

2ND QUARTER 2024

SHNWC COMMUNITY NEWSLETTER

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[Photo from nativetalk.org click here for more information](https://nativetalk.org)

MEET THE TEAM

My name is Linda Ruis, I'm a member of the Lipay Nation of Santa Ysabel. I'm a proud mother to my daughter Skye and grandmother to my two grandchildren, Papadapolis and Ria, who bring me immense joy. For over four decades, I have been blessed to work in the field of Social Work. My journey began as the Director of Indian Child Social Services at SIHC, followed by serving as the Director of Social Services for my own tribe. Working closely with our native children and families has been a passion of mine, assisting wherever needed. I have also overseen Domestic Violence programs and currently serve as the cultural Advisor at Acorns to Oak Trees, the first Indian non-profit offering services to children with disabilities. As the treasurer at SHNWC, I witness the remarkable work our team does to support native communities. Additionally, I am involved in various boards, including Tribal STAR leadership and the SDSU School of Social Work advisory board. I am recognized as a qualified Indian expert witness in Indian Child Welfare Act cases. In my free time, I enjoy playing peon, bird dancing, traveling, spending time with loved ones, and following the path the good Lord has set for me in aiding our people in any way possible. Embracing life to the fullest brings me great joy.



Linda Ruiz
Board
Secretary

POLICY UPDATES



These significant bills have passed the CA Assembly and are progressing in the CA Senate before reaching the Governor's desk for potential approval:

**AB 2138 PEACE OFFICERS: TRIBAL POLICE
(RAMOS)**

**AB 1863 CALIFORNIA EMERGENCY SERVICES ACT:
NOTIFICATION SYSTEMS: FEATHER ALERT
(RAMOS)**

**AB 2695 LAW ENFORCEMENT: CRIMINAL
STATISTICS (RAMOS)**

**AB 2108 FOSTER CARE: MISSING CHILDREN AND NONMINOR
DEPENDENTS (RAMOS)**

**AB 2279 BUREAU OF MISSING AND MURDERED INDIGENOUS
WOMEN, GIRLS, AND PERSONS (CERVANTES, RAMOS)**

**AB 1878 HOUSING PROGRAMS: TRIBAL HOUSING PROGRAM
(GARCIA)**

**AB 81 INDIAN CHILDREN: CHILD CUSTODY PROCEEDINGS
(RAMOS)**



You can read more about these bills at the California Legislative Information website:
<https://leginfo.legislature.ca.gov/faces/home.xhtml>

SUPREME COURT UPHOLDS GUN BAN FOR INDIVIDUALS UNDER PROTECTION ORDERS FOLLOWING BUMP STOCK BAN VETO

In 2017, the Trump Administration banned bump stocks following the mass shooting at the Route 91 Harvest music festival in Las Vegas, where bump stocks were used to kill 58 people and injure hundreds more. Bump stocks allow semi-automatic rifles to fire rapidly, simulating fully automatic fire. However, in June, the Supreme Court reversed this decision. The Court stated that bump stocks do not convert guns into machine guns, which are highly regulated, and therefore do not require a ban.

In a somewhat surprising move the following week, the Supreme Court upheld a crucial law in the *U.S. v. Rahimi* case, affirming restrictions on individuals subject to restraining orders from possessing firearms. This decision is particularly significant and reassuring, as the presence of guns significantly increases safety risks for survivors of domestic violence. By maintaining these restrictions, the Court reinforces protections aimed at safeguarding vulnerable individuals from potential harm and ensuring safer environments for domestic violence survivors across the country.

UNLOCKING RELIEF: HELP FOR VICTIMS OF COERCED DEBT

Economic abuse in the form of 'coerced debt' significantly impacts lives by affecting credit history and the ability to achieve or maintain independence and autonomy. Recognizing this, the California Legislature and Governor Newsom passed SB 975, which became law in 2023.

If you are a victim of domestic violence, elder abuse, dependent adult abuse, or a foster youth who has also suffered from coerced debt, you may qualify for relief from collection activities for 'coerced debts' incurred on or after July 1, 2023, under SB 975. The law defines coerced debt as 'a particular debt...incurred as a result of duress, intimidation, threat of force, force, fraud, or undue influence.'

