

CLASS
of

2

0

2

4

Congratulations!

**JUNE IS
GUN
VIOLENCE
AWARENESS
MONTH**



GUN VIOLENCE AWARENESS MONTH

National Gun Violence Awareness Day falls on Friday, June 7th, 2024. People are encouraged to wear orange to raise awareness about gun violence and to show support for those affected by it. Wearing orange is a symbolic gesture that symbolizes unity and solidarity, and encourages people to take action to end gun violence.

CONGRATS GRADS!!!

Congrats to all of our 2024 graduates. We wish you all the best in your next steps and hope you enjoy this special day! We wish you the best of luck in your future endeavors and we can't wait to see what you will do. We are proud of you and thankful for all the hard work and dedication you have put in. We wish you all the best and look forward to hearing your success stories. Congratulations again!



NATIVE FACT

June's full moon is known as the "Strawberry Moon," name has been used by Native American Algonquian tribes living in the northeastern United States. Meaning the marking for the ripening of the strawberry to be gathered.

CONGRATS GRADS!!!

WHAT HAPPENS NEXT...

NEW BEGINNINGS

So what happens next you might be asking yourself? After graduation, there are many avenues one can take such as taking a job, starting a business, or continuing their studies. Another option is taking a gap year to explore different opportunities. Whatever the decision, we wish them the best of luck and success!



AFTER GRADUATION CHECK LIST

- Do not be afraid to fail
- Be open to change – do not be scared to step outside of your bubble
- Learn from the experts and find a mentor to lean on for advice
- Remember to take breaks
- Figure out what you are good at
- Create a Resume
- Actively look for a job
- Take on internships
- Enroll in college or trade school
- Financial Managing

**REMEMBER YOU ARE CREATING
YOUR OWN FUTURE**



@r

Art by: @rosellekiona

One way to make the decision of what to do after graduation is by reflecting on your personal interests, passions, and long-term goals. Consider what excites you and aligns with your values, as well as the skills and experience you have gained during your studies. It may also be helpful to seek advice from mentors, career counselors, and professionals in your desired field to gain insights and perspectives. Ultimately, trust your instincts and choose a path that feels right for you.

Once you have chosen a career path, take the time to research the job market and identify potential employers. Prepare a resume and cover letter tailored to each job and apply with confidence. Finally, follow up on applications and send out thank you notes.

GRADUATION RATES

HEALING

EMPOWERMENT

RESILIANCE

FUTURE



BE THE CHANGE

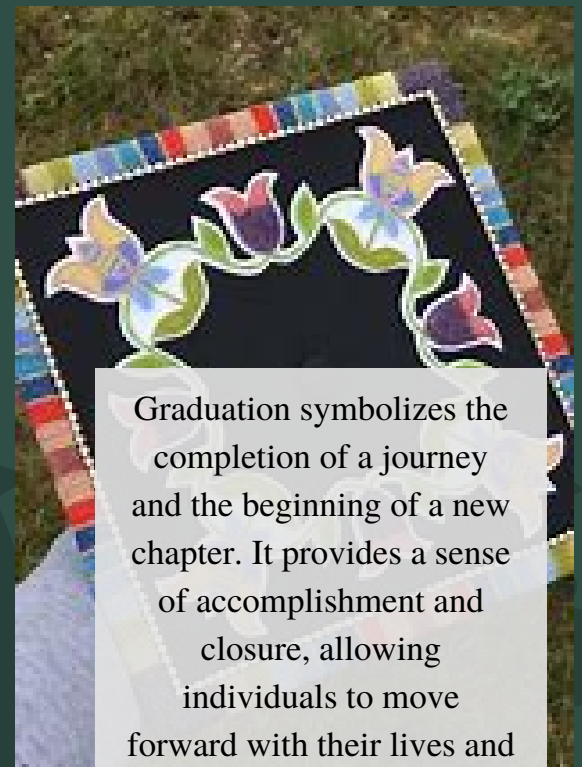
Native students have significant strengths and unique learning styles, but their four-year high school graduation rate is only 72%, compared to a national average of about 85%, which places them at the bottom of the list when compared with any other racial or ethnic group (NCES). Native graduates are also underrepresented in higher education, with only 16% attaining a bachelor's degree or higher.

