

# Ua Caij Nyoog Tau Yooj Yim



## Kev nqis peev thiab tsim kev sib raug zoo, Ubuntu

Los ntawm Florence Parks

**Pawg Saib Xyuas Kev Tiv Thaij Kev Ua Pheem Rau Menyua Yaus ntawm Lub Nroog Humboldt**

**www.capcchumboldt.org**

**P.O. Box 854, Eureka, CA 95502**



Kev tshawb fawb qhia tau hais tias qhov taw qhia zoo tshaj plaws rau cov neeg laus muaj kev vam meej yog lawv txoj kev sib raug zoo hauv tsev neeg loj hlob, feem ntau nrog cov niam txiv, tab sis kuj nrog cov neeg sawv cev ntawm qhov sib txawv.

Siv sijhawm ib pliag los xav txog cov uas tau cuam tshuam koj txoj kev taug, leej twg yog cov neeg hauv koj lub neej uas tau dhau los ntawm lub sijhawm nyuaj nrog koj?

Lub zog ntawm kev sib raug zoo ntawm kev noj qab haus huv tuaj yeem cuam tshuam tag nrho peb lub neej. Ubuntu yog ib txoj hauv kev, ib qho kev tshoov siab neeg Aflakas thaum ub uas hais txog lub ntsiab lus ntawm vim li cas kev tsim thiab kev nqis peev hauv kev sib raug zoo rau peb txhua tus tsis hais peb hnuv nyoog li cas. Lo lus no tuav lub hwj chim ntawm kev sib raug zoo ntawm nws cov ntsiab lus thiab nws muaj nws tus

kheej qhov tseem ceeb ntawm kev ciaj sia, lub siab ntawm kev sib koom siab, kev khuv leej, kev hwm, thiab meej mom. Cov cuab yeej los tsim kev sib txuas nyob thiab tiv thajiv lub zej zog.

Feem ntau cov kev pabcuam raug cai hais txog kev hloov pauv ib puag ncig txhawm rau txheeb xyuas thiab tsim lub zej zog. Cov kev pabcuam muab kev pab tshaj plaws yog tsim los koom nrog tsev neeg thaum txhawb nqa qhov no rau cov hluas thaum ntxov. Txawm li cas los xij, lawv feem ntau ua tsis tiav ntawm kev txheeb xyuas cov txuj ci uas ib tus xav tau los tsim kev sib txuas ntev ntev. Cov tub ntxhais hluas pib kev cob qhia kev siv zog ua tau zoo tshaj lwm yam qauv ntawm kev cob qhia kev siv zog. Thaum peb lub siab xav txhawb peb yeej tsis muaj qhov kawg rau cov txiaj ntsig thiab qhov tshwm sim ntawm ib lub tswv yim. Muaj tsib lub ntsiab lus ntawm kev sib raug zoo uas yog lub hauv paus thiab yuav tsum tau qhia rau peb txhua tus.

Thawj ntawm tsib lub tswv yim no yog mloog kom tob. Feem ntau hu ua kev mloog zoo, qhov no yog thaum tus neeg tso lawv lub hom phiaj thiab qhib lawv tus kheej kom hnov lub siab ntawm lawv cov phooj ywg, tso cai rau kev sib txuas lus tseeb uas yuav ntaus lub siab mus rau ob tus tib neeg. Kuv twv hais, txuas lawv rau lub neej. Qhov no ua rau qhov thib ob lub tswv yim kev sib raug zoo, kom pob tshab txog koj lub siab nyiam, kev xav tau, kev cia siab thiab lub hom phiaj. Thaum peb muaj kev pheej

... txuas ntxiv rau nplooj ntawv 2

**Ubuntu yog ib txoj hauv kev, ib qho kev tshoov siab neeg Aflakas thaum ub uas hais txog lub ntsiab lus ntawm vim li cas kev tsim thiab kev nqis peev hauv kev sib raug zoo rau peb txhua tus tsis hais peb hnuv nyoog li cas.**





# Ua Caij Nyoog Tau Yooj Yim

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... txuas ntxiv los ntawm nplooj ntawv 1

hmoo txaus los qhia peb tus kheej li no peb muab kev sib npaug thiab kev nyab xeeb hauv peb txoj kev sib raug zoo.