If you suspect you have been affected by coerced debt, please contact California Indian Legal Services or your local legal aid office for assistance. You can also visit the website below to find an office near you that may provide help.

Please note that Strong Hearted Native Women's Coalition does not offer legal advice; this article is for informational purposes only.

[SB 975](#)

**[LOCATE YOUR LOCAL LEGAL AID OFFICE WITH A
SIMPLE CLICK HERE](#)**

2ND QUARTER

Community Highlight San Diego PRIDE

On July 20th and 21st, SHNWC rocked the PRIDE parade with a squad of awesome volunteers! The streets were buzzing with love and positivity as the 2SLGBTQ+ community and allies cheered on with excitement.

After the parade, the team seamlessly transitioned to the Festival at Balboa Park. Volunteers set up a beadwork corner for festival goers and a fun spinning wheel that sparked conversations on IPV (intimate partner violence) where participants won mini humidifiers. Laughter filled the air as everyone had a blast and offered support to those who needed it. What a fabulous PRIDE celebration! 🌈🎉

<https://sdpride.org>



SD PRIDE PARADE
July 20, 2024 At 10 Am

Join The Tribal Nations 2SLGBT+ & Ally Contingent. Register here by July 5, 2024:

<https://stronghearted.coalitionmanager.org/eventmanager/trainingeventregistration/create/165>

Contingent location/information will be sent when registration closes on July 5, 2024.

Parade information at <https://sdpride.org/parade-2024/>

Making History Now

SCTCA

EMAIL: TIM@SHNWC.ORG
WWW.STRONGHEARTEDNATIVEWOMEN.ORG

*** NO ALCOHOL, NO DRUGS, NO NUDITY, AND NO THROWING ITEMS***

Logos for: RINCON BAND OF LUSILLO INDIANS, CARRILLO BAND OF LUSILLO INDIANS, KUMECHEAN BAND OF LUSILLO INDIANS, IPAI, and SOUTHWESTERN TRIBES.



PRIDE FESTIVAL

SHNWC and our Sponsoring Tribes would like to invite you & your Organization to participate in a weekend of fun under the San Diego Sun! SD Pride in partnership with SHNWC, hold a resource space for our Tribal Organizations supporting our Two Spirit LGBTQ+ Community.

Saturday & Sunday, July 20 - 21, 2024
10:00 am - 9:00 pm
Register here by July 5, 2024

<https://stronghearted.coalitionmanager.org/eventmanager/trainingeventregistration/create/165>

You may register for one day or both days. Once registration is closed Details for set up times and locations will be sent out.

Note
This invitation is only intended for Tribal specific org's supporting our 2SLGBTQ community and is invitation only at this time as space is limited. Festival information at: <https://sdpride.org/festival/>

Logos for: RINCON BAND OF LUSILLO INDIANS, CARRILLO BAND OF LUSILLO INDIANS, KUMECHEAN BAND OF LUSILLO INDIANS, IPAI, and SOUTHWESTERN TRIBES.

Logos for: SOUTHWESTERN TRIBES, IPAI, and SAN DIEGO PRIDE.

SCTCA

WWW.STRONGHEARTEDNATIVEWOMEN.ORG
TIM@SHNWC.ORG

ON-GOING EVENTS

JOURNEY TO SAFETY

TRAVELERS AID SOCIETY

FREE TRANSPORTATION ASSISTANCE TO PEOPLE FLEEING DOMESTIC VIOLENCE SERVICES INCLUDE:

The Journey to Safety program is designed to provide support services to people living in San Diego County who are experiencing domestic violence.

- In-county transportation (Lyft, Uber, Bus, Gas Vouchers) to places of safety, and essential trips while in imminent danger
- Long distance travel using bus, train, or plane to place of safety

SAFETY. SUPPORT. ASSURANCE.

TRAVELERS AID SOCIETY
 Adrianna Yemhatpe
 Text or Call: 619-693-8361
 2615 Camino Del Rio South, Suite 103
 San Diego CA, 92108

TRAVELERS AID
A helping hand along the way

J2S	TEXT / CALL	619-693-8361
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GRIEVING THE LOSS OF A CHILD

CORE CONNECTIONS

LET'S GET TOGETHER TO SUPPORT EACH OTHER.

