement to find out what happened to her son. And no one was really listening to her.

But Yellow Bird listened. And she began to work on the case.

David Truer, an Ojibwe author, wrote this in his review of Murdoch's 379-page book in the *New York Times*: "Was Clarke's disappearance a symptom of white people doing dirty business on the reservation, and were tribe members complicit in the violence that blossomed around the oil boom? These questions gnawed at Lissa Yellow Bird and, as the journalist Sierra Crane Murdoch recounts in her remarkable first book, *'Yellow Bird: Oil, Murder, and a Woman's Search for Justice in Indian Country,'* eventually came to consume her."

Murdoch spent more than four years researching her book, including spending countless hours with Yellow Bird on the reservation. While she admires Yellow Bird's courage and determination, Murdoch also doesn't hide the difficult facts of her life: "(Yellow Bird's daughter) Shauna referred to her as an addict, an assessment Yellow Bird seems to have agreed

with. She had worked as a stripper, prison guard, bartender and welder. And she had served two years in prison on drug charges."

But in the end, it was Yellow Bird who convinced federal and state law enforcement that Clarke had not left. He had been murdered by James Henrikson, a man he worked with on the reservation during the oil boom. And several others knew about it. As Truer noted:

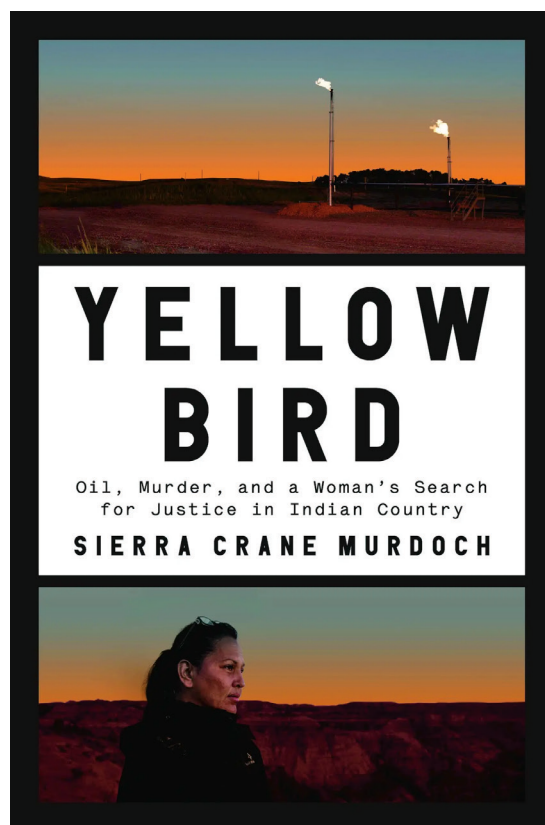
*"Yellow Bird hectored cops and gathered evidence, and even after there was enough proof to charge Henrikson and his (white) accomplices with conspiracy to commit murder, she continued to comb the reservation on foot for Clarke's body. (It was never recovered.)"*

The story of Clarke's murder on the Fort Berthold reservation didn't receive much coverage when it happened in 2012. It was committed in the cold, brutal winter of North Dakota, with few leads and fewer suspects. And the fact that it occurred on an Indian reservation - with the very real possibility of tribal members ignoring what happened - makes Yellow Bird's singular determination to solve Clarke's murder the center of all that Murdoch wrote. In his review, Truer noted that *Yellow Bird* was written by an outsider who did not engage in stereotypical depictions of Native Americans:

*"Murdoch resists easy portraiture (Indians as pitiful or pathetic or*

*damaged) and blind compassion (Indians as noble sufferers or keepers of special knowledge). Joan Didion once wrote that writers are always selling someone out. But Murdoch doesn't sell out Yellow Bird or the people of Fort Berthold, and she doesn't gloss over their problems either. Rather, she finds a way to balance her journalistic curiosity with respect for these complicated people. And Yellow Bird, as a person and as a guide through the mystery surrounding Clarke, is complicated. A fanatic, an addict, sure, but also brilliant, dogged, brave, funny, prickly, radically informed and just as radically nonjudgmental."*

*Yellow Bird* is an investigative and searing book. It paints a remarkable portrait of murder, and the Native American woman who solved it.





