

Newsletter



New Hire



Summer Heat IS Here!!!

Tips and tricks to staying hydrated this summer drink water throughout the day, limit sugar-sweetened drinks, and make sure to get enough electrolytes. What are electrolytes you may ask? Well, electrolytes are minerals that help your body stay hydrated. They include sodium, potassium, calcium, and magnesium. Eating a balanced diet that includes plenty of fruits and vegetables can help you stay hydrated and healthy all summer long.



Hi! My name is Matt Morning Star and I am joining Pala as a Youth Empowerment Support Specialist. I've worked at a middle school in Boston, MA as a paraprofessional and 6th grade ELA teacher, as well as served at El Camino High School in Oceanside as a youth mentor with AmeriCorps. I am a member of the Arikara tribe, located at Fort Berthold, North Dakota. I've been fortunate to have lived in so many different places and to have gotten to know many interesting and wonderful people. I look forward to getting to know so many of you!

In my spare time I love to play guitar, go skateboarding, and to read! I love hearing what others are reading and listening to, so feel free to recommend anything you've enjoyed! I also enjoy writing, art, chess, dogs, cats, cooking, video games and D&D.

Native Fact

Native Americans traditionally were exposed to the sun's rays as they lived amongst all four seasons. They used natural sunscreens to protect their faces, such as applying mud or ashes to the skin.

Traditionally plants were used to protect their skin, such as aloe vera and cactus. They also wore clothing made from natural materials, such as leather and fur, which also helped to protect from the sun.



SELF CARE



Take the time today to love yourself. You deserve it!

THE FACT OF SELF CARE

It can be interpreted that self-care includes everything related to efforts to stay physically healthy, including maintaining personal hygiene, fulfilling the nutrients the body needs, and seeking medical care when needed.

It also includes mental well-being, such as taking time to relax, engaging in activities that promote self-esteem, and seeking professional help if needed. Self-care also involves making time to focus on personal goals and ambitions, as well as giving back to the community.

SELF CARE TO YOURSELF...

The meaning of self-care itself can be called self-indulgence, or an effort to take the time to do various things that will help a person live well. Here's an example of self-care: setting aside time each day to practice a hobby, such as reading or doing yoga. Or, taking a few moments each day to practice mindfulness or meditation. Self-care can also be as simple as taking the time to do something that makes you happy, like listening to music or going for a walk.

Self-care plays a crucial role in maintaining overall well-being by promoting physical and mental health. It allows individuals to prioritize their needs, reduce stress, and enhance their quality of life. Taking the time for self-care activities helps to recharge and rejuvenate, leading to increased productivity and a greater sense of fulfillment in life.



Mind. Body. Soul. These are the three things self-care is about.

Youth SELF CARE



ALL ABOUT YOU

For youth, self-care can look like taking breaks from studies and hobbies, spending time with family and friends, and engaging in activities such as beading or outdoor activities. It's important to remember that self-care is an individualized practice and should be tailored to fit the individual's needs.

TRADITIONAL SELF CARE

Native self-care practices include reconnecting with nature and the land, participating in traditional ceremonies, and embracing cultural traditions and teachings such as smudging or sweat lodge ceremonies, to cleanse and purify the mind, body, and spirit. Additionally, embracing cultural teachings and reconnecting with nature through activities like harvesting herbs or spending time in the wilderness can provide a sense of grounding and connection.

These practices often emphasize the interconnectedness of all living beings and the importance of maintaining harmony and balance within oneself and with the natural world. Native self-care also involves honoring ancestors, practicing gratitude, and seeking guidance from elders. By incorporating these cultural aspects into their self-care routines, individuals can cultivate a deeper sense of identity, well-being, and resilience.



30 DAY

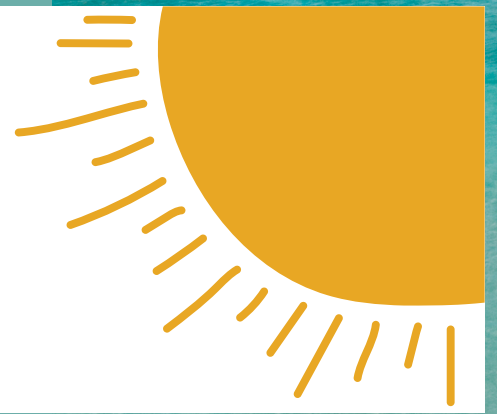
Summer

Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast	Learn to cook a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	De-clutter a room or desk	Go to bed 30 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Have a game night	Wake up 15 minutes earlier	Make your favorite meal	Buy yourself something nice	Create a bucket list
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a movie or series	Write down your thoughts	Take a long shower or bath	Have a home spa day	Read inspirational quotes
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Create a vision board	Spend some time outside	Do a hair mask	Write it all down in a journal	Take a power nap

Fun In the Sun

SUN PROTECTION



The Hot Summer Sun

What is sun damage? Sun damage is the long-term skin damage caused by ultraviolet radiation from the sun. It can cause wrinkling, dark spots, and dryness. Sun damage can also increase the risk of skin cancer. It's important to wear sunscreen and protective clothing when out in the sun. Wearing a hat helps to protect the scalp and neck from sun damage. Limiting time in the sun and avoiding peak hours can also help to prevent sun damage.