Graduation statistics for Native Americans have historically been lower than those of other demographic groups. It is important to address the systemic barriers and inequalities that contribute to this disparity and work towards creating more inclusive and supportive educational environments for Native American students.

INVESTING IN OUR FUTURE

Graduation is healing, too. It symbolizes the successful completion of a journey and helps to mark the transition to a new stage of life. It also serves as a reminder of the resilience, strength, and determination of Native American students. Graduation is an important celebration that honors the hard work and dedication of all students. It is a day of celebration and joy, and a reminder of the power of perseverance and resilience.

Life after graduation holds immense potential for Native American students. Graduation opens doors to higher education, professional opportunities, and economic mobility, empowering them to break free from the cycle of poverty and systemic disadvantages. It provides them with the tools and credentials needed to pursue their dreams, make a positive impact in their communities, and become leaders in their chosen fields. By celebrating graduation and recognizing the accomplishments of Native American students, we not only honor their hard work but also inspire future generations to strive for educational success and create a brighter future for themselves and their communities.



Graduation symbolizes the completion of a journey and the beginning of a new chapter. It provides a sense of accomplishment and closure, allowing individuals to move forward with their lives and embrace new opportunities.



**NO MORE
SILENCE
END GUN
VIOLENCE**

GUN VIOLENCE AWARENESS MONTH

Gun Violence Awareness Month (GVAM) is an annual campaign to bring attention to the issue of gun violence and to create safer communities. It encourages individuals to take action to reduce gun violence in their communities. The campaign also raises awareness about the impact of gun violence, the risks it poses to children, and the work that is being done to prevent it.

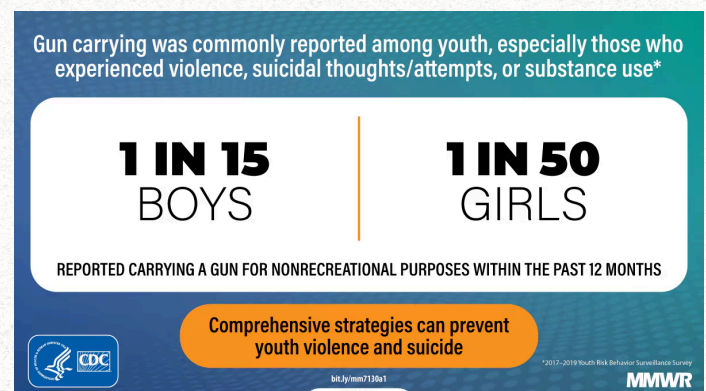
Gun education for youth is also important to help reduce gun violence. This includes teaching children about gun safety, responsible gun ownership, and the importance of conflict resolution. Additionally, providing mental health services to young people can help identify and address the root causes of gun violence.



**“GUN VIOLENCE IS
REAL. PEOPLE
DON’T COME BACK”
- STEVE WONDER**

This could include providing access to counseling and educational programs that teach young people how to cope with difficult situations without resorting to violence. Additionally, providing resources such as job training and mentorship programs can help young people find a positive outlet and alternative to gun violence.

This year's National Gun Violence Awareness Day falls on Friday, June 7th, 2024. To honor survivors and build community between gun violence survivors and those working to end it, Wear Orange events will take place during this time.



**#WearOrange
#ProtectOurKids
#EndGunViolence**

What's new with our youth

May 2024

End of Cooking class BBQ

The last day of the cooking class was a blast with our youth cooking it up for their families. Our youth had the opportunity to showcase their new talent. Everyone was so proud and excited to show off what they had learned. The families were impressed with their children's newfound abilities. It was a successful class that will be remembered fondly for years to come.



Cupa Days

May 5th was not just Missing and Murdered Indigenous Peoples day but also a day where the Pala community came together to celebrate what Cupa means. Cupa days were filled with families, friends, Bird singing, and dancing. The ceremony was a reminder of the importance of respecting and honoring Indigenous culture. It was also a time of joy and laughter, as people celebrated their culture and traditions. It was a day to remember those who were no longer with us.

Freedom Writers

The Freedom Writers are coming to Pala! We will first kick off this event on June 7th by showing the Freedom Writers movie. Please be advised that the movie is rated PG13 and permission slips will be required for anyone who is 12 years of age. The second part of the event will be on June 14th with special guest Erin Gruwell who will be discussing her experiences and how she overcame the odds to teach students to read and write. She will also be available to sign books and meet fans. Don't miss out on this amazing opportunity!