Qhov thiab peb thiab plaub ntawm kev sib raug zoo yog kom muaj kev cia siab rau kev noj qab haus huv thiab tsim ib thaj tsam. Ob qho no feem ntau tuaj yeem yog ib qho kev nqis tes ua, siv sijhawm los nkag siab tias vim li cas qhov kev sib raug zoo no tseem ceeb rau peb, peb cov txiaj ntsig, lawv ua li cas thiab sib txawv. Peb tiv thaiv ib leeg los ntawm kev teeb tsa ib thaj tsam, thiab peb lees paub peb qhov tseem ceeb hauv cov kev ua no. Uas yuav ua kom muaj kev cuam tshuam ntev ntawm kev sib raug zoo. Thaum kawg teeb tsa txoj kev npaj rau kev loj hlob hauv peb txoj kev sib raug zoo thiab cog lus rau peb tus kheej kom loj hlob ua ke, muaj kev paub tshiab, luag, quaj, thiab tsim kom muaj kev sib tham ua ke txhua tus cwj pwm rau kev loj hlob thiab kev ua haujlwm ntawm Ubuntu.

Thov kom koj tau txais kev tshoov siab hauv qee txoj hauv kev me me los tshawb nrhiav koj Ubuntu, thaum koj mloog ntau dua, muab kev pom tseeb, tshawb nrhiav koj qhov kev cia siab, thiab teeb tsa ib thaj tsam thaum koj loj hlob koj lub zej zog, vim tias lub zog ntawm kev sib raug zoo nyob hauv peb txhua tus.



## Big Brothers Big Sisters of the North Coast

### Chaw nyob

428 C Street, Suite G

Eureka, CA 95501

(P) 707-445-4871

(F) 707-445-1405

[@bbbsnorthcoast](https://www.instagram.com/bbbsnorthcoast)

<https://ncbbbs.org/>



Big Brothers  
Big Sisters.  
OF THE NORTH COAST



## Kev lees paub rau lub caij ntuj no

los ntawm Forrest Archer

Kev lees paub yog cov lus me me uas peb tuaj yeem xyaum ua txhua hnuv los txhim kho peb lub hlwb kev noj qab haus huv thiab cov duab ntawm peb tus kheej sab hauv. Nrog rau tag nrho peb cov kev ntxhob siab thiab kev txhawj xeeb, siv ob peb feeb txhua hnuv los ceeb toom peb tus kheej kom saib xyuas cov khoom me me tuaj yeem ua rau muaj qhov sib txawv loj hauv lub sijhawm. Nov yog qee qhov kuv nyiam tshaj tawm rau lub caij ntuj no. Kuv tso qee qhov chaw kawg rau koj sau koj tus kheej! Cov lus lees paub luv luv, tshwj xeeb, thiab feem ntau (tab sis tsis tas li) pib nrog "Kuv ...".

1. Kuv sawv cev kev siab loj.
2. Kuv ua tsaug rau qhov kuv muaj.
3. Kuv muab kuv tus kheej tso cai thov kev pab.
4. Kuv tso cai rau kuv tus kheej kom teem ciam ciam thiab hais los lus "tsis tau."
5. Kuv tso cai rau kuv tus kheej kom mus qeeb thiab so.
6. Nws yog qhov ua tau kho siab thiab kuv tuaj yeem xyaum ua siab zoo rau kuv tus kheej.
7. Kuv lub cev tsim nyog noj qab haus huv thiab saib xyuas.
8. Kuv tsis tas yuav mob siab rau kev txaus siab rau zaub mov.
9. Kuv lees txais lub sijhawm uas tsis zoo tag nrho.
10. \_\_\_\_\_