Summer Protection

The hot summer sun can be uncomfortable and harmful, young adults are often unaware of what sun damage looks like and how best to prevent it.” Broad-spectrum sunscreen of at least 30 SPF daily, wearing long pants and long-sleeve shirts, a wide-brimmed hat, and sunglasses when outdoors. Additionally, avoiding peak sun hours (10 am-4 pm) and seeking shade whenever possible can help reduce sun damage. Young people are susceptible to sun damage, too. Even small amounts of unprotected sun exposure can cause premature aging of the skin. It is important to wear sunscreen, seek shade, and protective clothing when going out in the sun.

Sun Safety: SPF

Choose a "broad-spectrum" sunscreen with at least 15 SPF.

2 hours
Reapply every two hours or after swimming and sweating.

Sunscreen is not just for sunny days, use it on cloudy days too!

What are the youth Up to!



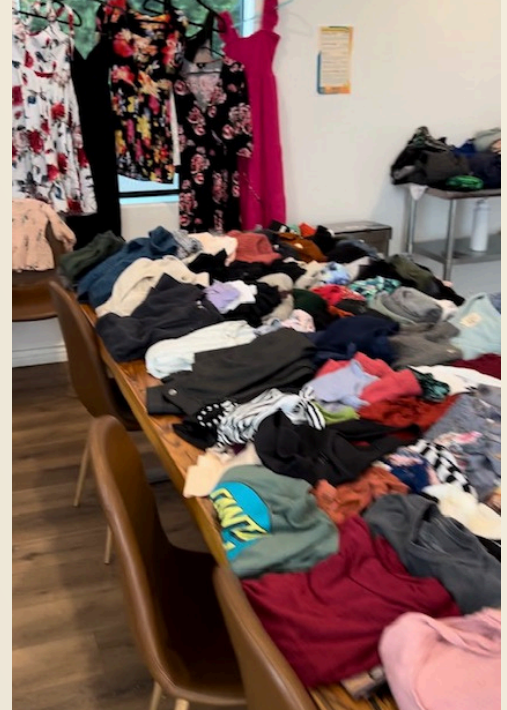
Freedom Writers

Freedom writers event was a success as our guest speaker shared their stories and connected with our youth.



Bowling with the Seniors

Bowling with the seniors was a fun interactive activity that fostered a sense of community among the participants.



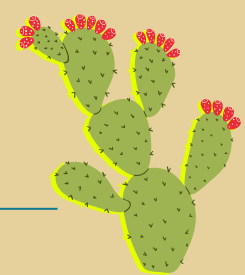
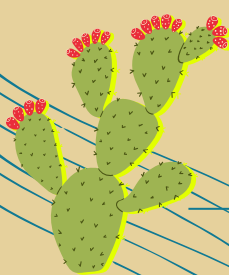
Free Clothing Drive

The clothing drive provided the youth with an opportunity to give back to the community and to help those in need. It also provided a platform for the youth to become more involved in community service and to help those in need. The Pala Youth Empowerment Initiative was pleased to be able to provide this support to the community.



Traditional Meal Preparation

Traditional meal preparation with Abe Sanchez. Abe came to Pala and taught youth and their families how to prepare traditional dishes such as nopals, Elderberry flowers, and Water roots. They harvested for locally available foods and herbs. Abe also shared his knowledge of traditional cooking and medicinal practices. The families were delighted to learn these recipes and techniques, which they could then pass down from generation to generation.



Pala Youth Summer Program



Chop & Chop jr.

PALA HOUSING RESOURCE CENTER
AGES 12-24



THURSDAYS

STARTING JULY 11TH

3:30 PM - 6:30 PM

AGES 12-14 3:30PM - 5:00PM

AGES 15-24 5:05PM - 6:30PM

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](tel:(760)315-0104) Email: mvillegas@palatribe.com

Chair Volleyball

PALA GYM
AGES 12-24



WEDNESDAYS

STARTING JULY 3RD

10:30 AM - 11:30 AM

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](tel:(760)315-0104) Email: mvillegas@palatribe.com

Culture

CUPA CULTURAL CENTER
AGES: TEENS & UP



**VARIOUS
DAYS &
TIMES**

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](tel:(760)891-3590) | Arameshwar@palatribe.com and Na'leigha [\(760\)891-3590](tel:(760)891-3590) or naguayo@palatribe.com

Scan Me!

