



# Soboba Tribal Family Services

## November Newsletter

### Native American Heritage Month



#### **Soboba Tribal Family Services Staff**

Nancy Currie, Director  
Donald Salcedo, Case Manager  
Christopher Evensen, Tribal Social Worker  
Catherine Gonzalez, Legal Admin Assistant

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

#### **Feeding the People**

Thursday – November 20<sup>th</sup>

12:00 – 4:00 p.m.  
Soboba Tribal Hall

Enjoy Homemade Stew, Roast, Spaghetti,  
Salad & Tortillas

For More Information Contact  
Carrie Garcia, Cultural Program Manager  
(951) 487-2329 or at [carrieg@soboba-nsn.gov](mailto:carrieg@soboba-nsn.gov)

#### **Soboba Family Services Welcomes Social Worker Christopher Evensen**



Chris grew up in a small coastal commercial fishing at a young age. He continued with that occupation throughout middle and high school and for many years afterward, but during the off-season he always attended college and eventually obtained a Bachelor of Arts degree in History.

It was during those years as a commercial fisherman that Chris first began to travel to Alaska coastal Tribes and was fortunate enough to get to know many of the Native people in that region and formed some lasting relationships.

After a particularly poor fishing season Chris accepted a job as a youth counselor in a residential program and he “accidentally” discovered that he very much liked working with and helping people, which set him on his current career path. After a few years, he took a position as a social worker with child protective services and then as a juvenile probation officer with the State of Alaska in an effort to provide support earlier to youth and families.

In those jobs Chris learned about the disproportionately high numbers of Native people who were experiencing difficulties related to challenges with the legal system and government indifference to the Indian Child Welfare Act which is designed specifically to keep Native and Indian families and communities intact. These areas were crucial in Chris’ decision to obtain his Masters of Social Work degree from the University of Alaska and he immediately accepted a position helping to promote self-determination and self-governance with Alaska Tribes and he was integral in helping some of those communities create their own child welfare teams and tribal courts and toward self-determination as well as continuing to provide direct counseling services to Tribal members.

One of Chris’ greatest honors was when the tribe for which he worked held a blanket ceremony where Chris was gifted a blanket in recognition of his contributions in the creation of Alaska’s only rural, village-based substance abuse treatment program designed specifically for Native people. The sovereignty of each Tribe and their capacity to develop their own programs and endeavors is of utmost importance to Chris.

After decades of successful social work practice in Alaska, Chris is honored to be fortunate enough to be able to serve the Soboba community as the Tribal Social Worker for Soboba Tribal Family Services.

#### **HEALING HEARTS**

Soboba Tribal Family Services  
will again offer the  
**Foster Family & Relative Caregiver  
Training**

Join us for an  
**Informational meeting  
on Wednesday,  
November 12<sup>th</sup>**

Trainings dates will be announced  
at the meeting.

If you are interested in this training,  
please call Soboba Tribal Family  
Services to RSVP at (951) 487-0283

Please RSVP for location and time

24 – Hour Child Abuse Hotline for  
Riverside County  
(800) 442-4918 or (800) 442-4453



## PBS Celebrates November as Native American Heritage Month

Take time as a family this month to celebrate Native American Heritage Month with PBS's collection of programs, videos and more exploring the cultural contributions of Native Americans.

For more information and local listings, visit [www.pbssocal.org](http://www.pbssocal.org). Click on "Arts and Life" and check out "Heritage Months".

Videos to view online at [www.pbssocal.org](http://www.pbssocal.org) include

- *Native American Communities Plan for Climate Change*
- *Remembering Big Medicine*
- *Tlingit Culture and Traditional Food*
- *Standing Bear's Footsteps*
- *Sovereignty*
- *The Rituals and Rules Behind Indian Relay Races*
- *Living in Navajo, NM*
- *Reel Injun* – Video Extra – Since the dawn of cinema Hollywood has made over 4,000 films about Native people

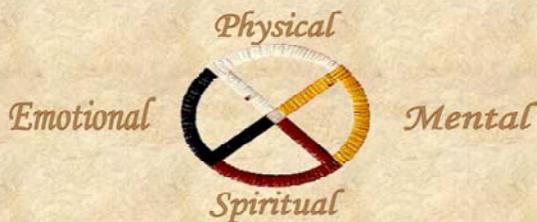
## Native American Heritage Month Celebration The Four Directions of Wellness

November 18, 2014  
9:00 a.m. – 3:00 p.m.

University of Redlands – Orton Center,  
1200 East Colton Ave., Redlands, CA 92373

### Event will Include:

Keynote Speakers, Entertainment, Vendors,  
Workshops and Food



Please R.S.V.P. to:

[cultural\\_competency@dbh.sbcounty.gov](mailto:cultural_competency@dbh.sbcounty.gov)

For questions, interpretation services or requests for disability-related accommodations, please contact Patricia Verduzco at (909) 388-0864, via email at [patricia.verduzco@dbh.sbcounty.gov](mailto:patricia.verduzco@dbh.sbcounty.gov) or 7-1-1 for TTY users. Please request accommodations by 11/11/14.

Hosted by the San Bernardino County Department of Behavioral Health's Native American Awareness Sub-Committee

## Holiday Blues

*This is part one of a two-part article which will continue in our December newsletter.*

This has been a difficult year for many families as so many have lost their loved ones: elders who have passed after a long life; parents, sons and daughters lost through accidents, illness, and other tragedies; babies who have passed before we had a chance to get to know them and who they would become. As we approach the holiday season, these losses will be magnified and felt all the more strongly as we search to make meaning from all that has happened.

During the first year following the passing of a loved one many of us are very numb. That is how our brains protect us and help us cope with the loss and get through the day. Those periods of numbness are often interrupted with periods of extreme sadness and pain, crying jags that start for no apparent reason, and often feeling that things will never get better. There is no "right" way for people to feel during this time. Each of us copes with loss in our own way. The first year after the loss of a loved one is particularly difficult.

People are in tremendous pain and struggle to deal with an already challenging holiday season. The additional demands on everyone's time and the pressures of parties, decorating, cooking, and shopping all on top of the demands of everyday life, tend to push many of us to the brink of insanity...or at least it feels that way sometimes. During the holidays it is ok to say no to a lot of activities and just focus on a few special traditions that mean a great deal to you and your family or you may decide to add a new tradition. It is ok to celebrate those who remain with us and remember those who have passed; for they are surely here with us in spirit. Sharing family stories and going through picture albums may be painful, but the stories those pictures tell often bring laughter and may help draw us closer to those around us.

*-- To be continued in our December newsletter --*

### **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*