# Simplifique la temporada

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## Zaub Mov Tsev Neeg Nyiam Tshaj Plaws: Ncuav Ci Greek

Los ntawm Melissa Reed

Kuv nco qab noj khoom txom ncauj ntawm cov ncuav ci txhua zaus kuv mus xyuas kuv pog yawg rau hnub so Christmas. Ib txwm ua tau ntxim nrog kev hlub los ntawm kuv pog, uas nws tsev neeg yog Greek, cov ncuav ci no yog kev hloov pauv ntawm ib tsoos "kourabiedes" uas ntau tus neeg Greek koom nrog rau lub caij ntuj no so. Thiab qhov zoo tshaj plaws yog, lawv tsis yuav tau ntau khoom xyaw!

### Cov khoom xyaw:

- 2 khob hmoov nplej
- 1/4 khob zib mu
- 1 khob roj butter



- 1/2 teaspoon ntsev
- 2 teaspoons kua vanilla
- 2 khob tws walnuts
- Hmoov qab zib dawb

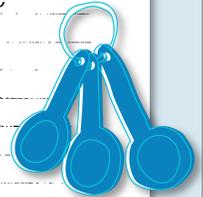
### Cov lus qhia:

1. Tig kub qhov cub kom 350 degrees F. Muab roj so los yog kab ib lub yias ci ncuav nrog ntawv siv quav ciab.
2. Sib tov ua ke cov roj butter, zib mu, ntsev, thiab kua vanilla.
3. Maj mam sib xyaw cov hmoov nplej rau.
4. Do cov tws walnuts rau hauv.
5. Yob txhua lub ncuav ci rau hauv ib lub pob txog qhov loj ntawm ib lub tws walnut.
6. Muab tso rau ntawm lub yias ci ncuav thiab ci rau 10-15 feeb.
7. Tom qab lawv tau txias tag, yob txhua lub ncuav ci hauv cov hmoov qab zib dawb. Noj txog txaus siab!

RECIPE FOR: *Greek Cookies*  
 SOURCE: *Aunt Elaine Norton*  
 PREPARATION TIME: ? SERVINGS: ?

*2 c. flour*  
*1/4 c. honey*  
*1 c. butter*  
*1/2 tsp. salt*  
*2 tsp. vanilla*  
*2 c. walnuts*

*Cream butter, honey, & other ingredients. Shape in ball the size of a walnut. Place on greased cookie sheet. Bake at 350° for 10-15 minutes (?). Roll in powdered sugar after cooled completely.*



# Lub Chaw Pabcuam thiab Kev txhawb zog Tsev Neeg Hloov Dej Ntws (FEC) rau kev tsis txawj qhib rau zej zog.

Cov tsev neeg, cov neeg saib xyuas, thiab cov tib neeg tuaj yeem nkag ncaj qha rau cov kev pabcuam thiab kev txhawb nqa rau txhua tus neeg muaj hnub nyoog 3 txog 22 xyoos.

Lub hom phiaj ntawm FEC yog los txhawb cov menyuam yaus, cov hluas, thiab cov neeg laus nrog lawv cov neeg saib xyuas kom nkag siab, koom nrog, thiab tawm tswv yim hauv lawv txoj kev npaj rau kev pabcuam kev kawm tshwv xeeb, txawm hais tias muaj ib txoj kev npaj kev kawm, kev kuaj mob, lossis tsuas yog ib qho kev txhawj xeeb xwb.



by Brittany Long Olsen for Undivided

Qhov no yog ua los ntawm kev muab kev kawm tsis tu ncu, kev cob qhia, thiab muaj sij hawm rau kev sib ntsib. Raws li lwm cov kev pabcuam xav tau raug txheeb xyuas, FEC Navigators xa cov neeg tuaj koom rau cov kev pabcuam hauv zej zog suav nrog Family Resource Centers. FEC cov neeg ua haujlwm ntawm txhua them tau cog lus rau kev tshaj tawm thiab kev koom tes nrog txhua tus neeg koom tes hauv lub nroog Humboldt.

