

Ua Caij Nyoog Tau Yooj Yim



Kev Saib Xyuas Tus Kheej thiab Kev Tsis Txaus Siab Thaum Hnub So
Los Ntawm Forrest Archer

Hnub so yog suav tias yog lub caij kev muab thiab kev sov siab, tab sis ntau zaus koj puas nco qab muab qhov kev sov siab rau koj tus kheej? Kev ua kom sib npaug koj tsev neeg cov sij hawm tsis tu ncu a nyob thiab kev zoo siab ntawm kev lom zem hnub so tuaj yeem ntxiv kev ntxhov siab ntau rau koj lub hnub txawm tias koj sim zais nws npaum li cas. Lub caij so, xav txog kev yooj yim rau koj lub sij hawm tsis tu ncu a hnub so. Siv sij hawm nrog tsev neeg los sib puag saib cov yeeb yaj kiab tuaj yeem tsim kom muaj ntau yam kev lom zem hauv tsev neeg kev nco thib yab li npaj haujlwm loj ua ke. Ua ntej tshaj qhov koj pom tias muaj kev lom zem tiag tiag. Thaum koj txaus siab rau koj lub sijhawm, koj cov menyuam yuav txaus siab rau lawv lub sijhawm nrog koj.



[Kev saib xyuas tus kheej](#) hauv lub caij so tsis tas yuav zoo li cov lus piav qhia loj rau koj tus kheej ntawm kev siv nyiaj ntawm lwm tus. Tej zaum, kev saib xyuas tus kheej zoo li tso cai rau cov haujlwm. Thaum kuv rov qab saib kuv tus kheej thaum yau, kuv nco qab tias muaj kev hwm heev uas tau thov kom qhwv khoom plig rau kuv tsev neeg. Xus li cov khoom plig tau ntxhov ntxov heev rau thawj xyoo, kuv niam nyiam siv sijhawm ob peb feeb ntxiv nrog nws cov kas fes peppermint. Lwm xyoo peb tau txuag lub sijhawm los ntawm "qhwv" cov khoom plig siv daim ntawv nyias thiab muab tso rau hauv lub hnab hloov. Kev saib xyuas tus kheej kuj tseem zoo li kev npaj ua ntej. Kev sau txhua txoj haujlwm ntawm daim ntawv qhia hnub tuaj yeem pab koj nyob hauv kev sib koom ua ke thiab hla qee qhov kev ntxhov siab rau hnub so. Yog xav paub ntxiv txog yuav ua li cas saib xyuas tus kheej hauv lub caij so, thov mus saib: [Lub Caij So Kev Saib Xyuas Tus Kheej Lub Tswv Yim](#), [Txhim Kho Tsev Neeg Kev Nyob Kev Haus](#), [Kev Saib Xyuas Tus Kheej Kev Xav Rau Cov Menyuum Yaus - ib qho lus tshaj tawm txog qhov tseem ceeb ntawm kev xyaum txoj kev saib xyuas tus kheej kev xav tsis tu ncu a](#), [20 Lub Tswv Yim rau Kev Saib Xyuas Tus Kheej Hnub So Thaum Hnub So](#).

Khoom Siv Tes Ua : 21 Kev Qhia Siv Koj Tes Ua Lub Fwj Hnov Zoo Heev

Dab tsi yog lub fwj hnov? Lub fwj hnov muaj peev xwm ua tau los ntawm kev sau lub fwj khoob nrog cov khoom koj pom nyob ib ncig ntawm lub tsev lossis sab nraud. Cov fwj xav tau tuaj yeem ua rau pom, hnov, xuas, lossis ua ke. Tab sis dab tsi yog lub ntsiab lus ntawm lub fwj hnov? Cov fwj hnov tuaj yeem yog cov cuab yeej ua

kom zoo siab tom qab muaj kev xav ntau. Ua lub fwj hnov ua kom muaj kev xav paub thiab xav nug thaum menyuum yaus siv lawv lub siab los tshawb thiab nrhiav cov khoom ntxiv rau lub fwj. Lub fwj hnov kuj tuaj yeem pab txhim kho kev xav txav, kev hais lus, thiab kev sib raug zoo thaum menyuum yaus koom nrog hauv kev

tsim thiab sib koom cov fwj. Rau kawm paub yuav ua li cas siv koj tes ua fwj hnov, [nyem qhov no](#).



