

**WE WEAR RED
ON MAY 5
FOR OUR
MISSING AND
MURDERED
INDIGENOUS
RELATIVES**

MONTHLY NEWSLETTER MMIP AWARENESS MONTH

"Everyone deserves to feel safe in their communities."

The crisis of Missing and Murdered Indigenous People (MMIP) is deeply rooted in a long history of systemic racism, colonialism, and the devaluation of Indigenous lives. This crisis is a direct consequence of the ongoing marginalization and violence that Indigenous communities face, and it demands urgent attention and action from society as a whole. The Pala Housing Resource Center and the Pala Youth Empowerment Initiative dedicate this month's newsletter to the courageous activists who continue to fight for MMIP and seek justice for victims of crimes.



NATIVE FACTS : FEATHER ALERT



COMMON TEREMS USED:

MMIWG = Missing and Murdered Indigenous Women and Girls

MMIR = Missing and Murdered Indigenous Relatives

MMIP = Missing and Murdered Indigenous People

The Feather Alert was introduced through Assembly Bill 1314 in 2022 and became a law, it is a resource available for law enforcement agencies investigation for suspicious or unexplainable disappearances of an indigenous woman or person. California Emergency Services Act authorized the use of an Emergency Alert System to inform the public of local, state, and national emergencies. For the Feather Alert to be activated, a law enforcement agency must determine it to meet criteria For more information visit: (www.chp.ca.gov/Pages/Feather-Alert.aspx).



MMIP AWARENESS MONTH

Missing and Murdered Indigenous People

Honoring the Lives of Missing and Murdered Indigenous Women, Girls, Trans and Two-Spirit People.



Statistics:

California MMIP Cases by County
(counties considered Southern California within this study highlighted in blue)

Humboldt	47
Sacramento, San Diego	20
Los Angeles , Mendocino	18
Riverside	13
Shasta	11
San Bernardino	10
Del Norte, Kern	8
Alameda, San Francisco	7
Fresno , Imperial	6
Contra Costa, Tulare	4
Butte, Lake, Madera , Monterey , Nevada, Orange	3
Amador, Inyo, Mono, Placer, Santa Clara , Solano, Sonoma, Tehama	2
Marin, Merced , Modoc, Plumas, San Luis Obispo , San Mateo , Santa Cruz , Siskiyou, Stanislaus, Trinity, Tuolumne, Yolo	1

NOTE: SBI is aware of 6 MMIP cases that occurred in California but the county where the incident occurred is unclear.

2020-2021

“OF ALL SOUTHERN CALIFORNIA MMIP CASES, THERE IS NO DOCUMENTATION OF A SINGLE CONVICTION. ONLY HALF OF IDENTIFIED PERPETRATORS HAD PENDING CHARGES”

“91% OF MISSING AND MURDERED INDIGENOUS CHILDREN IN SOUTHERN CALIFORNIA ARE GIRLS”

HISTORY OF MMIP SEEKING JUSTICES

The history of MMIP originated in the United States and Canada, where Indigenous communities began organizing and mobilizing to address the alarming rates of violence and injustice faced by Native women. The movement gained momentum in the early 2000s as grassroots organizations, tribal leaders, and activists came together to raise awareness, share stories, and demand action from governments and law enforcement agencies. Through grassroots organizing, protests, and advocacy efforts, the MMIP movement has played a crucial role in shedding light on this issue and pushing for systemic change to protect Indigenous women and ensure justice for the victims and their families.

As a result of the MMIP movement's efforts, governments, and law enforcement agencies have been forced to acknowledge and address the issue of missing and murdered Indigenous women. While progress has been made, there is still much work to be done to fully address the systemic issues contributing to this crisis.

Differences in Gender





WHAT IS THE MMIP MOVEMENT?