FREEDOM WRITERS
2 PART EVENT
PART 1 - FILM SHOWING - JUNE 7TH AT 4PM
PART 2 - GUEST SPEAKER: ERIN GRUWELL - JUNE 14TH AT 4PM

BROUGHT TO YOU BY:
Pala Youth Empowerment Initiative Program
and Pala Social Services, Tushety Healing Hearts and Pala's Youth Self-care
Prevention Program, Pala Senior Department, Pala Fire Department

PALA COMMUNITY YOUTH AND FAMILIES
Ages 12 will need parental consent, unless accompanied by the parent or guardian. Please do not bring children under the age of 12.

PART 1
JUNE 7TH AT 4PM
LOCATION: PALA ADMIN BUILDING
12196 PALA MISSION RD, PALA, CA 92059

PART 2
ERIN GRUWELL JUNE 14TH 4PM
LOCATION: PALA ADMIN BUILDING
12196 PALA MISSION RD, PALA, CA 92059

FREEDOM WRITERS
TEACHER WILL BE GUEST SPEAKING

Documentary showing
Q&A
Book Signing
Food
Raffles

Erin Gruwell
Freedom Writers Teacher

RSVP WITH MARIA VILLEGAS
(760) 315-0104
MVILLEGAS@PALATRIBE.COM

*FIRST 50 YOUTH TO RSVP WILL RECEIVE A FREE BOOK

“Always remember you are BRAVER than you believe STRONGER that you seem SMARTER than you think & twice as BEAUTIFUL as you'd ever imagined”

FREEDOM WRITERS

2 PART EVENT

PART 1 - FILM SHOWING - JUNE 7TH AT 4PM

PART 2 - GUEST SPEAKER: ERIN GRUWELL - JUNE 14TH AT 4PM

LOCATION: PALA ADMIN BUILDING

12196 PALA MISSION RD, PALA, CA 92059

BROUGHT TO YOU BY:

**Pala Youth Empowerment Initiative Program
and Pala Social Services; Tuchily Healing Hearts & Pala's Youth
Suicide Prevention Program**

PART 1 - FILM SHOWING

The Pala Youth Empowerment Program will feature the Freedom Writers Movie, based on the True Story of Erin Gruwell. The Freedom Writers movement first started in 1994 when Erin Gruwell became a first-year teacher in Long Beach where there was racial division, a community filled with drugs, gang warfare, and homicides, and the tensions on the streets had carried into the school halls. When Erin walked into her classroom Room 203 at Wilson High School, her students had already been labeled as "unteachable". All Erin Gruwell's students had in common was hate: hate for school, hate for each other, and hate for her. The students' lives changed when they discovered the power of storytelling.

We decided to show the film prior to Erin Gruwell guest speaking so that the Youth are prepared with questions and engagement.

****This film is Rated PG13 and all parents are encouraged to review the film and decide if it something you want your child to participate in.**

PALA COMMUNITY YOUTH AND FAMILIES

Ages 12 will need parental consent, unless accompanied by the parent or guardian. Please do not bring children under the age of 12.

**PALA SENIOR DEPARTMENT WILL PROVIDE POPCORN AND SNACKS AND
PALA FIRE DEPARTMENT WILL PROVIDE FOOD**

YOU WILL NEED TO RSVP SO THAT WE HAVE ENOUGH FOR ALL WHO ATTEND

PART 2: ERIN GRUWELL

**FREEDOM WRITERS
TEACHER, ERIN GRUWELL
WILL BE GUEST
SPEAKING**

Short Documentary

Q&A

Book Signing

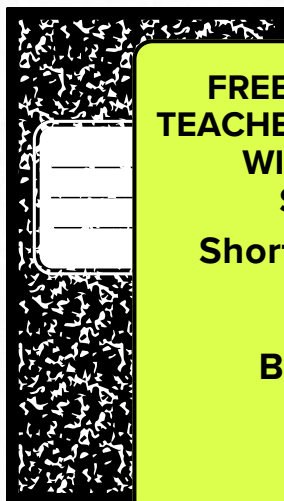
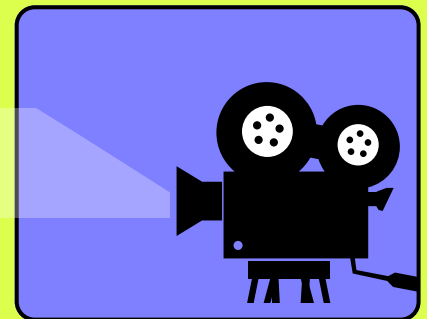
Food

Raffles

PG-13 FILM



Freedom Writers Foundation is an organization that helps at-risk youth. Freedom Writers is a platform for young people to express themselves through writing and sharing their stories. It provides a safe space for them to express their thoughts and feelings. The foundation also encourages young people to achieve their goals and dreams.



