



MARCH 2022

# EVENT NEWSLETTER

SHINGLE SPRINGS TRIBAL TANF PROGRAM

We are slowly and safely transitioning to in-person workshops. You have the option for in-person or zoom.

**Call to RSVP!**

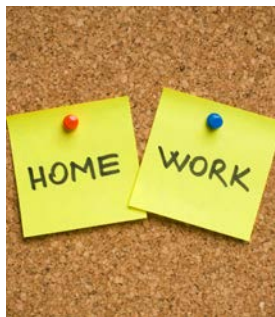
## COLLEGE WORKSHOP

Every Tuesday 3/1, 3/8, 3/15, 3/22, & 3/29 • Zoom  
3:30pm-4:30pm

Take advantage of the college workshop. If you need help with college application enrollment, 21/22 FAFSA, financial aid questions, class textbooks or submitting TANF education SSR's... this workshop will assist you with all your college and adult education needs!

Open to all Sites via Zoom.  
RSVP to receive Zoom login information.

CONTACT INFO:  
SYLVIA HERNANDEZ,  
EDUCATION COORDINATOR  
(916)583-5063  
SHERNANDEZ@SSTANF.ORG



## HOMEWORK HELP

Every Wednesday 3.2, 3/9, 3/16, 3/23, & 3/30 • Zoom  
5:00pm-7:00pm

Going to school during a world wide pandemic can be very challenging for you and your child. Take advantage of these tutoring sessions and get your child the help they need with their homework. It will be small intimate groups so that every student can receive the help they need. All ages are welcome to attend.

Open to all Sites via Zoom.  
RSVP to receive Zoom login information.

CONTACT INFO:  
SALLY STORAMSKI,  
EDUCATION COORDINATOR  
(916)760-1673  
SRSTORAMSKI@SSTANF.ORG



## GONA 101

Thursdays; 3/3, 3/10, 3/17, & 3/24 • Zoom • 5:00pm-7:00pm

In collaboration with the Shingle Springs Behavioral Health Department a mini "Gathering of Native Americans 101" (GONA) will be presented every Thursday in the the month of March. The GONA approach reflects on our Native American cultural values, traditions, and spiritual practices. The GONA will focus on the following four themes: Belonging, Mastery, Interdependence and Generosity.

### Incentives!!!!

Every Thursday, for attending, you will be eligible to be entered into a raffle for one of 5 gift cards in the amount of \$25.00 each.

On the last Thursday you may be entered into the grand prize raffle depending on attendance.

Attend 4 out of 4 sessions you will be entered into the "I Pad" raffle.  
Attend 3 out of 4 sessions you will be entered into the "Virtual Reality Gaming Set" raffle.  
Attend 2 out of 4 sessions you will be entered into the "Airpods" raffle.

Open to all sites via Zoom.  
RSVP to receive Zoom login information.

CONTACT INFO:  
NIKKI PEREZ,  
YOUTH ACTIVITY SPECIALIST  
(916)760-1672  
NPerez@SSTANF.ORG



## CONTACT US



SACRAMENTO  
(916)760-1660

PLACER  
(530)820-0141

EL DORADO  
(530)683-0110

YOLO  
(916)741-5056



## HOWE PARK FISHING DERBY 2022

March 5 • In-Person • 10:30am-12:30pm

(Ages 6-17) California Department of Fish and Game's Fishing is hosting a day of fishing! Fishing instruction and prizes will be offered. Howe Park Pond will be freshly stocked with trout! PRIZES awarded for Longest & Fattest! Youth ages 15 and under enter area first. Children only fishing area provided. Event is rain or shine!

Open to all sites!  
Transportation is available.  
Howe Park  
(2201 Cottage Way  
Sacramento, CA 95825)

CONTACT INFO:  
FRANCES ROCHA,  
YOUTH ACTIVITY SPECIALIST  
(916)760-1668  
FROCHA@SSTANF.ORG



## RED ROAD TALKING CIRCLE

March 7 • In-Person • 5:00pm-7:00pm

March 29 • Zoom • 1:00am-3:00pm

This talking circle is for families and individuals to obtain knowledge, skills, and understanding of culturally supported ways of wellness. Open conversations about substance use disorder, addictions, and wellbriety may help you wherever you are on your journey. The healthy craft this month is graduation caps! Bead a cap for the graduate in your family!