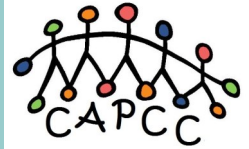
Pawg Saib Xyuas Kev Tiv Thaiv Kev Ua Pheem Rau Menyuum Yaus ntawm Lub Nroog Humboldt
P.O. Box 854, Eureka, CA 95502 • www.capccumboldt.org



Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2022

Ntim 24



Northcoast Children's Services

Head Start, Early Head Start, & State Preschool Khoos Kas

Tshawb Fawb Zej Zog Cov Kev Xav Tau

Txhua 5 xyoos North Coast Cov Kev Pabcuam Menyuum Yaus (Northcoast Children's Services) ua qhov kev ntsuam xyuas kev xav tau hauv zej zog kom pab peb nkag siab zoo dua cov kev xav tau ntawm zej zog.

Peb zoo siab peb tau tshaj tawm peb daim ntawv ntsuam xyuas thiab nws yuav qhib txog thaum ib tag hmo lub Kaum Ob Hlis hnuv 15, xyoo 2022. Thov qhia rau koj cov phooj ywg thiab tsev neeg. **Thov siv sijhawm li ob peb feeb los pab qhia peb cov kev xav tau hauv koj lub zej zog los ntawm kev ua raws li qhov txuas hauv qab no lossis siv QR code txhawm rau nkag mus rau daim ntawv ntsuam xyuas.**



Kev Ntsuam Xyuas Kev Xav Tau Hauv Zej Zog txuas:

<http://bit.ly/3U2V01Y>



Cov Kev Pabcuam Menyuum Yaus muaj Head Start, Early Head Start, lub xeev preschool, thiab cov kev pab zov me nyuam thooob plaws cov nroog Humboldt thiab Del Norte. NCS cov kev pab cuam hauv lawv lub lag luam thiab kev pab rau hauv tsev mauj rau cov tsev neeg muaj poj niam cev xeeb tub thiab menyuum yaus hnuv nyoog 0-5 xyoos. Ntxiv nrog rau kev pabcuam kev kawm, peb koom tes nrog cov tsev neeg los txhawb cov kev ua nyob yooj yim, kev noj qab haus huv, kev nyab xeeb, kev txawj ua neej, thiab kev ua niam txiv.

Yog xav paub ntxiv txog peb lub koomhaum lossis thov kev pabcuam, thov mus saib hauv www.ncsheadstart.org



Puas yog koj nkees ntawm kev siv nyiaj ntau dhau thaum ua haujlwm nrog koj cov menyuam? Cov hnuv so tab tom los, nrog kev muab nyiaj ntau nruj thiab ncua kev kawm ntawv pib sai sai, koj tsis xav siv nyiaj los ua kev lom zem rau koj cov menyuam. Muaj ntau yam kev ua si pub dawb lossis nqi qis hauv Humboldt uas cov menyuam yaus ntawm txhua lub hnuv nyoog thiab lawv tsev neeg tuaj yeem koom ua ke.

Puas muaj ib tug me nyuam yaus uas koj yuav tsum tau nrhiav haujlwm rau lawv ua? Sim:

- [Thawj 5 pawg ua si](#)
- [Lub tsev qiv ntawv zaj dab neeg lub sijhawm](#)
- Mloog Shoshanna ntawm Starfish Xov Tooj Cua Teev, Humboldt Cua Kub, Hnuv Saturday sawv ntxov ntawm 8:30. www.humboldthotair.com



Tawm sab nraud ua ke thiab ua haujlwm! Sim:

- [Lub caij ntuj no cog zaub ua ke](#)
- [Thov txais daim ntawv tso cai txiav tsoob ntoo Christmas rau koj tus kheej](#)
- Mus taug kev muab [nceb](#) lossis [cog kev](#) txheeb xyuas nroj
- Siv ib daim teev ntawv cia (los yog siv daim ntawm ntawv thawv thiab cov khi ntawv), [coj lawv nrog koj taug kev thiab kos qhov koj pom](#)

Txhawb kom muaj kev txaus siab rau kev kawm txuj ci lub ntuj. Sim:

- [Scotia Fisheries Center](#) - qhov chaw ua yeeb yam pub dawb uas koj tuaj yeem kawm txog ntses
- [Mad River Fish Hatchery](#)
- [Coj Nature Walk \(taug kev saib lub ntuj\) ntawm Humboldt Wildlife Refuge \(Tsiaj Qus Lub Chaw Nkaum\)](#), thawj hnuv Wednesday ntawm txhua lub hli
- [Arcata Marsh Tour \(Ncig saib Arcata lub hav iav\)](#), Hnuv Saturday 2:00 txog 3:30, info@arcatamarshfriends.org

Ua si thiab ua haujlwm ua ke. Sim:

- Ua ib lub hauv paus tub rog, sab hauv lossis sab nraud
- Ua si [nrhiav khoom txog hnuv so](#)
- Koom nrog cov khoom ua si sib pauv nrog ib pab pawg me ntawm koj tus menyuam cov phooj ywg

Tau muaj tswv yim! Sim:

- Ua txoj [hlua paj kws](#)
- [Koom nrog koj](#) tus menyuam siv daim ntawv qhia ua pluas noj uas koj twb tau npaj lawm
- Ua khoom zoo saib nrog ntsev:

Ntsev mov paj ornaments

- 2 khob hmoov nplej all-purpose
- 1 khob ntsev
- 1 khob dej txias



Sib tov, yob tawm yam sib xyaw mus rau 1/8 nti tuab, thiab txiav nrog cov txiav cookie.

Ci hauv qhov cub 250-degree rau li ob teev, kom txog thaum yam sib xyaw qhuav thiab tawv

Cia kom txias, tom qab ntawd pleev xim los yog kua nplaum ntawm cov khoom dai





Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2022

Ntim 24



Ncuav Pob Kws Ncu (Tamales)

Los Ntawm Diana Salcedo Trejo

Txhua xyoo thaum txog lub caij so, yam yuav tsum muaj, qhov tsw ntawm cov ncuav pob kws ncu siav ntaus kuv thiab kev tshaib plab pib. Tsis muaj dab tsi zoo li cov ncuav pob kws ncu koj ua hauv tsev. Ua ncuav pob kws ncu siv sihawm ntau tab sis lub sijhawm dhau mus sai thaum koj nyob rog cov neeg sib koom zoo. Ua ncuav pob kws ncu nrog cov phooj ywg thiab tsev neeg yog ib txoj hauv kev zoo, tsis tab nyiaj ntau ua rau muaj kev sib raug zoo thaum lub caij so.

Cov khoom xyaw:

- Plhaub pob kws: ib pob 8-ooj
- 1 1/3 khob roj lard
- 4 khob hmoov pob kws (Maseca)
- 2 teaspoon hmoov ci
- 1 teaspoon ntsev
- 1 teaspoon hmoov cumin
- 3 khob kua nqaij qaib los yog dej



Yam ntim ncuav:

- **Nqaij qaib nrog kua txiv lws suav ntsuab:** 3 1/2 khob nqaij qaib ua siav uas maub dua ua me me sib xyaw nrog 16-ounce tau ntawm cov kua txiv lws suav ntsuab loj yog salsa verde (qhov twg koj nyiam!)
- **Taum thiab cheese:** 15 oz poom refried taum thiab 1 1/2 khob shredded mozzarella cheese

Cov lus qhia:

1. **Muab cov plhaub pob kws tsaug dej** rau hauv ib lub tais dej kub heev rau 30 feeb los yog kom txog thaum muag.
2. **Npaj cov khoom yuav ntim hauv lub ncuav.** Npaj 3 1/2-4 khob cov nqaij los taum ntim.
3. **Muab Xyaw Ua Ncuav:** Hauv ib lub tais loj, muab 1 1/3 khob roj lard nrog 2 tablespoons kua nqaij qaib (los yog dej) xyaw ua ke kom tau kua su su, txog li 3-5 feeb. Hauv ib lub tais txawv ntxiv 4 khob hmoov pob kws (Maseca), 2 teaspoons ntawm hmoov ci, 1 teaspoon ntsev, thiab 1 teaspoon ntawm hmoov cumin xyaw ua ke. Tom qab cov khoom xyaw qhuav sib tov, do cov kua lard rau hauv li 3-5 feeb.
4. **Ntxiv cov kua nqaij qaib** los cov dej me ntsis rau hauv lub tais xyaw ncuav. Ntxiv cov kua los dej li koj xav tau. Lub ncuav yuav tsum muab pleev tau li kua txiv laum huab xeeb thiab yuav tsum tau nplaum me ntsis. Npog lub tais nrog ib daim ntaub ntub dej kom lub ncuav tsis qhuav.