**RSVP WITH MARIA VILLEGAS
(760) 315-0104**

MVILLEGAS@PALATRIBE.COM

****First 50 youth to RSVP will receive a free book**

Pala Youth Summer Program



Chop & Chop jr.



THURSDAYS
3:30 PM - 6:30 PM

PALA HOUSING RESOURCE CENTER
AGES 12-24

Chop is an interactive cooking class, that introduces youth to culinary arts, the hospitality industry, and the science behind food. Our chef students will create well-balanced meals using the five food groups, understanding the importance of micro- and macronutrients, and discovering the delicious benefits of nutrient-dense foods. They will learn about shopping for healthy food on a budget and they will explore opportunities to work in the hospitality industry.

[Please contact Maria Villegas at \(760\)315-0104](#)

Chair Volleyball



WEDNESDAYS
10:30 AM - 11:30 AM

PALA GYM
AGES 12-24

4 week program, every Wednesday for July - The youth will have the opportunity to learn how to play with the Pala Turtles team in a friendly match of chair volleyball. This is a great opportunity for our youth to learn a new sport while interacting with the seniors/elders on the team. Chair Volleyball is to be hosted by Pala Seniors Program.

[Please contact Maria Villegas at \(760\)315-0104](#)

Culture



VARIOUS DAYS
& TIMES

CUPA CULTURAL CENTER
AGES: TEENS & UP

The Pala Cupa Cultural Center for the month of July will be hosting various cultural crafts. There will be workshops on traditional weaving, beading, and embroidery. All workshops are free of charge and all materials will be provided. Attendees will be able to learn and practice these traditional crafts in a fun and friendly atmosphere. Don't miss out on this opportunity to learn and create!

For more information on dates and locations of each workshop contact [Anna Rameshwar \(760\)891-3590](#) | Arameshwar@palatribe.com and [Na'leigha \(760\)891-3590](#) or naguayo@palatribe.com

Art in the Garden



WEDNESDAYS
9:00 AM - 10:00 AM

EAST SIDE OF PALA ADMIN BUILDING
ALL AGES

Artists will participate in hands-on arts and crafts using natural materials and assist with art projects in the garden where the entire community will be able to view the art. Each week a new project will be introduced bringing together art and nature. This camp will be held outdoors in July so please bring a water bottle every day. Closed-toed shoes are required. Old clothes, a hat, and sunscreen are suggested. Art in the Garden camp to be hosted by the Pala Environmental Department.

[Please contact Tina Fernandez at \(760\) 891-3510 or \[tfernandez@palatribe.com\]\(mailto:tfernandez@palatribe.com\)](#)

D.A.R.E., Thrive, & ROPES



MONDAYS &
WEDNESDAYS
11:00 AM - 2:15 PM

PALA YOUTH CENTER

DARE & ROPES - Grades 3rd - 5th: This 4-week program will provide youth (3rd-5th grade) age appropriate education and based on the powerful Social Emotional Learning Approach. This curriculum teaches the foundational skills that youth need to be safe, healthy, and responsible in leading drug-free lives. This program will also combine with a ROPES course, which is an outdoor, physical course focused team building, confidence and leadership building.

THRIVE & ROPES - Grades 6th- 12th: This is a 4-week program focused on empowering high school age youth in cultivating a positive lifestyle by equipping them with strategies to identify and address unhealthy behaviors, while nurturing confidence, leadership, resilience, and a commitment to healthy living. This program integrates classroom-style learning and physical learning, including obstacle course events. Different topics will be covered, including identifying and understanding emotions, assuming proactive responsibility and personal purpose, substance misuse, developing resistance skills, fostering teamwork, enhancing self-confidence, developing communication skills, and fostering trust.