Open to all sites!  
Transportation is available.  
In person class is held at:  
Sacramento TANF Site  
(2033 Howe Ave, Suite 200  
Sacramento, CA 95825)

CONTACT INFO:  
FRANCES ROCHA,  
YOUTH ACTIVITY SPECIALIST  
(916)760-1668  
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## MOTHERHOOD & FATHERHOOD IS SACRED

Every Monday; 3/7, 3/14, 3/21 & 3/28 • In-Person • 11:00am-1:00pm

This 12 week curriculum puts the family at the heart of Native American culture and believes that there is no other work more important than fatherhood and motherhood. This program's approach is based on a culturally rich model that inspires and motivates fathers, mothers and caregivers to devote their best efforts in teaching and raising children to develop their potential and the attributes needed for success in life.

Open to all sites!  
Transportation is available.  
In person class is held at:  
Sacramento TANF Site  
(2033 Howe Ave, Suite 200  
Sacramento, CA 95825)

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**3/7 Week #4** - Understand and value the freedom of choice, understand and appreciate the power of choice, and understand the consequences of both good and bad choices.

Activity: Make your own Motherhood/Fatherhood is Sacred shirt.

**3/14 Week #5** - Understand the importance of vision, and explain how vision is powerful, the results of absence of vision, understand why vision is needed, and the impact of the vision on our relationships.

Activity: Make a "Buecasa wooden family Birthday Celebration reminder.

**3/21 Week #6, part 1** - Understand the concept of being teachable and explain the benefits of being teachable. Understand the importance of truth and describe how to learn truth. Activity: Make a Pocket Coin holder kit

**3/28 Week #6 part 2** - Continue with learning about the concept of being teachable and truth.

Activity: Fruit cups.



## FUN WITH ART

March 8 • Zoom • 5:00pm-6:30pm

Learn about the Native plants through paint! Fun with Art is an interactive step by step painting workshop via zoom. This workshop connects to Family Culture Night's theme of native plants! Attend both to really get an in depth understanding of the importance.

This workshop is open to the whole family of all ages! Sign up!

Open to all sites via Zoom.  
RSVP to receive Zoom login information.

CONTACT INFO:  
BRENDA BALDAZO,  
YOUTH ACTIVITY SPECIALIST  
(916)760-0382  
BBALDAZO@SSTANF.ORG



## UNDERSTANDING THE SACREDNESS OF WOMANHOOD WITH SACRAMENTO NATIVE AMERICAN HEALTH CENTER

March 9 • Hybrid • 5:00pm-7:00pm

Join The Sacramento Native American Health Center for their "Understanding the Sacredness of Womanhood" class. It will be led by Sage Lapena, a certified herbalist. She will be focusing on the Herbal teachings for Women's reproductive health. Very important for our women and men to learn more about traditional plants and medicines.

Open to all sites! Contact us for zoom login or in-person information.

CONTACT INFO:  
RHONDA MEDICINE CROW  
PREVENTION DEPT. MANAGER  
916) 760-1671  
RMCROW@SSTANF.ORG



## EMPLOYMENT WORKSHOPS

3/9, 3/16, 3/30 • Zoom • 1:30pm-2:30pm

**March 9-** Career Exploration, Aztec - Ready for Work online program, Resume Writing and Writing Cover Letters

**March 16-** Job Search, Employment Applications, Career Development, and Interview Q & A

**March 30-** Planning, Job Resources, Time Management and Networking

Open to all sites via Zoom. RSVP to receive Zoom login information.

CONTACT INFO:  
TINA WILSON,  
EMPLOYMENT COORDINATOR  
(916)760-1678  
VWILSON@SSTANF.ORG



## POW WOW SWEAT

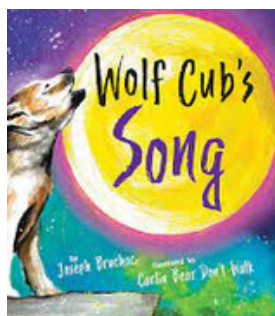
March 11 • Zoom • 4:00pm-5:00pm

March 25 • Zoom • 4:00pm-5:00pm

Let's get on our feet! We will warm up, stretch, and workout all over zoom! The workouts are pow wow dance style. Learn steps from jingle, fancy dances, and traditional styles that will keep your heart beat up and blood pumping. Open to all ages! **Each attendee will receive a fit bit to start tracking their health on a daily basis!**

Open to all sites via Zoom. RSVP to receive Zoom login information.