MMIP stands for Missing and Murdered Indigenous People. It's a movement that advocates for the end of violence against Native women. It also seeks to draw attention to the high rates of disappearances and murders of Native people. MMIP also seeks to ensure that justice is served for victims and their families. It encourages raising awareness of the issues, as well as advocating for legislative changes that can help to protect Indigenous women.

HOW CAN WE HELP MMIP?

EDUCATION

Education on MMIP is important to help AI/AN communities understand the risks and solutions. Along with spreading awareness to other communities.



SUPPORT, NOT SHAME

MMIP affects everyone – regardless of their place of living, work, free time activities, or health status.



USE YOUR VOICE

Each of our voices carries magnificent power. By sharing stories, pictures, videos, and other things with each other, we can help keep the MMIW movement going strong.



SOCIAL MEDIA HASHTAGES

MMIW ,
MMIP ,
MMIWG ,
MMIR



MMIP Resources



Where to get Help:

Whenever you feel unsafe, speak to a trusted adult, such as a school counselor, nurse, teacher, principal, tribal leader, or any other trusted adult who is there to assist and guide you.

“

Every single time you help somebody stand up; you are helping humanity rise-Dr Steve Maraboli



Reach out and get help :

If you need free advice from a trained counselor, simply text the word “NATIVE” to 741741.

National Human Trafficking Hotline
1-888-373-7888 / Text: 233733
[humantraffickinghotline.org](https://www.humantraffickinghotline.org)

StrongHearts Native Helpline:
1-844-7NATIVE (762-8483),
you can connect anonymously with a Native advocate.

National Runaway Safeline
1-800-RUNAWAY (786-2929)
[1800runaway.org](https://www.1800runaway.org)



BUILDING RESILIENCE AND MENTAL STRENGTH

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01



Resilience is the ability to adapt, bounce back, and recover from adversity, trauma, or significant life challenges

02



Building resilience involves developing a positive mindset, focusing on strengths, and cultivating optimism even in challenging situations.

Resilience can be nurtured through self-care practices. You can exercise, get enough sleep, healthy eating, and engage in activities that bring joy and relaxation.

03



04



Building a strong support system with friends, family, or support groups can enhance resilience by providing emotional support, understanding, and encouragement.

[@PALAHOUSINGRESOURCECENTER](#)



WHAT ARE THE YOUTH UP TO?



DREAM THE IMPOSSIBLE

Youth from San Diego, Riverside, San Bernardino, and other surrounding areas came together at this year's DTI at SDSU. 16 years of inspiring Native Youth come together and dream BIG. This weekend was filled with culture, medicine, and dreams.

This Native youth conference provided a platform for young individuals from various reservations to connect, share their cultures, and engage in conversations about healing and growth. DTI featured various activities and workshops that explored the importance of feeling empowered and inspired to pursue their dreams and aspirations.



OUR YOUTH GOT CERTIFITED!

Pala youth have achieved their food handlers card certification! Obtaining a food handlers card certification is crucial for Pala youth as it demonstrates their understanding of proper food handling procedures, safety protocols, and sanitation standards.



This certification is widely accepted in the industry and is often a requirement for employment in restaurants, grocery stores, and other food-related establishments. By having this certification, Pala youth increase their chances of securing employment in these sectors and starting their careers in the food industry.



Brianna Trujillo

Our Youth Got Selected To Compete & Represent **PALA**

The Pala Youth Empowerment Initiative program has been hosting the CHOP class for the past few weeks, a lucky student has been chosen by Travis (the lead chef) to participate in a cooking competition for a scholarship opportunity. The lucky student has been selected (Brianna Trujillo) due to her new creative interest in cooking. She has shown leadership by staying after class to help clean up, and attention to detail when it comes to following recipes. Brianna is an inspiration to her classmates and is a great example of how hard work and dedication can lead to success.



2ND ANNUAL
Dine 'N Dash
& DUELING CHEFS EVENT!