Contact: [April Cantu \(760\)891-3562](mailto:April Cantu (760)891-3562) | acantu@palatribe.com
[Paula Ellenwood \(760\)638-1676](mailto:Paula Ellenwood (760)638-1676) | pellenwood@palatribe.com



Scan Me!

HELL^o Summer

ENDLESS

SUMMER

ADVENTURES

JUNE EVENTS

2024

Pala Youth Empowerment initiative

*We Are Open
Saturdays*

JUNE SCHEDULE

MONDAY - FRIDAY 10:30AM-7PM
Saturday June 15th, 29th 11am-7pm

FOR ANY QUESTIONS



Contact Maria Villegas
(760) 315-0104

Pala Housing Resources Center Presents

DRIVING LESSONS

Calling all youth 15 and up to come get your driver's license with one-on-one behind the wheel training



IN PARTNERSHIP WITH



REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104

SCAN ME



TRTS Registration

REGISTER NOW

the Pala Housing Resource Center is Calling all youth 15 and up to join the waiting list for driving school. Let's work together on getting our youth safely on the road.

JUNE EVENTS

2024

 Pala Youth Empowerment Initiative & Fallbrook Food Pantry 

COOKING CLASSES

Every Thursday
Starts July 11, 2024
4-Week Summer Program,
Once a week



Classes will Fill up Quick

Introducing youth to the culinary arts and the science behind food. With the five food groups in mind, our chef students will prepare a variety of well-balanced meals.

For ages 12-24


Ages 12-14
Thursdays 3:45pm-5:05pm

Ages 15-24
Thursday 5:05pm to 6:20pm

Contact: Maria Villegas (760) 315-0104 mvillegas@palatribe.com

CHAIR VOLLEYBALL SENIORS VS. YOUTH

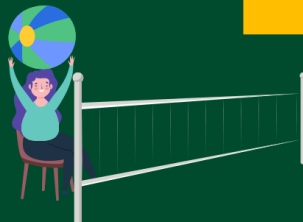
SUMMER PROGRAM
EVERY WEDNESDAY IN
JULY 3,10,17,24,31
10:30AM-11:30AM




**AT THE
FITNESS CENTER**

SENIOR REGISTRATION
ERIC VARELA | 1 (760) 361-9771

YOUTH REGISTRATION
AGES 12-24
MARIA VILLEGAS | 1 (760) 315-0104



COLLABORATED EVENT WITH
THE PALA HOUSING RESOURCE CENTER
AND SENIOR DEPARTMENT

Listening Circle

CALLING ALL YOUTH AGES 12-24
LET US KNOW WHAT WE CAN DO TO HELP PALA
YOUTH WITH JOB TRAINING, MENTORSHIP,
EDUCATION, AND SUMMER ACTIVITIES.

Join us to win some awesome prizes

Tuesday June 11th at 4pm

AT THE PALA HOUSING RESOURCE CENTER

CONTACT MARIA FOR MORE INFORMATION

(760) 315-0104 | mvillegas@palatribe.com



Let's Talk About

Wellness

JOIN US THE LAST TUESDAY OF EVERY MONTH FOR
CRAFTS, FOOD, AND OPEN DISCUSSION

Open to ages 12 and up

Location: Pala Housing Building
35990 Pala Temecula Rd, Pala, CA 92059
Time: 3pm- 5pm



Brought to by: Pala Senior Department,
Pala youth Empowerment Initiative, and Indian Health Council

JUNE EVENTS

2024

BOWLING

Night

WEDNESDAY
JUNE 18TH

BOWLERO
40440 CALIFORNIA OAKS ROAD,
MURRIETA, CA 92562

11:00AM - 3:00PM
PERMISSION SLIP REQUIRED

SPACE IS LIMITED



RSVP WITH PAULA
(760) 638-1674

BROUGHT TO YOU BY:

PALA YOUTH EMPOWERMENT INITIATIVE PROGRAM, PALA SOCIAL SERVICES,
PALA'S YOUTH SUICIDE PREVENTION PROGRAM, PALA SENIOR DEPARTMENT