## Family Empowerment Center for Disabilities

Supports Individuals, Families and Caregivers of Children 3 to 22



- IEP/504 Assistance and Training
- Transition Support and Planning
- Parenting Support Classes
- Bilingual Spanish Services Available



Individualized Support through our FEC Navigators

🏠 2249 Myrtle Avenue, Eureka, CA 95501  
 ☎️ (707) 444-8293  
 ✉️ [FEC@changingtidesfs.org](mailto:FEC@changingtidesfs.org)

SCAN QR CODE FOR FEC RESOURCE PADLET



FUNDED BY THE CALIFORNIA STATE DEPARTMENT OF EDUCATION, SPECIAL EDUCATION DIVISION

... txuas ntxiv rau nplooj ntawv 5

... txuas ntxiv los ntawm nplooj ntawv 4

Changing Tides Family Services  
Family Empowerment Center for Disabilities



# UPCOMING *Trainings*

Whether you are about to begin the journey into Special Education or you are preparing for the future, we are here to help you break down the IEP process and make sure you feel more prepared for what to expect going forward.

- October 16 - IEP Basics
- November 13 - IEP Deeper Dive
- December 11 - Effective Communication

Two Time Slots Available - Se Habla Español

 **9:30–11:00 AM - IN PERSON**  
**6:00–7:00 PM - ZOOM**



 Learn about the IEP process and tools for success.

 Ask questions, talk with others, and share your experience.

Scan QR Code  
for FEC Padlet



**Contact Us for More Information and ZOOM Links**

 Our Location  
**2249 MYRTLE AVE - EUREKA, CA**



 Phone: **(707) 444-8293**  Email: **FEC@changingtidesfs.org**  
**<https://changingtidesfs.org>**



# Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2024

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## Kev Ua Tsaug Ntau Rov Tshuaj Xyuas Thawj 5 Humboldt Symposium



Hnub Friday, lub Cuaj Hlis hnub 27, cov ua haujlwm muab kev pabcuam rau tsev neeg los ntawm thooob plaws peb lub zej zog tau sib sau ua ke rau Thawj 5 Humboldt Lub Rooj Sib Tham Txhua Xyoo. Lub ntsiab lus ntawm lub xyoo no tsom mus rau kev ua kom muaj zog, kev saib xyuas hauv zej zog, thiab rov xav txog kev hloov pauv hauv cov txheej txheem txhawb nqa peb cov menyuam thiab tsev neeg.

Qhia los ntawm Nkem Ndefo thiab Desiree Magsombol los ntawm Lumos Transforms, cov neeg koom nrog kev cob qhia thiab kev sib tham, siv Txoj Kev Txuas Siab Nug kom nkag siab txog cov ntsiab lus tseem ceeb no. Ua ke, peb tau hais txog cov teeb meem nyuaj uas ntsib cov neeg muab kev pabcuam hauv zej zog, txhawb kev sib txuas lus thiab kev txhawb nqa.

Peb ua tsaug rau lub siab dawb paug rau txhua tus neeg uas tau pab txhawb rau kev sib tham muaj nuj nqis thiab kev sib koom tes txhua hnub. Nws yog kev tshoov siab los ua tim khawv rau pab pawg sib koom qhib siab, tsim kev sib txuas lus muaj txiaj ntsig, thiab sib koom tsim cov txuj kos duab. Peb cia siab tias txhua tus tau tawm mus nrog kev nkag siab tshiab thiab kev coj ua kom ua tiav hauv lawv txoj haujlwm.



