



OWENS VALLEY CAREER DEVELOPMENT CENTER
TRIBAL TANF PROGRAM
PO BOX 2895
LAKE ISABELLA CA 93240

Core Values

- **Professionalism**- We will maintain a positive attitude, be supportive and strive to exceed standards.
- **Integrity**- We will work in an ethical and transparent manner at all times.
- **Teamwork**- We will work unselfishly to create a collaborative culture.
- **Leadership**- We will have the courage to lead by example, work through adversity and inspire others.
- **Respect**- We will respect all individuals, cultures and traditions.
- **Compassion**- We will engage with every participant and community with compassion.
- **Native Culture**- We will honor and promote the sovereignty, culture and traditions of all Native American Tribes.



Owens Valley Career Development Center

OVDC is a Tribal organization providing Career Education, Family Literacy, Indigenous Language, Early Head Start and Temporary Assistance services to seven California Coastal Tribes, Mono, Kern, Tulare, Kings, Fresno and Ventura. We are a dedicated Tribal Organization operating under a consortium of Sovereign Nations providing the opportunity for improvement in the quality of life for housing on education and self-sufficiency while preserving, promoting and honoring our culture.

For current OVDC Employment Opportunities,
RFP and Contract Opportunities Visit:

www.ovcdc.com

Or Contact us:

1-800-924-8091

Employment and Job Descriptions:
hr@ovcdc.com

RFP's and Contracts:
contracts@ovcdc.com



Indian preference shall apply pursuant to the prevailing Tribal Employment Rights Ordinance and the Indian Self-Determination and Education Assistance Act as USAC B 4b, B 4c, & B 4d, or any, see also 25 CFR 276.43 and other relevant laws.



Mission Statement

The Owens Valley Career Development Center is a Native American organization operating under a consortium of Sovereign Nations that promotes self-sufficiency through education, community enrichment and cultural empowerment.



Vision Statement

Owens Valley Career Development Center envisions a future where all Native American communities are culturally revitalized, empowered and self-sufficient.



Volume 23

Issue 10

LAKE ISABELLA TRIBAL TANF NEWSLETTER

OCTOBER 2023

Did You Know?

October is Breast Cancer Awareness Month.



10/9-Office closed in observance of
Indigenous Peoples' Day!



10/16-National Boss's Day!



10/31-Happy Halloween!



OVDC STAFF

Site Manager
Miguel Carvajal

Program Assistant
Liliana Baron-Medel

Family Advocate
Kimberly Word

Prevention
Loretta Motley
Natasha Marzett
Tamra Stone

Adult Education Instructor
Joe Martin

Language Teacher
Betsy Johnson

OFFICE INFORMATION
6404 Lake Isabella Blvd
Lake Isabella, CA 93240

Phone
(760) 379-4770
(800) 924-8091

Fax
(760) 379-4775

Website
www.ovcdc.com

*Serving the Native American
Communities in Boron, California
City, Kern River Valley, Mojave,
Redmond, & Rosamond*

CASH AID INFORMATION



Non-Recurring Short Term Benefits

Have you recently experienced an emergency crisis or natural disaster situation? If so, OVDCDC, may be able to assist in the short term.

In order to be eligible, families must meet the following criteria:

- Be an American Indian/Alaska Native family residing in Fresno, Inyo, Kern, Kings, Mono, Tulare or Ventura counties.
- Have monthly income at or below 300% of the Federal Poverty Guidelines:

Family Size	Monthly Income
1	\$1,545
2	\$2,045
3	\$2,545
4	\$3,045
5	\$3,545
6	\$4,045
7	\$4,545
8	\$5,045
9	\$5,545
10	\$6,045

- Provide verification of the need being requested. Examples include:
 - Short term mortgage or rental assistance
 - Short term utility or energy assistance
 - Clothing allowance
 - Other assistance that may be necessary due to your crisis situation.

Information provided is for informational purposes only. For more information, please contact OVDCDC at 805.833.7222.

Are you struggling to pay your energy bills?