FREE CLOTHING DRIVE

Pala Housing Resource Center
Pala Youth Empowerment Initiative Program

Location: 35990 Pala Temecula
Rd, Pala, CA 92059
Date : June 29th
Time: 9am-2pm

***Youth Volunteers needed for**
Set up: June 14th at 4pm &
June 15th from 8:30 am-2pm

Contact: Maria Villegas
(760) 315-0104
mvillegas@palatribe.com



VOLUNTEER Cookie Making

A fundraiser for Pala
Youth Empowerment
Initiative Program

Will be Sold
For the Free
Clothing
Drive 7/29

July 28th from
1pm - 5pm

Location: Pala Housing
Resource Center 35990 Pala
Temecula Rd, Pala, CA 92059

For more information
contact Maria Villegas at
(760) 315-0104 or
mvillegas@palatribe.com



PANCAKE BREAKFAST

SATURDAY, JUNE 15, 2024

8:00 AM TO 11:30 AM

PALA FIRE STATION
34884 LILAC EXTENSION ROAD
PALA, CA 92059

Pancakes, Eggs, Sausage, Bacon, OJ, Milk or
Water

All proceeds to be utilized towards
Pala Youth groups

Donations Greatly Appreciated

FOR MORE INFORMATION CONTACT: PALA FD @ 760-742-1632

JUNE EVENTS

2024



COMMUNITY SERVICE SIGN UP SHEET

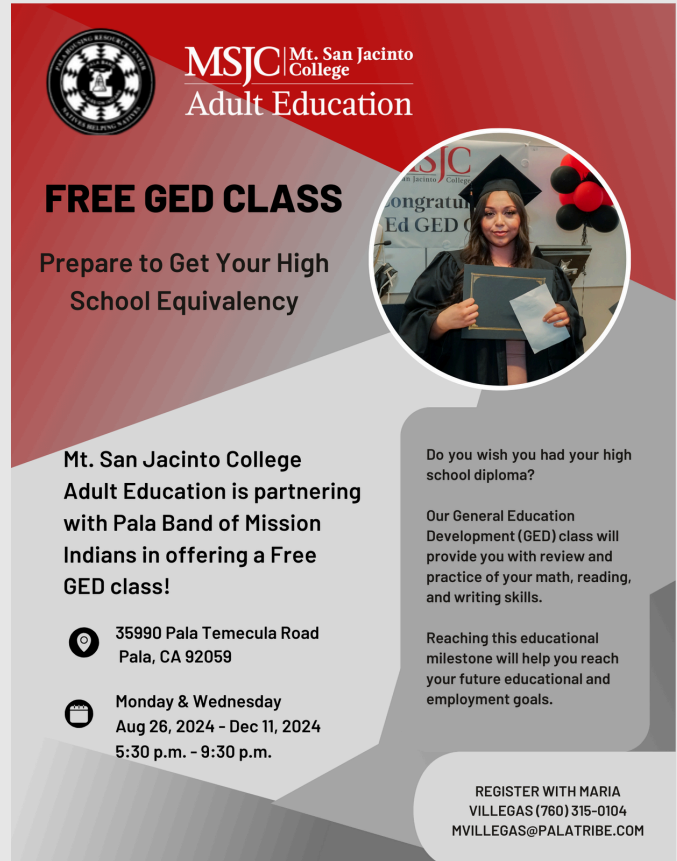
Are you a youth who needs community service hours to graduate high school? sign up for monthly opportunity for community service in the area.

We Need Help For:

- Chair Volleyball events
- Youth events
- Earth days
- Holiday events

Contact Maria Villegas
760-315-0104

SIGN UP NOW



MSJC Mt. San Jacinto College
Adult Education

FREE GED CLASS

Prepare to Get Your High School Equivalency

Mt. San Jacinto College Adult Education is partnering with Pala Band of Mission Indians in offering a Free GED class!

35990 Pala Temecula Road
Pala, CA 92059

Monday & Wednesday
Aug 26, 2024 - Dec 11, 2024
5:30 p.m. - 9:30 p.m.

Do you wish you had your high school diploma?

Our General Education Development (GED) class will provide you with review and practice of your math, reading, and writing skills.

Reaching this educational milestone will help you reach your future educational and employment goals.

REGISTER WITH MARIA VILLEGAS (760) 315-0104
MVILLEGAS@PALATRIBE.COM



TUCHILY HEALING HEARTS
Tribal Mobile Crisis Response Team

Our Services:

- Behavioral Health Screenings and Assessments
- Case Management
- Referrals
- Transportation for continuing care

NEED HELP?