HELL-Summer



Pala Youth Summer Program



Art in the Garden

EAST SIDE OF PALA ADMIN BUILDING
ALL AGES



WEDNESDAYS
9:00 AM - 10:00 AM

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

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

PALA YOUTH CENTER



MONDAYS & WEDNESDAYS

11:00 AM - 2:15 PM

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 | acantu@palatribe.com
Paula Ellenwood (760)638-1676 | pellenwood@palatribe.com



Scan Me!

HELL-SUN
Summer

ENDLESS
SUMMER
ADVENTURES

JULY EVENTS

2024

Pala Youth Empowerment initiative

We Are Open Saturdays

JULY SCHEDULE
MONDAY - FRIDAY 10:30AM-7PM
Saturday July 6th & 20th 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.

JULY 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.

Incentives will be provided

Tuesday July 16th 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

JULY EVENTS

2024

Youth Ages 13-21

NARCAN TRAINING

Topics will include:

- Opioid Use/Addiction
- Opioid Overdoses/Poisoning
- Administering Naloxone



DATE: Monday, July 22nd

TIME: 4:30pm-5:45pm

WHERE: Indian Health Council, Inc.
Multi-purpose Room
50100 Golsh Road
Valley Center, CA 92082

REGISTER NOW



*Space is Limited

PRESENTED BY:

PALA BAND OF MISSION INDIANS -
YOUTH SUICIDE PREVENTION
PROGRAM & CALIFORNIA RURAL
INDIAN HEALTH BOARD INC.

HOSTED BY:

INDIAN HEALTH COUNCIL, INC.

760-638-1676

pellenwood@palatribe.com

<https://tinyurl.com/Pala-Narcan-Training>



PALA HOUSING RESOURCE CENTER
W/ PALA SOCIAL SERVICES PRESENT

Kite Festival

Bring your family and friends for a day of joy,
creativity, and kite-filled skies!

SATURDAY, JULY 20, 2024
@ 5PM - 7PM

JIM BANKS SPORTS COMPLEX
12196 PALA MISSION RD
PALA, CA

Kite Decorating

Games

Music

Snacks + Refreshments!

For more information contact Paula Ellenwood and Matt Morning Star @
pellenwood@palatribe.com and mmorningstar@palatribe.com



BEACH DAY

BRING YOUR OWN TOWEL

JULY 30

AGES 12-24
LUNCH & SNACKS PROVIDED!

10 AM - 3 PM

Carlsbad City Beach

3001 Ocean St, Carlsbad, CA 92008

SIGN UP NOW - ONLY 8 SPACES AVAILABLE

PAULA ELLENWOOD (760) 638-1676
MATT MORNINGSTAR (760) 717-0448
MARIA VILLEGAS (760) 315-0104

HELL-SUN Summer

UPCOMING 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 Honoring Traditions Gathering

Pala Rey Youth Camp
August 31, 2024

THE GATHERING BEGINS 12:00PM	BIRD SINGING BEGINS 1:00PM	PEON GAMES BEGIN DUSK
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BIRD SINGING, PEON, BOW AND ARROW MAKING + CONTEST, SHINNY GAMES (LOCAL TEAMS ONLY), OAKSTRAVAGANZA, + OTHER ACTIVITIES

THE PUBLIC IS WELCOME

34650 Pala Rey Youth Camp Road Pala, CA 92059

Vendor Inquires Contact Na'Leigha Aguayo At
(760) 891-3590 / NAGUAYO@PALATRIBE.COM

SPONSORS: CUPA CULTURAL CENTER, PALA CULTURAL RESOURCE COMMITTEE, AND PBM



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.

UPCOMING EVENTS

2024

SAVE THE DATE

BROUGHT TO YOU BY ALL
PALA YOUTH PROGRAMS



Summer Movie Night

Blue skies, sparkling stars and the enticing smell of popcorn,
Prepare yourself for an unforgettable summer movie night!
This is an open Pala community event for all ages.

August 9, 2024
Location: Back of Youth Center

Start 5:00pm to 9:00pm
Supplies & games - 5-7pm
Movie - 7-9pm



Back to School Supplies Cultural & Family Games Raffles
Food: Hot dogs & Burgers Movie snacks Movie in the park

**Bring your own lawn chairs and blankets*

For more information contact Rhiannon: rhjohnson@palatribe.com or (760) 292-6275



So Cal Tribal Tobacco Coalition YOUTH SUMMIT



HONORING OUR ANCESTORS- KEEPING TOBACCO SACRED



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.



Pala Band of Mission Indians

WE ARE HIRING

Scan QR code below for list of current job openings

Please read job description before applying to verify you meet minimum requirements.

Applications available at Admin Reception desk or online

For More Information go to the Pala Tribe website, under jobs link

<http://www.palatribe.com/community/jobs/>

Or send resume/application to hr@palatribe.com



SCAN QR CODE TO APPLY

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.