COMMUNITY LEAD SUPPORT GROUP

WEEKLY EVERY MONDAY

MEET AT RINCON BALL FIELD 10:00AM

Morning Walk

FOR MORE INFORMATION CONTACT
 NARCIE NELSON
 NARCIESSUSMAJEL@GMAIL.COM
 BENNAE CALAC
 760-617-2872
 BENNAE@7GFFOUNDATION.COM
 KEELY LINTON
 760-505-1194
 LINTON.STRONGHEARTED@YAHOO.COM

HEART OF GOLD FOUNDATION

EARN YOUR HIGH SCHOOL DIPLOMA FOR FREE

Library High School offers adults the opportunity to earn an **accredited high school diploma** and career certificate online.

HOW TO APPLY

Applying is easy and you can start the process online.

- Self-Assessment**
Complete a readiness survey at LibraryHighSchool.org
- Prerequisite Course**
Enroll in a prerequisite course to determine if you are ready for online learning. You must finish the course within two weeks of your enrollment date.
- Orientation**
Participate in an orientation with library staff to discuss next steps.

LibraryHighSchool.org

For more information, contact our Enrollment Team: 858-493-5563 • libraryhighschool@sdcounty.ca.gov

San Diego County Library LIBRARY HIGH SCHOOL

PLEASE JOIN US

THE INTERNATIONAL RESCUE COMMITTEE (IRC)

Ready to apply for Citizenship?

The IRC Immigration Department is hosting **FREE** Citizenship application assistance!

Every 2nd Tuesday of the month!
 5:30pm – 7:30pm
 at the
CITY HEIGHTS LIBRARY
 3795 Fairmount Ave, San Diego, CA 92105

To be eligible to apply for U.S. Citizenship, you must:

- Be at least 18 years old by the date you file
- Be a lawful permanent resident for at least 5 years
- Have been present in the U.S. for 2 1/2 of the past 5 years and have not been outside the U.S. for 1 year or more within the last 5 years
- Be able to speak, read, and write ordinary English and pass a U.S. civics test
- Be a person of "good moral character"

Legal Consultations are available on a walk-in basis

International Rescue Committee
 5348 University Ave. Ste. 205A
 San Diego, CA 92105
 TEL (619) 641-7510 ext. 250

From Harm to Home | Rescue.org

HEALING TO YOU

Mobile Medical and Mental Health Care for Domestic Violence Shelters

Serving San Diego, Orange, and Riverside Counties by appointment only

Transportation & Childcare Provided

Trauma Informed Care

- Primary Medical Care**
We treat illness, injury, and infection, and provide preventative screenings.
- Mental Health Support**
We provide emotional support and psychoeducation on trauma and the body with practices to help with emotional regulation.
- Reproductive Health**
We offer access to birth control, emergency contraception, pregnancy and STI tests, and cancer screenings.
- Early Childhood Developmental Assessments**
Our mental health team can assess children birth to 5 for any developmental needs.
- Injury Documentation**
Our nurse practitioners are trained to perform domestic assault forensic exams and injury documentation.

Menu Of Services

- Covid-19 testing and vaccines
- Adult and pediatric primary health care
- Injury documentation, forensic exams
- Rapid testing for glucose, A1C, cholesterol, hemoglobin, CBC and pregnancy
- EKG and vital signs
- Prescription management
- School physicals
- Pediatric immunizations
- Mental health education and individual group counseling
- Early childhood developmental screenings and linkage to supportive services - Regional Center, occupational and physical therapy, and speech and language specialists
- Infant massage education to help regulate a baby's nervous system
- Safety and empowerment workshops
- Dental screenings by Colgate

Contact Us

818-275-2227
info@healingtoyou.org
www.healingtoyou.org

Partnership Agency

California Partnership to End Domestic Violence

The California Partnership to End Domestic Violence (the Partnership) is California's recognized domestic violence coalition, representing over 1,000 survivors, advocates, organizations, and allied individuals across the state. Working at the local, state, and national levels for nearly 40 years, the Partnership has a long track record of successfully passing over 200 pieces of legislation on behalf of domestic violence victims and their children. The Partnership believes that by collectively working with a diverse membership, advocates, and state policymakers, we can deepen the process of healing and restoration by identifying and addressing the underlying and contributing factors.