Presenting Sponsor
THE VINEYARD
1924
SAN DIEGO, CA

SATURDAY, JUNE 1ST
3-8PM
The Vineyard at 1924
1924 E Mission Rd, Fallbrook
\$75/pp • \$85/pp at the door

Featuring gourmet street food from our local restaurants, wine, beer, mocktails, desserts...
PLUS DUELING CHEFS & LIVE MUSIC!

Live Music By
Gin N' Tonix



Bruce's Juices
Taylor'd Events
Catering
Fallbrook Café

Dine 'N Dash

2nd annual Dine 'N Dash fundraising event is on Saturday, June 1st! Indulge in samples from local food vendors, vote for your favorites, and witness thrilling cooking competitions!

From professional chefs to high school culinary talents vying for scholarships, it's a culinary showdown you won't want to miss! Tickets are \$75 per person. Grab yours now and support a great cause - proceeds go to Fallbrook Food Pantry, providing essential services to those in need. Let's dine, dash, and make a difference together!





Delicious DESSERT

FROM YOUTH TO ELDERS

INGREDIENTS

1 1/4 Cups margarine or butter
 3/4 Cups brown sugar
 1/2 Cups granulated sugar
 1 Egg
 1 Teaspoon vanilla
 1 1/2 Cups all-purpose flour
 1 Teaspoon Baking Soda
 Teaspoon ground cinnamon
 1/2 Teaspoon salt
 1/4 Teaspoons ground
 nutmeg
 3 Cups Quaker® Oats (quick
 or old fashioned, uncooked)

COOKING INSTRUCTIONS

Heat oven to 375°F.
 In large bowl, beat margarine and sugars until creamy.
 Add egg and vanilla; beat well.
 Add combined flour, baking soda, cinnamon, salt and
 nutmeg; mix well.
 Add oats; mix well.
 Drop dough by rounded tablespoonfuls onto ungreased
 cookie sheets.
 Bake 8 to 9 minutes for a chewy cookie or 10 to 11
 minutes for a crisp cookie.
 Cool 1 minute on cookie sheets; remove to wire rack.

Quaker's Best Oatmeal Cookies taste DELIIOUS. This classic cookie is full of flavor with a hint of cinnamon and nutmeg. Follow the recipe or switch it up and add chocolate chips, butterscotch chips, or peanut butter-flavored chips for a different take on a classic.

Our youth shared their cookies with the elders in the Senior Department. It's a simple way to create a sense of community and connection for our youth. Plus, it's a great way to show respect and appreciation for the older generation. The elders bless the youth with words of wisdom and appreciation for their baking.



May Events

2024

Pala Youth Empowerment initiative

We Are Open
Saturdays

MAY SCHEDULE

MONDAY - FRIDAY 10:30AM-7PM
Saturday May 11th & 18th 11am-7pm

FOR ANY QUESTIONS

Contact Maria Villegas
(760) 315-0104



49TH CUPA DAYS

MAY 4-5, 2024

CUPA CULTURAL CENTER
GROUNDS

Free
admission
and
parking

SAT
10a to Dusk
SUN
11a to 4:30p

OPENING
CEREMONIES
10a SAT

PEON
GAMES
DUSK SAT

cupa.palatribe.com

THE PUBLIC IS WELCOME

VENDOR INQUIRIES CONTACT NA'LEIGHA AGUAYO @ 760-891-3590, NAGUAYO@PALATRIBE.COM

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.

May 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

Pala Youth Voices

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.

Tuesday May 14th 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: Old Tribal Hall
 Time: 3pm- 5pm



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



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.

May Events

2024

Youth
12-24

Join

Us!

Saturday
May 11th, 2024
1:00 - 5:00

Pala Housing Resource Center

Heartfelt Mother's Day Crafts

Create memories with
handmade gifts for Mom.
Show her your love!

RSVP
CONTACT PAULA:
Call or Text : (760)638-1676



FIRST AID & CPR TRAINING

Hosted by the Pala Fire Department

Get
Certified in
First Aid &
CPR

Space is limited
Register today!

