



Soboba Tribal Family Services

December Newsletter

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



As we enter the Holiday Season, the staff at Soboba Tribal Family Services wishes everyone a safe and happy holiday.



Soboba Tribal Social Service Staff:

Nancy Currie, Director
Alicia Golchuk, Tribal Social Worker
Catherine Gonzalez, Legal Admin. Assistant

Office Hours:

Mon-Thurs 7:00am to 5:30 pm
(951) 487-0283

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

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

“A nation is not defeated until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong its weapons.”
-- Cheyenne proverb



December 2012

NOTICE OF TRIBAL MEMBER MEETING FOR THE NEW SOBOBA PRESCHOOL

Join the Soboba Tribal Administration department for a Community meeting for the planning and development of the new Soboba Preschool and Department of Children and Family Services.

The goal of the workshop is to receive community input on the Community Design and Goal: To Ensure the tribe develops and creates a clear sense of identity and a place that is unique to the Soboba community and families.

Items to discuss:

- Facility Site;
- Develop standards for uses;
- Infrastructure and Public utilities;
- Create a Multi-Purpose Open Space with a recreational goal to have space for special events;
- Create a circulation system that can accommodate the proposed land use plan and facilitate the movement of vehicles but places a strong emphasis on safe and efficient pedestrian pathways and modes of travel;
- Sustainable Goals encourage a plan to be efficient in the use of renewable energy and green technology.

Meeting Date: December 12, 2012

Time: 5:00pm

Location: Tribal Hall

Refreshments will be provided

27th Annual Tinsel Triathlon

Sponsored by the Soboba Band of Luiseño Indians
Sunday, December 9, 2012 at West Valley High School

Gates Open at 7 am

Speed Skate at 8 am

Triathlon & 5 K at 9 am

Run, Bike, Swim
and Half Marathon Inline Skate Competition



For More information, visit www.tinseltriathlon.com

Ease Holiday Stress

To assist parents and families, these important tips are offered to help ease holiday stress and promote a more enjoyable time of year.

Make a holiday plan with your children. Gather the family and discuss all upcoming school, church, community and other holiday activities. Talk about what events mean the most to each family member. Schedule in the most important and cut back on the ones that will cause stress in terms of money, time, transportation and energy. Let your kids be part of the process. If something has to be missed, they are more likely to understand why.

Relax with your family. Set aside “family time.” Enjoy the season in a simple way. Go for a walk or drive and look at holiday decorations. Read a holiday classic or watch a holiday movie together. Spend time making holiday crafts that you and your children will all have fun creating.

Learn to say “no”. Set limits. Say “yes” to activities that matter, but decline those that put you over the top. Remember, you don’t have to attend every party, volunteer at every function, and buy your kids every toy they want. Do what is important and realistic for you and your family.

Give back to others. Include in your family plan an activity that gives back to others and involves your children. As a family, donate holiday gifts, visit a nursing home, serve meals at a food bank or join an event sponsored by your church.

Excerpted from www.OneToughJob.org



The National Parent Hotline

Remember you’re not alone.

Being a parent is tough. When you feel overwhelmed, it’s important to remember that you are not alone. Talking to someone can make you feel better.

Call the **National Parent Helpline at (855) 427-2736** to get emotional support from a trained Advocate or visit www.nationalparenthelpline.org.



Keeping Holidays Happy in a Tough Economy

Many Americans may be scaling back their holiday spending this year. If you would like to cut down on spending in attempts to avoid the stress of holiday debt, here’s a creative list of inexpensive Christmas gift giving ideas. Perhaps you can start a new family gift-exchanging tradition, allowing you and your entire family to save more each and every year.

Homemade Gifts – Gifts that you make need not be comprised of pipe cleaners, tissue paper, or painted macaroni. Most of us have some sort of creative side, and you’d be surprised by what you can create if you put that creative side to work. Some favorite gifts to make and receive are often family photo albums, quilts, custom-made place mats, crocheted blankets, custom-made CDs, hand painted pottery, and cookies. Some gifts do take considerable time to create (especially en masse), but those who enjoy creating them often find it a worthy trade-off.

Coupon Books – Creating a “book of favors” for your loved ones, including good deeds especially for them, can be an incredibly thoughtful money saver. Coupons offering free babysitting to busy parents, airport trips to the frequent traveler, or a hand-delivered homemade meal to just about anyone can be a welcome and thoughtful gesture. (The possibilities are wide open when you create a coupon book for a spouse or child!) The key to making this one successful is to be sure to follow up and urge people to actually use the coupons, or include a specific date on which they should be used.

Yummy Gifts – While cookies, brownies and bars tend to be gone within a few days, few faces fail to light up when presented with tasty treats. Search holiday cookie recipes online for fun ideas. If the sugary stuff would be an unwelcome diet saboteur, you can always assemble a healthy fruit basket, wine and cheese basket, or come up with your own cheap-and-tasty basket idea.

Excerpted from www.About.com