<https://www.cpedv.org>



NATIVE SUCCESS

Cultivating Culture: Emily Burgueno's Dedication to the Kumeyaay Nation's Rematriation

Emily Burgueno is an enrolled citizen of the Lipay Nation of Santa Ysabel, which is one of twelve Kumeyaay Bands in Southern California (and 6 Kumiai Villages located in Baja CA Mexico as the U.S. border crossed Kumeyaay homelands). Ms. Burgueno's commitment as Head Seed Keeper with Maat Hetemii (local community garden on SY Rez) has been such full circle work. Since January 2020, she has developed a space to prioritize improving community well-being with foundational guidance from her matriarchs and mentors. Ms. Burgueno is rooted in Kumeyaay life ways and tries to implement these teachings in her daily work for the community and land. One of her many goals is to uplift rematriation throughout the Kumeyaay Nation. "Rematriation" can be defined as: "to restore a living culture to its rightful place on Mother Earth," or "to restore a people to a spiritual way of life, in sacred relationship with their ancestral lands, without external interference." As a concept, rematriation acknowledges that our ancestors lived in spiritual relationship with our lands for thousands of years, and that we have a sacred duty to maintain that relationship for the benefit of our future generations. From learning and teaching, Emily knows the importance of the relationships we develop within our spirit, community/ecosystems, and natural world.

As newly appointed Chairwoman of the Kumeyaay Diegueno Land Conservancy, Ms. Burgueno aims to continue the unification formed around active traditional land stewardship as well as advocacy around protection of sacred sites and cultural/natural resources. One important factor to the work and way of life Ms. Burgueno leads is the importance to implement tribal sovereignty as it is our inherent right to live a life our ancestors intended for us.



2ND QUARTER

SELF CARE

Buy yourself a bouquet of flowers

Do yoga outside

Make your own popsicles

Plan a staycation

Do a hair mask

Wake up to see the sunrise

Read a fiction book outside

Make lemon-mint-fruit water

Make your morning coffee extra special

Take a bath with essential oils

Do a DIY facial at home

Blast your fav playlist and dance

Write out a summer bucketlist

Get soaked in the rain

Watch a movie in a drive-in

Plant something

Organize your photos

Go out for an ice cream date

Let yourself wake up without an alarm

Change up the decor in a room

Go stargazing

Watch your fav childhood movie

Have a picnic outside

Give yourself an at home mani-pedi

Bake cookies

Past Events

- April 2 - Present at Women's Shelter '@ Long Beach
- April 6 - Inter Tribal Earth Day @ La Jolla
- April 12 - Santa Ysabel Earth Day
- April 12 - Present to Sherman Youth Leaders
- April 16 - SCTCA Meeting
- April 16 - Non Profit Grantee Workshop - San Manuel
- April 19 - Golf Tournament
- April 20 - Quechan Youth Gathering
- April 25 - 26 - SA Wellness Retreat @ Soboba
- April 29 - Boys with Braids @ Julian Elementary
- April 28 - San Manuel Youth Run'
- May 1 - 3 - Sacramento MMIP, Light up the Capital
- May 5 - MMIP Flag Raising @ Rincon
- May 11 - La Posta Earth Day
- May 18 - Pala Youth Camp
- May 19 - Sycuan MMIP
- May 23 - Julian Community Family Wellness
- June 1- Pride by the Beach Planning Reception

Past Events Con't

- **June 1 - Mesa Grande Gathering**
- **June 6 - MMIP Meeting Santa Ysabel**
- **June 6 - Tribal Trauma Informed with Pala**
- **June 10 -13 - NNEDV/NAESV Advocacy Days - WashingtonDC**
- **June 13 - CRDVN - Los Angeles**
- **June 15 - Ramona Pride**
- **June 15 - San Pasqual Gathering**
- **June 18 - CA DOJ MMIP Tribal Communities Outreach & Research**
- **June 25 - Webinar “Valuing Digital Safety like Physical Safety”**
- **June 26 - Sewing in Santa Ysabel**