Monday - Friday | 8am-5pm

(760) 292-6271

Tuchily@palatribe.com



MC3 Apprenticeship Readiness Training

Are you ready to start a career in the Trades? The MC3 Apprenticeship Readiness Training will provide the basics to make an informed decision when choosing a career in the Trades.

DATE & TIME: TBA

Contact Jennifer Falco for more information
(916) 618-5172
(760) 742-0586
jenniferf@cimcinc.com

Training Requirements

- Eligible for CIMC Program
- 18+ years old
- HS Diploma or GED
- Valid Driver's License
- Must have reliable transportation
- Able to attend 4-6 weeks of training (120 hours)

CIMC CALIFORNIA INDIAN MANPOWER CONSORTIUM, INC
BETTER CAREERS FUND-THE JAMES IRVINE FOUNDATION
AMERICAN INDIAN APPRENTICESHIP INITIATIVE

CIMC is funded in part by the U.S. Department of Labor. CIMC is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.

JUNE EVENTS

2024



So Cal Tribal Tobacco Coalition

YOUTH SUMMIT

HONORING OUR ANCESTORS-KEEPING TOBACCO SACRED



SAVE THE DATE

0000
AUGUST
07

WATER PARK

THIS EVENT FOCUSES ON THE HARMS OF COMMERCIAL TOBACCO AND THE NEED FOR SACRED TOBACCO IN INDIGENOUS CULTURES.

JOIN US FOR **YOUTH-LED** PRESENTATIONS, TOBACCO EDUCATION, EXHIBITS, **TOBACCO WASTE PICK-UP**, CULTURAL IMPACT, RAFFLE PRIZES, "FILLED" **BACKPACKS**, AND LUNCH. WE FINISH THE DAY WITH A TRIP TO THE **WATER PARK!!**

AUGUST 7, 2024 | 9AM TO 1PM

LOCATION: LA JOLLA CAMPGROUND AND WATERPARK.



PLEASE JOIN THE

PALA BAND OF MISSION INDIANS

FOR OUR ANNUAL FIREWORKS *SHOW*

SATURDAY, JUNE 29, 2024

FIREWORKS SHOW BEGINS AT 9:00 PM

LAUNCHED FROM THE JUAN DIEGO CENTER

PLEASE BRING YOUR OWN CHAIRS FOR SEATING PARKING AND VIEWING AT THE ADMIN



ROOTED IN WELLNESS

SUMMER CAMP



2024 CLASS OFFERINGS
4 or 5 days per week from 9:00am - 1:00pm
2000 Reche Rd. Fallbrook, CA 92028

Storytelling & Crafts Grades 3-5, 5 days a week \$380 Weeks Offered: 6/17, 6/24, 7/8, 7/15, 7/22	Professor Bean & Cooking Grades 2-6, 5 days a week \$380 Weeks Offered: 6/17, 6/24, 7/8, 7/22, 7/29
Musical Concepts Grades 3-5, 5 days a week \$380 Weeks Offered: 7/8, 7/15, 7/29	Fit2BeKids Grades 1-6, 5 days a week \$380 Weeks Offered: 6/24, 7/8, 7/22, 7/29
Public Speaking Grades 4-6, 5 days a week \$380 Weeks Offered: 6/17, 6/24	Let's Make Art Grades 1-6, 4 days a week \$305 Weeks Offered: 7/15, 7/22, 7/29
Dance Grades 3-5, 4 days a week \$305 Weeks Offered: 6/17, 7/15	
Fun & Games Grades 2-3, 4 days a week \$305 Weeks Offered: 6/17	
Adventure Survival Training Grades 1-9, 5 days a week \$380 Weeks Offered: 7/8, 7/15, 7/22	

*Add-on 7/30 and 8/1 for a showcase/competition day!

JOIN NOW!

<https://www.rootedinwellnesseducation.org/summer-camp>



Hello SUMMER

PALA YOUTH EMPOWERMENT INITIATIVE

"FOR YOUTH, BY YOUTH"



Location:
35990 Pala Temecula Road Pala, CA
92059

Contact
(760) 315-0104 www.palahrc.com
housing@palatribe.com
mvillegas@palatribe.com

The Pala Youth Empowerment Initiative is based on a "for youth by youth" approach. We encourage youth to actively be involved with the newsletter, content, trainings, podcasts and activities.