



"Our families made strong through balance and support"

Soboba Tribal Family Services

July Newsletter



Soboba Tribal Social Service (STFS) Staff

Nancy Currie, Director
Donald Salcedo, Case Manager
Catherine Gonzalez, Legal Admin Assistant

Monday through Friday
8:00am to 4:30 pm
(951) 487-0283

Check us out online at www.soboba-nsn.gov
in the Departments tab.

Storytelling at The Oaks

Hosted by the Soboba Cultural Center & Research Library

Monday July 14, 2014
5:00 pm – 7:00 pm

Jim Ruel is a comedian, writer, and actor. He is an Ojibwe Native American of the Bay Mills Indian Community. He grew up in Milwaukee, Wisconsin where he spent the first ten years of his career performing in comedy clubs around the Midwest. He was a finalist in NBC's Diversity Talent Search that led to his first television appearance on 'The World Stands Up' which was taped in London, England. He was also featured on 'Goin Native: the American Indian Comedy Slam' on Showtime.

Jim Ruel is an advocate for Native American entertainment, serving on the executive committee for the Media Image Coalition. He also serves on the planning committee for Honoring Natives in Entertainment Media's annual Recognition Night.

5:00-5:45 pm: BBQ & Ice Cream Social
5:45-7:00 pm: Jim Ruel

For more information call the Soboba Cultural Center & Research Library at (951) 487-2329 or email at carrieg@soboba-nsn.gov

Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
TDD Line – (800) 787-3224

If you are in immediate danger call 9-1-1

STFS Welcomes

Donald Salcedo, Case Manager



Donald Salcedo is a member from the Quechan Nation by way of Los Angeles. He has been a part of the Los Angeles American Indian community his whole life.

Among Mr. Salcedo's many outstanding qualifications, he is a certified *Native Wellness Institute Trainer* and has an extensive background in American Indian community development, *Healthy Family Programming*, and youth leadership development.

Donald has collaborated with many community based programs including Los Angeles United American Indian Involvement, Southern California Indian Center, Los Angeles County's Department of Mental Health, and University of California, Los Angeles.

Among his most notable accomplishments Donald was chosen as UCLA's Native Community Man of the Year. During his time at UCLA he successfully developed and facilitated the first American Indian support group for UCLA's Native American students on campus.

Through his innovative leadership at UCLA the program experienced great success. Donald credits much of his success working with the Native community to his personal and cultural integrity, "It has empowered me to impact and improve the lives I have encountered in the Los Angeles urban community and throughout Indian Country." On weekends you can find Donald at Dodger games or the beach with his dog *Peanut*.

Mr. Salcedo considers it a great honor and privilege to serve the Soboba community as Case Manager for Soboba Tribal Family Services.





ROCK, WHITE & BLUE

A Tribute to Rock – July 3, 2014

Soboba Event Arena: Born Jovi (Bon Jovi) at 6pm
DSB Don't Stop Believing (Journey) at 8pm

AC's Lounge: Desperado (Eagles) at 10:30pm

Fun, Food & Fireworks

FREE EVENT

Gates open at 3pm

The Beatles! Back Stage & Behind the Scenes

Western Science Center – Visiting Exhibition
2345 Searl Parkway, Hemet, CA

The early years of Beatlemania are captured in this fine art photography exhibition from the photo archives of CBS Television. Rare and unpublished images of The Beatles “backstage and behind the scenes,” are showcased in the exhibition, *The Beatles! Backstage and Behind the Scenes*,” magnifying an condensed 1964 time frame as the Fab Four won new North American audiences and revolutionized rock music at an unprecedented pace.

Western Science Center Hours:
Tuesday through Sunday 10 am – 5 pm
(Last ticket sold at 4:30 pm)

For more information and ticket prices, call the Western Science Center at (951) 791-0033

Water Safety

Pools, lakes, ponds, and beaches mean summer fun and cool relief from hot weather. But water also can be dangerous for kids if you don't take the proper precautions. Nearly 1,000 kids die each year by drowning. And most drownings occur in home swimming pools. It is the second leading cause of accidental death for people between the ages of 5 and 24.

Keeping Kids Safe

Kids need constant supervision around water — whether the water is in a bathtub, a wading pool, an ornamental fish pond, a swimming pool, a spa, the beach, or a lake. Young children are especially vulnerable — they can drown in less than 2 inches (6 centimeters) of water. That means drowning can happen where you'd least expect it — the sink, the toilet bowl, fountains, buckets, inflatable pools, or small bodies of standing water around your home, such as ditches filled with rainwater.

- Always watch children closely when they're in or near any water.
- Children over the age of 4 should be taught how to swim – check local recreation centers for lessons with qualified instructors. Kids who are younger (but older than age 1) also might benefit from swimming lessons, but check with your doctor first.
- All kids need adult supervision, no matter their swimming ability. Infants and Toddlers need adults within arm's reach when in or near water.
- Use proper-fitting, Coast Guard approved floatation devices (life vests).
- Don't forget the sunscreen and reapply frequently, especially if the kids are getting wet.
- Keep kids hydrated. It's easy to get dehydrated in the sun, especially when kids are active and sweating. Dizziness, feeling lightheaded, or nausea are just some of the signs of dehydration and overheating .
- Body temperature drops more quickly in water than on land, and it doesn't take long for hypothermia to set in. If a child is shivering or experiencing muscle cramps, get him or her out of the water immediately.

For more in-depth water safety tips, visit www.kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html#