... txuas ntxiv rau nplooj ntawv 5

... txuas ntxiv los ntawm nplooj ntawv 4

5. **Npaj cov ncuav rau ncu:** Muab sab ci ntsa iab ntawm lub plhaub pob kws rau ntawm lub txee nrog sab dav kawg nyob saum toj thiab sab me nyob ze koj. Hais txog li $\frac{1}{4}$ khob ncuav rau saum nruab nrab ntawm lub plhaub pob kws. Nrog ib rab diav lossis txhua yam tais diav uas nyiam tshaj plaws, muab lub ncuav pleev rau hauv ib txheej nyias, ib ncig ntawm $\frac{1}{4}$ nti tuab. Khaws lub ncuav nyob rau sab saum toj ib nrab ntawm cov plhaub pob kws kom thiam muab qhov hauv qab quav tau thaum lub sijhawm.
6. **Muab 1-2 tablespoons** cov khoom ntim rau hauv nruab nrab lub ncuav. Txog sib ntau dhau 1-2 tablespoons los lub ncuav yuav tawg thaum muab ncu.
7. **Muab ib** sab ntev ntawm lub plhaub quav npog cov khoom ntim. Muab lwm sab ntev quav sib tshooj npog sab ntev ib thiab cov khoom ntim (xws li quav ib daim ntawv qhia). Quav lub khawm ntawm lub plhaub.
8. **Sib qhov cub ncu ncuav lossis lub Instant Pot:** Ntxiv dej rau hauv qab ntawm koj lub lauj kaub ncu lossis lub Instant Pot. (Muab li 1 khob rau Instant Pot thiab ob peb khob rau lub lauj kaub ncu - tsis txhob muab dhau lub hau lauj kaub. Tso ob peb lub plhaub pob kws rau hauv qab txheej kom pab lawv tsis poob thaib tiv thaiv kom tsis txhob muaj dej kub los ntawm kev kov lawv.
9. **Muab cov ncuav qhwv lawm sawv ntsug,** nrog lawv qhib tawm sab saum toj, ntxiv cov ncuav qhwv txaus kom lawv sawv ntsug. Yog tias siv lub lauj kaub ncu, nteg ob peb cov plhaub pob kws ntub dej los yog ib daim phuam ntub dej rau saum cov ncuav qhwv lawm ua ntej kaw lub hau.
10. **Steamer:** Ua dej npau. Thaum dej npau lawm, txo kom kub me me thiab ncu rau 45 feeb mus rau 1 teev, los yog ntev dua. Xyuas lawv tom qab 45 feeb.
11. **Instant Pot:** Teeb rau Manual/High Pressure (Siv Tes/Siab) rau 25 feeb. Cia lub siab tso tawm rau 10 feeb, thiab tom qab ntawd tso tawm sai.
12. **Kuaj seb ncuav pu tau siab:** Tshem ib lub ncuav thiab muab lub plhaub hle tawm. Yog hais tias lub plhaub rub tawm huv si los ntawm lub ncuav lawv ua tiav. Yog hais tias lub ncuav tseem nplaum los yog ntub dej, muab ncu ntxiv li 5-10 feeb ntev dua thiab sim dua.
13. Khaws cov ncuav seem hauv lub tub yeas rau 5-7 hnuv. Koj tuaj yeem khaws cia rau hauv lub freezer txog li 2-3 lub lis piam.
14. **Ua sov:** qhwv lub ncuav hauv ob peb daim ntawv phuam ntub dej thiab microwave kom txog thaum sov. Daim ntawv ntub dej yuav pab lawv "ncu" thaum lawv rov ua sov dua. Ceev faj thaum nthuav tawm lawv yuav kub!!!