# How to Support Someone Experiencing Domestic Abuse

October is Domestic Violence Awareness month. Domestic violence can affect anyone. It does not discriminate based on race, age, marital status, education or income. It is often times overlooked, people look away thinking it is not their business, they are not sure if what they are seeing is abuse or they don't know what they can do to help. I want to share some information with you so if you know someone you care about that may be in an abusive relationship you can take some steps to try and help them.

## **Have a Private Conversation**

Any conversation you have with your loved one should be outside the presence of their partner/others.

### **Ask if they would like to talk**

You might consider letting this person know that you are worried about them or concerned for their safety. Ask if they would like to talk, and if they would be open to you sharing some of what you've noticed about their partner's actions. Respect their boundaries if they aren't ready to talk but let them know you are available if they change their mind.

### **Be supportive and listen to your friend or family member**

Remember that it may be difficult for them to talk about the abuse. Let them know that you are available to help when they may need it. What they need most is someone who will believe and listen to them.

### **Acknowledge the situation**

Acknowledge that they are in a very difficult and scary situation. Let your friend or family member know that the abuse is not their fault. Reassure them that they are not alone and that there is help and support out there.

### **Follow their pace**

Don't push them to talk about something they don't want to, tell them what they "have to" do, or give them an ultimatum.

### **Don't be judgmental**

Respect your friend or family member's decisions. There are many reasons why victims/survivors stay in abusive relationships. They may leave and return to the relationship many times. Do not criticize their decisions or try to guilt them. They will need your support even more during those times.

### **Develop a safety plan**

If they are open to your help, help them to develop a safety plan. Contact a local domestic violence program for more information on how to safety plan with your friend.

### **Provide Resources**

Encourage them to talk to people who can provide help and guidance. Find a local domestic violence agency that provides counseling or support groups. Offer to go with them to talk to family and friends. If they have to go to the police, court or a lawyer, offer to go along for moral support.

Take care of yourself, witnessing the pain of someone you care about can take its toll. You may even experience vicarious trauma, which is emotional distress that results from hearing about or witnessing the traumatic experiences of others. Seek the help and support that you need, while still respecting your friend's privacy and confidentiality.

**National  
Domestic  
Violence 24-  
Hour Hotline**

**1-800-799-7233  
(SAFE)**



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

# Class Calendars

Two Directions, Inc.

October 1st—October 31st, 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
<b>In Person / Virtual / Distance Learning classes offered daily</b>				
<b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm)  <b>ABE / Diploma / HiSet / GED</b>  <b>Second Language</b>  <b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more...  <b>Culture and Beading</b>  <b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more	<b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm)  <b>ABE / Diploma / HiSet / GED</b>  <b>Second Language</b>  <b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more... (In Person 9:00am-11:00am) <b>Culture</b> (In Person 11:15 am-1:15pm)  <b>Drivers Education / Behind the Wheel Training</b> (In Person 11:15 am-1:15pm)	<b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm)  <b>ABE / Diploma / HiSet / GED</b>  <b>Second Language</b>  <b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more...  <b>Culture and Beading</b>  <b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more	<b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm)  <b>ABE / Diploma / HiSet / GED</b>  <b>Second Language</b>  <b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more... (In Person 9:00am-11:00am) <b>Beading</b> (In Person 11:15 am-1:15pm)  <b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more	<b>Computer Training offered but not limited to:</b> Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm)  <b>ABE / Diploma / HiSet / GED –</b>  <b>Assessment Testing</b> (In Person 9:00am-1:15pm) <b>Second Language</b> (In Person 9:00am-1:15pm) <b>Life Skills offered but not limited to:</b> Financial Literacy, Parenting, Soft Skills, Social Skills and more... <b>Beading</b> (In Person 9:00am-11:00am) <b>Career Training offered but not limited to:</b> Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more