For Age 12 to 24

May 31st at 4pm

At Pala Fire Station
34884 Lilac Extension Rd,
Pala, CA 92059

Training includes:

- Learning about Emergency Situation
- Basic Life Supports
- Get Started with CPR
- Get Started with First Aid
- Real-life Demonstration
- Focusing on Adults, Children, and Infants

CONTACT MARIA VILLEGAS AT (760) 315-0104



Tie and Dye Workshop

May 21st at 4pm

Location: Pala Housing Resource Center

Fun and super easy
We will be decorating
Backpacks & Tot bags.

Please dress in clothing that you do not
mind getting paint on.

RSVP with Maria at
(760) 315-0104



Learn Where Your Native roots Are From

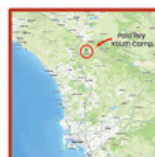
Bird Singers
Bear Dancers
Drum Group
Dental Screenings
Health Screenings
Acupuncture
Massage Therapists
Chiropractor

Sweats
Camping
Presentations
Youth Activities
Arts & Crafts
Safety Education
Wellness Fair
Educational Workshops



"Rooted In Healing"

21st Traditional Indian Health Gathering
Pala Rey Youth Camp • 5 miles east of I-15
10779 Pala Road Pala, California 92059
May 17-19, 2024 • indianhealth.com




INDIAN HEALTH
COUNCIL, INC.
EMPOWERING NATIVE WELLNESS

For more information call:
(760) 749-1410
George Pajias
ext. 5284
Maggie Reyes
ext. 5279

Meals and Snacks provided.
An Alcohol and Drug Free Event
Please No Pets

May Events


2024



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!

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.

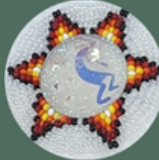
Reaching this educational milestone will help you reach your future educational and employment goals.

35990 Pala Temecula Road
Pala, CA 92059

Monday, Tuesday & Wednesday
June 3rd - July 3rd
5:30 p.m. - 9:30 p.m.

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

Cupa Cultural Center



WEEKLY BEADING CLUB


It is never too late to pick up a new hobby.

FRIDAYS @ CULTURAL CENTER


Date and Times

May 10.....2pm-5:00pm
May 17.....2pm-5:00pm
May 24.....2pm-5:00pm
May 31.....2pm-5:00pm
June Schedule TBA


AGES 12 AND UP
ADULTS AND SENIORS WELCOMED
BEADING SUPPLIES ARE PROVIDED
SPACE LIMITED
CALL TO SIGN UP



CUPA CULTURAL CENTER 760-891-3590
Arameshwar@palatribe.com



"Chemwáxalyim, Our Little Sisters"
Basketball Preseason Practices
"Nishmálim, Girls! Let's get ready for ITS!"



Thursday	May 2	4:30-6:00
Thursday	May 9	4:30-6:00
Thursday	May 16	4:30-6:00
Thursday	May 23	4:30-6:00
Thursday	May 30	4:30-6:00

Location: Outdoor Courts by Administration Building.
Ages: 11 and under girls
Contact: Coach Anna
760-696-0018

2ND ANNUAL Dine 'N Dash & DUELING CHEFS EVENT!



Presenting Sponsor: THE VINEYARD at 1924 SAN DIEGO CA.

SATURDAY, JUNE 1ST 3-8PM
The Vineyard at 1924
1924 E Mission Rd, Fallbrook
\$75/pp • \$85/pp at the door

Featuring gourmet street food from our local restaurants, wine, beer, mocktails, desserts...
PLUS DUELING CHEFS & LIVE MUSIC!

Live Music By: GIN & TONIX

Bruce's Juices Taylor'd Events Catering Fallbrook Café

Fallbrook Food Pantry

REGISTER AT
www.fallbrookfoodpantry.org/dine-n-dash

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.

WRITTEN BY MARIA VILLEGAS