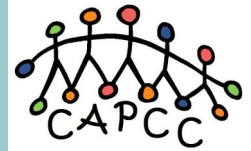
[Saj zoo dua los ntawm Scratch Tamales Recipe](#)



Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2022

Ntim 24



Hnub So Lub Tswv Yim Saib Xyuas Tus Kheej rau LGBTQ Cov Hluas



Cov hnub so tuaj yeem ua rau muaj kev ntxhov siab ntau rau sawv daws. Cov hnub so tuaj yeem yog lub sijhawm nyuaj tshwj xeeb rau cov poj niam nyiam poj niam, txiv neej nyiam txiv neej, cov poj niam thiab cov txiv neej niam ob yam, cov neej xav hloov poj niam txiv neej, queer, thiab muaj kev nug (LGBTQ) cov hluas. Cov kev cia siab nyuaj thiab kev sib raug zoo LGBTQ cov hluas muaj nrog lawv tsev neeg tuaj yeem ua rau lawv nyuaj siab, siab nyoos, thiab ntxhov siab ua ntej, thaum, thiab tom qab hnub so. Kev saib xyuas tus kheej ua kom muaj zog tiv thaiv kev ntxhov siab ntawm cov hnub so. Nws tuaj yeem muaj zog heev rau LGBTQ cov tub ntxhais

hluas los txheeb xyuas txoj hauv kev uas lawv tuaj yeem txhawb nqa lawv tus kheej yog tias muaj teeb meem nyuaj. [Tshawb xyuas Lub Trevor Project Cov Lus Qhia Txog Kev Saib Xyuas Tus Kheej Hnub So rau LGBTQ Cov Hluas los tsim ib txoj kev npaj saib xyuas tus kheej lub caij so no.](#) Rau cov tsev neeg thiab cov phooj ywg uas xav txhawb nqa LGBTQ cov tub ntxhais hluas hauv koj lub neej mus saib Lub Hom Phiaj Xwm Txheej Tib Neeg Txoj Cai tsab xov xwm ntawm Yuav Ua Li [Cas Qhia Txog Kev Txhawb thiab Kev Hlub rau LGBTQ Cov Hluas Thaum Hnub So.](#) Rau kev txhawb nqa hauv zos rau cov tub ntxhais hluas LGBTQ, txhua xyoo puag ncig, mus saib [Redwood Community Action Agency Youth Service Bureau's RAVEN Project.](#)



Cov lus qhia rau hnub so qis lossis tsis muaj nqi: Ua hauv tsev "luv nqi daim coupon phau ntawv" Los Ntawm Forrest Archer

Phau ntawv daim coupon no suav nrog kev nyiam me me uas tuaj yeem "siv" thooob plaws hauv lub xyoo. Koj tuaj yeem ua rau lawv ntawm daim npav, ntawm cov ntawv siv staple nplaum ua ke, lossis hauv computer. Ua kom lom zem rau tag nrho tsev neeg los ntawm kev xav tau nrog phau ntawv ua ke! Tsom ntsoov rau cov dej num uas txaus siab rau tus neeg tau txais kev pab thiab koj txaus siab tso cai. Thaum koj tus menyuam, lossis tus neeg twg uas koj tab tom muab phau ntawv rau, npaj "siv" daim coupon, lawv nqa tuaj rau koj. Yog tias nws tsis tuaj yeem ua tau tam sim ntawd, teem sijhawm rau qhov haujlwm. Tom qab ntawd daim coupon siv tau muab tso tseg kom txog thaum phau ntawv siv tiav. Qee cov lus qhia lom zem rau daim coupon suav nrog:



- Hmo ntuj yeeb yam
- Ib teev nyob ib leeg nrog Niam, Txiv, Pog, lossis Yawg
- Ci ib lub khob noom cookie ua ke
- Siv pam ua ib lub hauv paus tub rog
- Nyob rau yav dhau los pw tsaug zog ntxiv 30 feeb



- Hnub hnav khaub ncaws pw tsaug zog tag hnub
- Hmo ua si
- Tawm ntawm kev ua haujlwm hauv tsev ib leeg
- Puag ib zaug loj heev
- Noj khoom tshais thaum noj hmo

Eel River Valley & Southern Humboldt Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Mus saib 211Humboldt's Holiday Resource List (Daim Ntawv Qhia Hnub So Cov Peev Txheej) kom pom cov zaub mov kub pub dawb, khoom plig, thiab khoom ua si hauv koj cheeb tsam.