The cost of living continues to skyrocket, and families across Kern County have a hard time affording their home energy costs. Community Action Partnership of Kern (CAPK)'s Energy Program may be able to help your family afford your home energy bills.

Weatherization | Utility Bill Assistance
300 5th Street - Bakersfield, CA 93301

Find help to afford your electricity, gas and propane bills

Dial 2-1-1 to connect with services.

Utility Assistance and Energy Efficiency Programs for Families in Need



Utility Assistance

Help paying your electricity, gas, water, and propane bills.



Weatherization

Help to improve the energy efficiency of your home and reduce your monthly energy costs.

How does CAPK's Energy Program work?



You Apply

Complete your application and all required documentation to CAPK.



We Review

We review your application for program eligibility.



You Receive Assistance

We work to provide the greatest assistance possible. Utility assistance is usually provided in 8 weeks.

MONTHLY ELIGIBILITY REPORTS (MERS)

- MER's are due on the 1st of every month and no later than the 10th of the month.
- MERs received after the 10th are considered late.
- Please complete MER's with all necessary paperwork, front and back, signed and dated.
- Incomplete MER's will be returned to you for completion and will not be processed until office receives it completed.

SUPPORTIVE SERVICE REQUEST (SSR)



2023 Kern County HEART AND STROKE WALK

I WALK
TO SAVE LIVES

Sat. Oct. 14

California State University, Bakersfield
9001 Stockdale Highway; Bakersfield, CA 93311

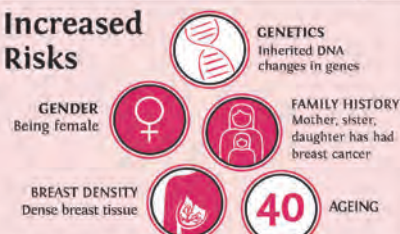
#KernCountyHeartWalk



Indigenous Pink Breast Health

1 in 8 women will get breast cancer in their lifetime

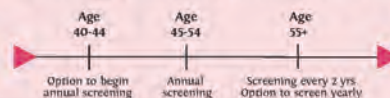
Increased Risks



CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

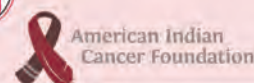
Screening Guidelines/Recommendations



Breast cancer is the 2nd leading cause of cancer death for American Indian women. A mammogram may save your life.

What can I do?

- BREASTFEED**
Breastfeeding reduces estrogen exposure that helps prevent breast cancer
- WEIGHT CONTROL**
Overweight or obese women are at a higher risk
- EXERCISE**
Exercising 3 days/week may lower your risk
- REGULAR MAMMOGRAMS**
Women 40+ should have the option to have a mammogram once a year
- LIMIT ALCOHOL USE**
Alcohol can increase estrogen levels, which may increase your risk
- REGULAR BREAST EXAMS**
Speak to your health care provider for options



Talk to your health care provider about when screening is best for you.

AIACF.ORG @AMERICANINDIANCANCER /AMERICANINDIANCANCER

Revitalizing paka'anil Language Dinner



& **PUBLIC**
WIRELESS

FREE TABLET & INTERNET

Public Wireless is committed to providing no cost tablets and internet to as many families as possible.

Here are a few ways you can qualify:

Lower income, government program participants (SSI, Medicaid, WIC, SNAP, FPHA, Lifeline, etc.) K-12 students attending schools that are CEP recipients or on Free or Reduced lunch programs, and College students with a Pell Grant. There are many other ways to qualify.

SCAN OR CLICK ON
QR CODE TO APPLY



There is no risk or obligation to apply.

You will never receive a bill for the internet service.
The tablet is yours to keep forever with no obligations or commitments.

FRIENDS & FAMILY ARE WELCOME TO ENROLL



NO COST 10.1 inch Tablet with a Hardcase Cover and Screen Protector.



NO COST SIM Card that provides 24/7 LTE Broadband Internet Service. Does NOT need WIFI access.



Both SIM Card and 10.1 inch Tablet are **FREE** with NO Strings Attached for Qualified ACP (Affordable Connectivity Program) Applicants.