2024 Symposium  
COUNTING ON COMMUNITY  
Planting Seeds of Transformation

Cov duab los ntawm First 5 Humboldt Facebook

**FALL/WINTER '24/25 TRIPLE P POSITIVE PARENTING SERIES SCHEDULE**

*No class in Dec due to holidays*

<b>NOV '24</b>	<b>TRIPLE P</b> NOV 19, 20, 21 5:30- 7:00PM VIRTUAL
<b>JAN '25</b>	<b>TRIPLE P</b> JAN 22 & 29; FEB 3 1-2:30PM GENE LUCAS COMMUNITY CENTER, FORTUNA
<b>FEB '25</b>	<b>TRIPLE P</b> FEB 20 & 27; MARCH 6 4:30- 6PM VIRTUAL

\*TIME SUBJECT TO CHANGE

A TRIPLE P SESSION WILL BE OFFERED MONTHLY. FUTURE DATES AND LOCATIONS WILL BE RELEASED AS THEY ARE PLANNED. CHECK OUR WEBSITE AND OUR SOCIAL MEDIA FOR MORE INFORMATION

Interested? Send us a text to know when registration opens!

First 5 HUMBOLDT Triple P Positive Parenting Program

(707)506-6202 Find us @First5humboldt

## Caij Nplooj Zeeg Cov Chav Kawm Thawj 5 Humboldt

Peb lub caij nplooj zeeg thiab lub caij ntuj no Peb Tug P Kev Pab Cuam tau pib lawm lau! Hauv kev koom tes nrog Paso a Paso, peb tsis ntev los no tau tuav qhov kev ua tiav Spanish-hais lus Peb Tug P Kev Saib Xyuas Menyuum Kev Pab Cuam thaum Lub Kaum Hli, tau txais kev zoo siab los ntawm cov tsev neeg thooob plaws hauv peb lub zej zog. Tsis tas li ntawd, peb zoo siab los xav txog peb lub Rau Hli Peb Tug P Chav Kawm hauv Orleans hauv kev koom tes nrog Orleans lub tsev kawm ntawv them pib, uas cov tsev neeg tuaj ua ke rau kev kawm muaj txiaj ntsig thiab kev sib ... txuas ntxiv rau nplooj ntawv 7

... txuas ntxiv los ntawm nplooj ntawv 6

txuas. Ua raws li lub zog no, tam sim no peb tab tom muab cov kev qhia ua niam txiv txhua hli nrog ob qho kev sib tham hauv virtual thiab cov chav kawm ntawm tus kheej thoob plaws lub nroog, ua kom cov tsev neeg tuaj yeem koom nrog txhua qhov chaw lawv nyob. Tshawb xyuas peb lub lus tshaj tawm qhiab sij hawm kawm!

Cov chav kawm no muaj cov ntsiab lus hais txog kev coj noj coj ua thiab tsim los pab cov niam txiv nrog cov cuab yeej ua niam txiv zoo thiab cov kev coj ua kom muaj zog. Los ntawm kev koom tes nrog cov koom haum hauv zej zog, peb tau cog lus los tsim kom muaj kev nyab xeeb, suav nrog qhov chaw uas hwm txhua tsev neeg lub zog tshwj xeeb thiab muaj txiaj ntsig. Tshawb xyuas peb lub lus tshaj tawm qhiab sij hawm kawm thiab koom nrog peb thaum peb txuas ntxiv kawm thiab loj hlob ua ke!

## Cov peev txheej tshiab: Cov Ntaub Ntawv Liab



Peb zoo siab heev los qhia txog Cov Ntaub Ntawv Liab, cov peev txheej tshiab tam sim no muaj nyob hauv peb lub vev xaib! Phau ntawv qhia kev nyob no yog tsim los txhawb cov tsev neeg thiab cov neeg saib xyuas los ntawm kev muab cov ntaub ntawv tseem ceeb, kev pab, thiab kev sib cuag hauv ib qho chaw yooj yim nkag mus. Tshwj xeeb tsim los daws cov kev txhawj xeeb txog kev nkag tebchaws thiab hloov mus rau txoj cai hloov zuj zus, Cov Ntaub Ntawv Liab suav nrog kev taw qhia txog kev nkag mus rau cov kev pabcuam hauv zej zog, cov lus qhia rau tsev neeg muaj peev xwm, thiab cov peev txheej ntxiv tsom rau

**Red Folder: Supporting Families**  
A toolkit for our local community, offering guidance on navigating immigration-related resources and more.