1

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3



4



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7



8

9

[Suessical Lub Suab Seev](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
8 pm
Nqe:\$16-18

[Taws Teeb Tsheb Ua Yeeb Yam Hauv Fortuna](#)
Redwood Village Shopping Center
701 S. Fortuna Blvd.
Fortuna
6:30 pm

10

[Suessical Lub Suab Seev](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Nqe:\$16-18

[Santa Claus Hauv Ferndale](#)
Main Street Ferndale
10:30-11:30 am

[Loleta Hnub So Khoom Siv Tes Ua Kiab Khw](#)
824 Loleta Drive
9 am-4 pm

11

[Saib Noog ntawm Tsiaj Qus Lub Chaw Nkaum](#)
Humboldt Bay Wildlife Refuge
1020 Ranch Rd.
Loleta, CA
9 am

[Loleta Hnub So Khoom Siv Tes Ua Kiab Khw](#)
824 Loleta Drive
9 am-4 pm

[Suessical Lub Suab Seev](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Nqe:\$16-18

[Fortuna Christmas Suab Paj Nruag Ua Yeeb Yam](#)
Fortuna River Lodge
1800 Riverwalk Dr., Fortuna
3-5:30 pm

12

13

14

15

16

[Suessical Lub Suab Seev](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
8 pm
Nqe:\$16-18



17

[Seussical the Musical Garberville Taws Teeb Tsheb Ua Yeeb Yam](#)
Starts at Redway Elementary
344 Humboldt Ave.
Redway/Garberville
5:30-6:30 pm

[Southern Humboldt's Lub Nroog Me Lub Christmas](#)
Southern Humboldt Chamber of Commerce chaw nres tsheb
782 Redwood Drive
Garberville
3-6 pm

[Lub Caij No Kev Kos Duab Kiab Khw - Mateel](#)
Mateel Community Center
59 Rusk Lane Redway
10 am-6 pm
Nqe: Dawb-\$5

18

[Suessical Lub Suab Seev](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Nqe:\$16-18

[Taws Teeb Tsheb Ua Teb Ua Yeeb Yam](#)
Main Street Ferndale
Starts at Main St. & Ocean Ave.
5-7 pm

19

20

21

22

23



24



25

[River Life Foundation Christmas Dinne Noj Hmo](#)
1426 Main St.
Fortuna Veterans Memorial Building Fortuna
(707) 362-9384 Sean Swanson
1-3 pm



26

27

28

29

30



31



Arcata Cov Haujlwm Ua Haujlwm Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Mus saib 211Humboldt's Holiday Resource List (Daim Ntawv Qhia Hnub So Cov Peev Txheej) kom pom cov zaub mov kub pub dawb, khoom plig, thiab khoom ua si hauv koj cheeb tsam.

1

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[Arcata Cov Kos Duab](#)
Arcata Plaza
(707)822-4500
4-8 pm



10

[Arcata Cov Ua Teb Qhov Kiab Khw](#)
Arcata Plaza

[Arcata Tsiaj Qus Saib Noog](#)
Arcata Marsh & Wildlife Sanctuary
South "T" Street Parking Lot
8:30-11 am

[Hnub So Khoom Siv Tes Ua Kiab Khw](#)
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy.,
Arcata
10 am-5 pm
Nqe: \$1

[Arcata Ncig Saib Hav Iav](#)
Arcata Marsh & Wildlife Sanctuary
569 South "G" Street
2-3:30 pm

11

[Hnub So Khoom Siv Tes Ua Kiab Khw](#)
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy., Arcata
10 am-4 pm
Nqe: \$1

[Hnub Sunday Kev Kos Duab Kiab Khw](#)
Arcata Plaza
11 am-4 pm

[Santa, Tsheb ciav hlau, & Khoom qab zib Canes](#)
The Samoa Roundhouse
930 Vance Avenue
11 am-3 pm

12



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17

[Arcata Cov Ua Teb Qhov Kiab Khw](#)
Arcata Plaza

[Arcata Tsiaj Qus Saib Noog](#)
Arcata Marsh & Wildlife Sanctuary
South "T" Street Parking Lot
8:30-11 am

[Arcata Ncig Saib Hav Iav](#)
Arcata Marsh & Wildlife Sanctuary
569 South "G" Street
2-3:30 pm

[Samoa Lub Menyuum Roob Xuab Zeb Thiab Tej Hav Dej Coj Taug Kev](#)
Arcata
(707) 444-1397
10 am-12:30 pm



18

[Hnub Sunday Kev Kos Duab Kiab Khw](#)
Arcata Plaza
11 am-4 pm



19



20

21

22

23



24

[Arcata Cov Ua Teb Qhov Kiab Khw](#)
Arcata Plaza

[Arcata Tsiaj Qus Saib Noog](#)
Arcata Marsh & Wildlife Sanctuary
South "T" Street Parking Lot
8:30-11 am