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CALL
1.800.286.5380



PublicWirelessllc.com





FAMILY FORMATION THROUGH WELLNESS AND LIFE SKILLS

STARTING IN AUGUST, OVCDC PROUDLY PRESENTS OUR MONTHLY FAMILY NIGHT EVENT HELD ACROSS THREE DISTINCT LOCATIONS. SIGN UP TO EXPERIENCE HANDS-ON LEARNING TO VARIOUS LIFE SKILLS THAT WILL BENEFIT THE WHOLE FAMILY. DEVELOP INTENTIONAL GOALS AND GAIN TOOLS THAT WILL MAINTAIN HEALTHY RELATIONSHIPS WHILE INCORPORATING NATIVE AMERICAN LIVING. LET'S ENJOY DINNERTIME AND LEARN SOMETHING NEW AS A FAMILY!

Starting

Kern River Valley: August 17, 2023, 5:30-7:30pm

Ridgecrest: August 24, 2023, 5:30-7:30pm

Rosamond August 31, 2023, 5:30-7:30pm

8/17/23 - 5/23/24

5:30PM - 7:30PM

LOCATION LAKE ISABELLA
SITE

6404 LAKE ISABELLA BLVD.

8/24/23 - 5/23/24

RIDGECREST 5:30PM-7:30PM

LOCATION CALIFORNIA WELCOME
CENTER 880 N. CHINA LAKE

BLVD.

8/31/23 - 5/23/24

ROSAMOND 5:30PM-7:30PM

LOCATION ROSAMOND LIBRARY
3611 ROSAMOND BLVD.

Please RSVP by contacting
Natasha, Loretta, or Tamra

nmarzett@ovcdc.com, lmontley@ovcdc.com, or tstone@ovcdc.com



Family Formation Through Wellness & Life Skills

Family Night



Our best moments





PREGNANCY PREVENTION THROUGH YOUTH EMPOWERMENT



PREGNANCY PREVENTION THROUGH YOUTH EMPOWERMENT

NATIVE YOUTH LEADERSHIP TEACHINGS
NATIVE AMERICAN CULTURE
HOMEWORK ASSISTANCE
SELF DEFENSE
OUTDOOR ACTIVITIES
HANDS ON LIFE SKILLS
CONFIDENCE BUILDING

THIS PROGRAM WILL BE OFFERED IN THE KRV
AND THE EASTERN KERN AREAS.

KERN RIVER VALLEY ORIENTATION: AUGUST 23RD, 10-11AM & 5:30-6:30PM
EASTERN KERN ORIENTATION: AUGUST 21ST 2023, 10-11AM & 5:30-6:30PM
VIA WEBEX

MUST ATTEND ORIENTATION TO ENROLL YOUTH IN K-12TH

**YOUTH WILL MEET 2X MONTHLY IN EACH SERVING
AREAS AFTER SCHOOL STARTING IN SEPTEMBER**

KERN RIVER VALLEY
LORETTA
(760) 379-4770
LMOTLEY@OVCDC.COM



EASTERN KERN
NATASHA
(760) 379-4770
NMARZETT@OVCDC.COM

TO SIGN UP PLEASE SCAN
THE QR CODE

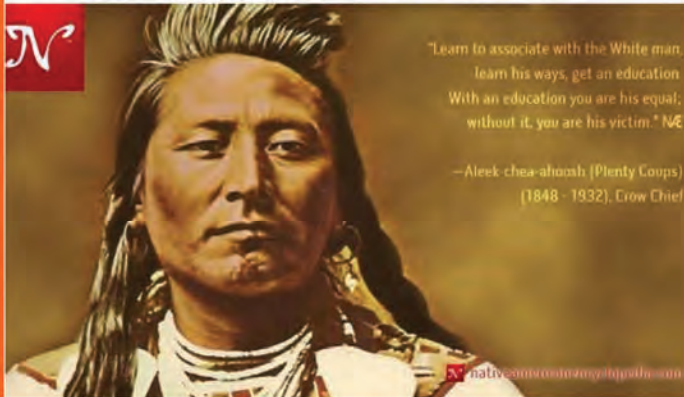
Joe Martin
Adult Education
Instructor

Updated Hours for August
2023:
Tues/Thurs/Fri: 8:00 am-
12:00 pm
Mon/Wed: 12:00 pm-4:00