**Care, Cope, Connect**  
How to use Care, Cope, Connect. Read through the pages by yourself first. Think, connect. What stress are you feeling? How does anxiety affect you? (Loss of sleep, short temper, and so on) How do you calm yourself when you experience anxiety? How can you teach your child the strategies you use to calm down? Look back through the guide. What activities might you like to try with your child? Go ahead! Complete the guide and selected activities with your child. While doing the activities, consider using tips from the "Talking About It" section found on page 6. Additional resources and information are available at: www.first5humboldt.org/care-cope-connect/ or www.SeasideTownshipCommission.org. Questions? Please contact The First 5 Association of CL, info@first5humboldt.org 707-445-7348 or First 5 Humboldt at first5humboldt.org 707-445-7349.

**Strategies to Reduce Political Heartache and Distress**  
Creating Productive Dialogue during times of ideological differences.

**Building Readiness to Transact**  
How to create a positive parent-child climate, where political and ideological beliefs are discussed in a safe and respectful way. Building types of dialogue and mutual respect is essential. Disagreements need not escalate into arguments. Instead, they can be opportunities for dialogue, resulting in a more productive discussion into understanding and growth.

**Identifying Differences and Addressing Disagreements**  
Identifying differences and addressing disagreements need not escalate into arguments. Instead, they can be opportunities for dialogue, resulting in a more productive discussion into understanding and growth.

**Meaningful Dialogue can be created by implementing simple strategies to discuss differences.**

**Key Points**

- Identifying differences and addressing disagreements need not escalate into arguments.
- Meaningful dialogue can be created by implementing simple strategies to discuss differences.

cov kev xav tau tshwj xeeb ntawm peb lub zej zog. Peb lub hom phiaj yog ua kom yooj yim rau cov tsev neeg nrhiav kev txhawb nqa lawv xav tau, raws nraim thaum lawv xav tau. Peb cia siab tias cov cuab yeej no yuav dhau los ua ib qho kev ntseeg siab rau cov tsev neeg taug kev nyuaj lossis nrhiav

kev taw qhia txog kev ua niam ua txiv thiab tsev neeg noj qab haus huv. Mus saib peb lub vev xaib kom nkag mus rau Cov Red Folder lossis tiv tauj peb rau daim ntawv theej-thiab thov qhia rau cov uas yuav tau txais txiaj ntsig los ntawm cov cuab yeej txhawb nqa dav dav no.

## First 5 Humboldt

**Chaw nyob**  
325 Second Street, Ste. 201  
Eureka, CA 95501  
(P) 707- 445-7389  
(F) 707-445-7349

**Teev**  
Monday txog Thursday  
9:00 – 5:00 p.m  
Hnub Friday, 9:00-  
tav su  
los yog teem caij



@first5humboldt

<https://www.first5humboldt.org>

<https://www.first5humboldt.org/families/red-folder/>



**First 5 HUMBOLDT**  
Tomorrow Starts Today



# Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2024

Ntim 28



## Kev Paub: Lub Koom Haum Khoom Noj Rau Tib Neeg

### Monthly Income Eligibility Guidelines

- Household of 1 = \$2,949.25
- Household of 2 = \$4,002.83
- Household of 3 = \$5,056.42
- Household of 4 = \$6,110.00
- Household of 5 = \$7,163.58
- Household of 6 = \$8,217.17
- Household of 7 = \$9,270.75
- Household of 8 = \$10,324.33
- Over 8 = Add \$1,053.59 each

Lub Koom Haum Khoom Noj Rau Tib Neeg muaj ntau yam kev pab cuam tsim los ua ib qho kev nyab xeeb rau Humboldt County cov tswv cuab hauv zej zog. Lawv lub hom phiaj yog los daws cov hauv paus ntsiab lus ntawm kev tshaib kev nqhis hauv Humboldt thiab muab cov tsev neeg thiab cov tib neeg nrog cov zaub mov ntxiv uas lawv xav tau.