[Arcata Ncig Saib Hav Iav](#)
Arcata Marsh & Wildlife Sanctuary
569 South "G" Street
2-3:30 pm

25

[Taug kev Arcata Hav Iav Hnub Christmas](#)
Arcata Marsh Interpretive Center
569 S "G" Street Arcata
10-11:30 am



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[Arcata Cov Ua Teb Qhov Kiab Khw](#)

[Arcata Tsiaj Qus Saib Noog](#)
8:30-11 am

[Arcata Ncig Saib Hav Iav](#)

Eureka Cov Haujlwm Ua Haujlwm Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Mus saib 211Humboldt's Holiday Resource List (Daim Ntawv Qhia Hnub So Cov Peev Txheej) kom pom cov zaub mov kub pub dawb, khoom plig, thiab khoom ua si hauv koj cheeb tsam.



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[Eureka Christmas Tsheb Ua Yeeb Yam](#)
Pib ntawm Redwood Acres Fairgrounds
6 pm

[Santa Claus Hauv Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

11

[Redwood Acres Kiab Khw](#)
3750 Harris St. Eureka
9 am-3 pm
Nqe: \$2, cov menyuum yaus hnub nyoog qis dua 12 xyoos pub dawb, Chaw nres tsheb pub dawb

[Santa, Tsheb ciav hlau, & Khoom qab zib Canes](#)
The Samoa Roundhouse
930 Vance Avenue
(707) 499-8481
11 am-3 pm

[Salty Santa Nkoj Parade](#)
Lub Eureka Waterfront
Pib ncig Waterfront Drive & "M" Street
11:30 am

[Santa Claus Hauv Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

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[Santa Claus Hauv Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

18

[Audubon Saib Noog Hikshari Taug Kev](#)— Eureka Waterfront
West Del Norte & Railroad St. Eureka
9 am

[Santa Claus Hauv Eureka](#)
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

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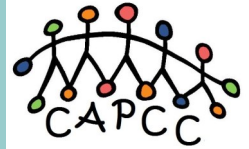
31



Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2022

Ntim 24



Pawg Saib Xyuas Kev Tiv Thaiv Kev Ua Phem Rau Menyuum Yaus Ntawm Lub Nroog Humboldt yog ib lub koom haum tsis yuav nyiaj pab txhawb nqa uas ua haujlwm txhawm rau tshem tawm kev tsim txom menyuum yaus thiab tsis saib xyuas menyuum yaus hauv peb lub zej zog los ntawm (1) sib zog ua kom muaj kev sib koom tes thiab cov cai tswjfwam rau kev tiv thaiv, kev cuam tshuam thiab kho kev tsim txom menyuum yaus nrog coob lub koom haum, (2) nquag txhawb nqa cov kev pabcuam zoo uas txo qis kev tsim txom menyuum yaus thiab tsis saib xyuas menyuum yaus thiab (3) ua kom muaj kev paub txog pej xeem cov peev txheej los pab tiv thaiv kev tsim txom menyuum yaus thiab txo kev ntxhov siab hauv tsev neeg.

CAPCC Lub Hom Phiaj

Txhim kho kev sib txuas hauv zej zog los txhawb kev nyab xeeb, noj qab haus huv, cov menyuum yaus thiab cov tsev neeg muaj kev nyob zoo hauv lus nroog Humboldt.



[@capcchumboldt](#)



Ua ib tsaug rau tshwj xeeb:

Forrest Archer
Angelica Lua
Dora Saso
abby hamburg
Northcoast Children's Services
Rebecca Stevens

Jeanne Gordon
Diana Salcedo Trejo
Leah Lamattina
Marian Strong
Cindy Sutcliffe

Tub neeg kho ntawm xov xwm:

Lauren Dahl
Yog mauj lub taw qhia ntxiv lossis lus nug hu rau Lauren Dahl ntawm

capcchumboldt1@outlook.com

707-601-4105

Thov xav koom nrog peb los tsim kom muaj kev nyab xeeb hauv zej zog rau peb cov menyuum yaus thiab ua tiav daim ntawv thov kev koom tes dav dav, txheej txheem luv luv thiab dawb kiag li. Nws muaj nyob rau ntawm peb lub vev xaib: www.capcchumboldt.org.