Phone: (760) 379-4770
ext. 316

Email:
jmartin@ovcdc.com

Owens Valley Career Development Center



Adult Education

OVCDC Family Literacy—Lake Isabella

Office Location

6404 Lake Isabella Blvd
Lake Isabella, CA 93240

- Study for GED test, high school diploma, and college coursework
- Assistance with FAFSA and enrollment for college, university and vocational schools.
- Preparation for written part of DMV test.
- Learn life skills for personal growth.
- Improve employment skills in computer software navigation and keyboarding.
- Develop and increase historical knowledge through cultural projects.



paka'anil for Children By Betsy Johnson



Names of Places in Our Valley

By Betsy Johnson

Isabella kowaalapaan (place of the wind) ko wall ah paan
aa- hold longer

Kernville paalegeewan (big water) paul eh gay wan
ee=long a

Erskine Creek palakuc paul ah kush
c=sh

Nichols Peak lelet lay let

Weldon tücopaan tish paan
ü=ih

Onyx omopüp oh mo pihp
o=oh

Walker Pass wingaal win gaal

ala'winamaluuts

LET'S TALK paka'anil

Preserving Our Language & Culture Through Family Formation

muluwamaluuts
Let's dance

Beginning
Every Other
Wednesday

ma-bimiba'at?
Where do you want to go?

September 27, 2023

6:30 pm - 7:30 pm

via Virtual

uutsu uluukan-gi düng
Grandma I love you



hainda-bi
tükiba'at?
What do you
want to eat?

Surround people in paka'anil

For more information
Call Betsy @ (760)379-4770
Marlene or Ramona @ (661)323-1086
or by email @ mortega@ovcdc.com
rgrodriguez@ovcdc.com

Current Prevention Application is Required



October 2023

Prevention			Language		Family Lit		
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 MERS DUE! Family Lit 12pm-4pm	3 Family Lit 8am-12pm Paka'anil for Children 11am-12pm Ridgecrest Youth Empowerment 3:30pm-5pm	4 Family Lit 12pm-4pm	5 Family Lit 8am-12pm Paka'anil for Children 11am-12pm Rosamond Youth Empowerment 3:30pm-5pm	6 Family Lit 8am-12pm	7	
8	9 OFFICE CLOSED 	10 MERS LATE! Family Lit 8am-12pm KRV (6th-12th) Youth Empowerment 3:30pm-6:30pm	11 Family Lit 12pm-4pm KRV (K-5) Youth Empowerment 1:30pm-4:30pm	12 Family Lit 8am-12pm Rosamond Family Night 5:30pm-7:30pm	13 Family Lit 8am-12pm	14	
15	16 Family Lit 12pm-4pm	17 Family Lit 8am-12pm Ridgecrest Youth Empowerment 3:30pm-5pm	18 Family Lit 12pm-4pm Paka'anil WebEx Class 6:30pm-7:30pm	19 Family Lit 8am-12pm Rosamond Youth Empowerment 3:30-5pm KRV Family Night 5:30pm-7:30pm	20 Family Lit 8am-12pm	21	
22	23 Family Lit 12pm-4pm	24 Family Lit 8am-12pm Paka'anil for Children 11am-12pm KRV (6th-12th) Youth Empowerment 3:30pm-6:30pm	25 Family Lit 12pm-4pm Paka'anil WebEx Class 6:30pm-7:30pm KRV (K-5) Youth Empowerment 1:30pm-4:30pm	26 Family Lit 8am-12pm Paka'anil For Children 11am-12pm Ridgecrest Family Night 5:30pm-7:30pm	27 Family Lit 8am-12pm	28	
29	30 Family Lit 12pm-4pm	31 Family Lit 8am-12pm 					