Hauv Eureka, Lub Koom Haum Khoom Noj Rau Tib Neeg muab cov nyiaj tau los-tsim nyog cov tswv cuab hauv zej zog nkag mus rau cov khoom noj muaj txiaj ntsig ntawm Choice Pantry ib hlis ib zaug los them cov nqi khoom noj nce ntxiv. Choice Pantry nyob ntawm 307 W. 14th St hauv Eureka thiab qhib 10 teev sawv ntxov - 3:45 teev tsaus ntuj hnuv Tuesday, Wednesday, thiab Fridays

Cov duab los ntawm Food for People website (kaw 12:30 - 1:30).

Hu rau (707) 445-3166 kom teem sijhawm. Tau txais kev taug kev tom qab 1:30 teev tsaus ntuj.

"Thaum tib neeg tuaj ntawm no rau Eureka Choice Pantry ib hlis ib zaug rau khoom noj khoom haus ... nws tawm kev ntxhov siab uas lawv ntsib nrog cov nqi nce.

Txhua tsev neeg muaj vaj huam sib luag nkag mus rau hauv lub chaw rau khoom noj nrog cov lus qhia yam tsawg kawg nkaus. Qhov koj tuaj yeem nrhiav tau ntawm lawv lub vev xaib. Peb tab tom pab cov tsev neeg muaj sia nyob tus nqi khoom noj ntau dua xyoo no kom cov tsev neeg tuaj yeem ncav cuag lawv cov peev nyiaj thiab yuav khoom plig tshwj xeeb.

Nco ntsoov tias kev cia lwm tus pab koj yog khoom plig rau lawv thiab tshem tawm kev ntxhov siab ntawm koj tus kheej, vim peb paub tias koj yuav them rau tom ntej. Thaum tib neeg sib koom, cov neeg tau txais kev pab feem ntau them rau pem hauv ntej... muaj ntau tus neeg siab dawb uas muab ntau txoj hauv kev los ntawm hnuv so. Nws yog dab tsi hnuv so yog tag nrho hais txog. " -Julie Ryan, Food for People Volunteer Manager

Nrhiav lub chaw rau khoom noj nyob ze koj los ntawm kev siv Countywide Pantry Network ntawm Food for People lub vev xaib ntawm <https://foodforpeople.org>.

9th Annual!  
**HUMBOLDT HOLIDAY FOOD DRIVE**  
Drop off & donate: **DECEMBER 12 • 3-6 PM**  
**MIKE MCGUIRE** STATE SENATOR  
**KHUM** 104.7FM • 104.3FM

### Food for People

**Chaw nyob**  
307 W. 14th St.  
Eureka, CA 95501  
(P) 707- 445-3166  
(F) 707-445-5946



@foodforpeopleinc

<https://www.foodforpeople.org/>



**Food for People**

The Food Bank for Humboldt County

# 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.



**13**  
[Fortuna Electric Lighted Truck Parade](#)  
 Main & 12th Streets  
 Fortuna  
 6:00 pm

[Winter Arts Faire](#)  
 Mateel Community Center  
 59 Rusk Lane  
 Redway, CA 95560  
 4-9 pm

[Sparkling Light Spectacular at Fairgrounds](#)  
 1250 5th St  
 Ferndale, CA  
 Kaum Ib Hlis 29th txog Lub  
 Kaum Ob Hlis 24th, kaw hnub Monday thiab Tuesday tshwj tsis yog 23rd thiab 24th.