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

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 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	2 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	3 8 to 4:30pm Work Study	4
5	6 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	7 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	8 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	9 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	10 8 to 4:30pm Work Study	11
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26	27 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	28 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	29 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	30 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	31 8 to 4:30pm Work Study	

## OFFICE CLOSURES:

**Monday, October 13, 2025**

**For Indigenous People's Day.**



## OCTOBER 2025 CALENDAR

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

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

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

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

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INDIVIDUALIZED LEARNING TO  
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NEEDS OF PARTICIPANTS.

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CHANGE.



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



Southern California American Indian Resource Center, Inc.

# OCTOBER 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
<b>Daily services:</b>  <b>Available 8:30-4:00</b> Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation	<b>Daily services:</b>  <b>Available 8:30-4:00</b> Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation <b>Coffee with the Director</b> <b>10/7: 10:00am</b> <b>Community w/ PRIDE</b> <b>10/7: 12:00 -1:00pm</b> <b>Community w/ PRIDE</b> <b>(Virtual)</b> <b>10/14: 5:00-6:00pm</b>	<b>Daily services:</b>  <b>Available 8:30-4:00</b> Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation  <b>Parenting Support Group</b> <b>Every Wednesday</b> <b>9:00-10:00am</b>	<b>Daily services:</b>  <b>Available 8:30-4:00</b> Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation	<b>Daily services:</b>  <b>Available 8:30-4:00</b> Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation

**By appointment only:**  
Counseling Services  
Youth Academic Tutorial Services  
County Approved Typing Tests

\*After hour tutoring and counseling requests  
available based on availability of instructors  
and clinicians

Please visit [www.SCAIRInc.org](http://www.SCAIRInc.org) for  
more information about SCAIR's  
programs 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

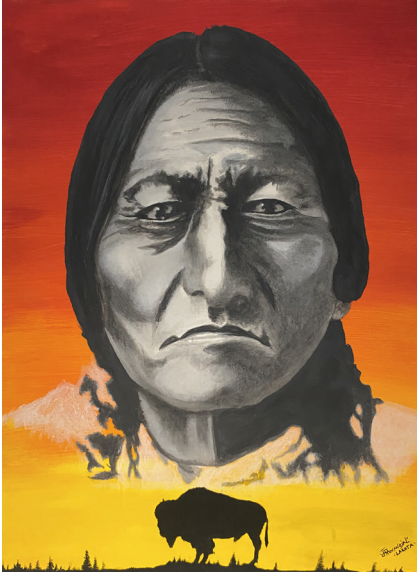
## Commodity Distribution Schedule October 2025

### USDA FOOD DISTRIBUTION SCHEDULE FOR OCTOBER 2025

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
OCT 1 <sup>ST</sup> , WEDNESDAY	MANZANITA OLD CAMPO	930 AM – 1030 AM 11 AM – 12 PM
OCT 6 <sup>TH</sup> , MONDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
OCT 7 <sup>TH</sup> , TUESDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
OCT 9 <sup>TH</sup> , THURSDAY	CAMPO	10 AM – 12 PM
OCT 14 <sup>TH</sup> , TUESDAY	SAN PASQUAL	8 AM – 12 PM
OCT 16 <sup>TH</sup> , THURSDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 PM
OCT 20 <sup>TH</sup> , MONDAY	RINCON	8 AM – 12 PM
OCT 21 <sup>ST</sup> , TUESDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
OCT 23 <sup>RD</sup> , THURSDAY	PALA	9 AM – 11 AM

**OFFICE CLOSURES:** INDIGENOUS PEOPLES' DAY – MONDAY, OCTOBER 13TH

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 November:

- A Celebration of Native American Heritage Month
- Easy to Prepare Recipes for the Fall and Winter
- Review: *Black Elk Speaks: The Complete Edition*