CONTACT INFO:  
NIKKI PEREZ,  
YOUTH ACTIVITY SPECIALIST  
(916)760-1672  
NPEREZ@SSTANF.ORG



## LITTLE FEATHERS STORY TIME

March 14 • Zoom • 4:00pm-5:00pm

Little feathers ages 4-7yrs old are invited! The two books this month are; "Wolf Club's Song", by Joseph Bruchac and "The Girl and the Wolf", by Katherena Vermette.



Open to all sites via Zoom. RSVP to receive Zoom login information.

CONTACT INFO:  
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(916)760-0382  
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## NATIVE YOUTH BEADING CLASS

March 18 • In-Person • 5:00pm-7:00pm

All youth are invited to learn how to bead medallions. Create your own creative design with your favorite colors, sports team, or a symbol that you connect with. You will be able to wear your finished medallions and or gift it to someone special!

Dinner will be provided!

Open to all sites!  
Transportation is available.  
In person class is held at:  
Sacramento TANF Site  
(2033 Howe Ave, Suite 200  
Sacramento, CA 95825)

CONTACT INFO:  
FRANCES ROCHA,  
YOUTH ACTIVITY SPECIALIST  
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## FAMILY CULTURE NIGHT

March 15 • Placer Site • 5:30pm-7:30pm

March 16 • Yolo Site • 5:30pm-7:30pm

March 22 • El Dorado Site • 5:30pm-7:30pm

March 23 • Sacramento Site • 5:30pm-7:30pm



Families, bring your whole family to enjoy our in-person family culture nights once again! We will be learning about indigenous plants including plants that don't require soil to survive.

Adults will be making wire vases that will stand on rocks with the air plants on top!

Youth will be painting rocks. You will be able to combine the painted rocks with the plants. Take this time to enjoy the quality creative time with your family. Each site is holding their own. Dinner will be provided! Sign up today!

Transportation is available.  
In person class is held at each individual site.  
Call for address if needed.

CONTACT INFO:  
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(916)760-0382  
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## YOUNG MENS DRUM GROUP

March 19 • In-Person • 11:00am-2:00pm

Join our drum group in person! Youth ages 10-17 will have the safe space to learn and continue to strengthen their voices, rhythm, and connection to your brothers through the power of the drum. **We will be making our own drum sticks this month!** You will customize it to fit your spirit and to take home to practice. Lunch will be provided!

Open to all sites!  
Transportation is available.  
In person class is held at:  
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(2033 Howe Ave, Suite 200  
Sacramento, CA 95825)

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YOUTH ACTIVITY SPECIALIST  
(916)760-1668  
FROCHA@SSTANF.ORG



## PRIMERICA OPPORTUNITY EVENT

March 23 • Zoom • 1:30pm - 3:00pm

Are you looking for a job? Primerica is hiring part time employees looking to sell and promote insurance! Join us for an informative presentation where you can learn about possible opportunities and career paths. Primerica is a financial services company for families. Sign up to learn more.

Open to all sites via Zoom.  
RSVP to receive Zoom login information.

CONTACT INFO:  
TINA WILSON,  
EMPLOYMENT COORDINATOR  
(916)760-1678  
VWILSON@SSTANF.ORG



## AUBURN REGIONAL PARK FISHING DERBY 2022

March 26 • In-person • 7:30am-12:00pm

Ages under 15 years old are invited to participate in the Auburn Fishing Derby. (If you are 16-17yrs old, please sign up for the Howe Fishing Derby) The California Dept. of Fish and Wildlife are filling the pond with rainbow trout! Instructions, gear and lunch will be provided! It will be a great event!

Open to all sites!  
Transportation is available.  
Auburn Regional Park  
(3770 Richardson Dr.  
Auburn, CA 95602)

CONTACT INFO:  
FRANCES ROCHA,  
YOUTH ACTIVITY SPECIALIST  
(916)760-1668  
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## TEEN COMIC BOOK SERIES

March 28 • Zoom • 5:30pm-7:00pm

We love to see Natives being represented in comic book series! This month we are reading "Hero Twins #1" by Dale Deforest (Navajo). The Hero Twins have long held an important place in the stories of the Navajo people of the southwest. As protectors of the People, their deeds and adventures have filled the imagination of Navajo children for millennia. Join to get a copy!

Open to all sites via Zoom.  
RSVP to receive Zoom login information.

CONTACT INFO:  
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## BEADING CIRCLE

March 29 • In-Person • 5:00pm-7:00pm

Learn how to bead hat ropes with Jeanine Gaines! We are having a great time advancing our skills and practice makes perfect! Beading ropes can also be used for lanyards, keychains, and necklaces too! They are a healthy creative way to wind down and explore traditional crafts.

Open to all sites via Zoom.  
RSVP to receive Zoom login information.

CONTACT INFO:  
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YOUTH ACTIVITY SPECIALIST  
(916)760-1672  
NPerez@SSTANF.ORG



## 4 OUR DAUGHTERS

March 29 • In-Person • 5:00pm-7:00pm

This month, we are working with leather! We want to expand your creative ventures. We will be making leather butterfly hair barrettes. This workshop is open to young women ages from 7 to 17 years old.

Open to all sites!  
Transportation is available.  
In person class is held at:  
Sacramento TANF Site  
(2033 Howe Ave, Suite 200  
Sacramento, CA 95825)

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# March is Women's History Month!





# TANF ANNOUNCEMENTS!

## Utility Assistance One-time Benefit Issuance



**Due to increased costs experienced by our families for utilities and heating this winter, Shingle Springs Tribal TANF will be issuing a one-time supplement to each family, who are active participants in our four-county service area.**

- **This will be a one-time issuance of \$500.00 in March 2022, funded by the COVID-19 PEAFF funds under the guidance of ACF.**
- **This service will be automatically disbursed, Families will not have to request this supplement. Receipts for utility payments will not be required.**

**WE WANT TO HEAR FROM**



**YOU!!**

*TANF Participant Survey 2022*

**RECEIVE 2 WORK PARTICIPATION  
HOURS & GET ENTERED INTO A  
RAFFLE!!**

BY TAKING THE SURVEY, YOU WILL  
HELP OUR PROGRAM IMPROVE  
OUR SERVICES!

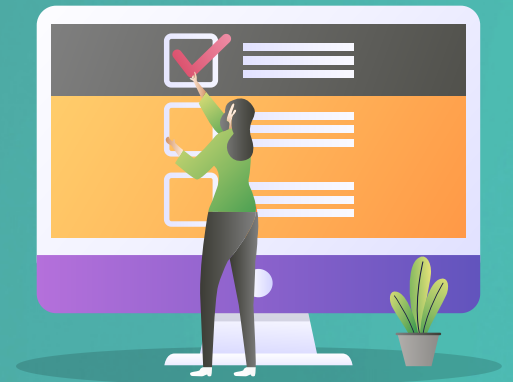
**YOUR VOICE AND HONEST  
FEEDBACK IS IMPORTANT TO US!**

WE WANT TO HEAR ABOUT YOUR  
EXPERIENCE HERE AT SHINGLE  
SPRINGS TRIBAL TANF PROGRAM.  
YOU WILL ALSO HAVE THE  
OPPORTUNITY TO GIVE US YOUR  
OPINION ON WHAT YOU WOULD  
LIKE TO SEE IN THE FUTURE!

**DEADLINE: MARCH 31, 2022**



**CONTACT YOUR FAMILY  
ADVOCATE FOR HELP AND MORE  
INFORMATION.**



**SCAN HERE  
TO TAKE THE  
SURVEY ON  
YOUR PHONE!**



OR GO TO: [HTTPS://WWW.  
SURVEYMONKEY.COM/R/  
SSTTPARTICIPANTSURVEY](https://www.surveymonkey.com/r/SSTTPARTICIPANTSURVEY)



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