**14**  
[Winter Arts Faire](#)  
 Mateel Community Center  
 10 am-6 pm

[Annual Holiday Boutique](#)  
 308 Humboldt Ave.  
 Redway, CA 95560  
 10 am-6 pm

[Loleta Holiday Market](#)  
 824 Loleta Drive  
 9 am-4 pm



**15**  
[Winter Arts Faire](#)  
 Mateel Community Center  
 10 am-6 pm

[Annual Holiday Boutique](#)  
 308 Humboldt Ave.  
 Redway, CA 95560  
 10 am-5 pm

[Loleta Holiday Market](#)  
 824 Loleta Drive  
 9 am-4 pm

[Lighted Tractor Parade](#)  
 Main Street Ferndale  
 Starts at Main St. & Ocean Ave.  
 (707) 786-4299  
 5-8 pm

[Art & Nature at the Refuge](#)  
 Humboldt Bay Wildlife Refuge  
 1020 Ranch Rd.  
 Loleta, CA  
 1-4 pm Drop-in

**16**

**17**

**18**

**19**

**20**

**21**



[Southern Humboldt's Small Town Christmas](#)  
 Southern Humboldt Chamber of Commerce Parking Lot  
 782 Redwood Drive  
 Garberville  
 1-8 pm

**22**

**23**

**24**

**25**

**26**

**27**

**28**



**29**

**30**

**31**

**1**

**2**

**3**

**4**



# Arcata Cov Haujlum Ua Haujlum Calendar

Sun      Mon      Tue      Wed      Thurs      Fri      Sat

**M**us 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.

**13**  
[Lub caij ntuj no thiab lub teeb](#)  
 Arcata Plaza  
 4-7 pm

**14**  
[Nyiaj so koobtsheej Craft Market](#)  
 Arcata Community Center  
 321 Dr. Martin Luther King Jr. Pkwy., Arcata  
 10 am-5 pm

**15**  
[Nyiaj so koobtsheej Craft Market](#)  
 Arcata Community Center  
 321 Dr. Martin Luther King Jr. Pkwy., Arcata  
 10 am-5 pm  
 Nqe:\$2

[Hnub so hauv Trinidad](#)  
 Crafts Fair  
 Tsev Kawm Ntawv Trinidad  
 9:30-3:30 tsaus ntuj  
 Indie Crafts Fair  
 Lub Nroog Hall  
 10am-4:30pm  
 Santa's Lighted Boat Parade  
 Lub Nroog Hall  
 6 pm ua



**16**

**17**



**18**

**19**



**20**

**21**  
[Arcata Farmer's Market](#)  
 Arcata Plaza

[Arcata Marsh & Wildlife Birdwalk](#)  
 Arcata Marsh & Wildlife Sanctuary  
 South "I" Street (Klopp Lake)  
 8:30-11 am

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

[Sunset Yoga](#)  
 Humboldt Coastal Nature Center  
 220 Stamps Ln  
 Arcata (Manila), CA 95521  
 4-6 pm

[Samoa Dunes & Wetlands Guided Walk](#)  
 Arcata  
 Call for details, RSVPs required  
 (707) 444-1397

**22**



**23**

**24**



**25**  
[Arcata Marsh Christmas Day Walk](#)  
 Arcata Marsh Interpretive Center  
 569 S G Street  
 Arcata, CA  
 10-11:30 am



**26**



**27**



**28**  
[Arcata Farmer's Market](#)  
 Arcata Plaza

[Arcata Marsh & Wildlife Birdwalk](#)  
 8:30-11 am

[Arcata Marsh Tour](#)  
 2-3:30 pm

**29**



**30**



**31**  
[New Year's Walk & Meditation](#)  
 Prairie Creek Redwoods State Park  
 Newton B. Drury Scenic Parkway,  
 Mile marker 127.96  
 CA  
 11 am-1 pm  
 Visit website to reserve  
 Newton B. Drury Scenic Parkway,  
 marcador de milla 127,96  
 California  
 11 am-1 pm, Visita la web para  
 reservar tu plaza

**1**  
[Arcata Marsh New Year's Day Walk](#)  
 Arcata Marsh Interpretive Center  
 569 S G Street  
 Arcata, CA  
 10 am-11:30 am

**2**



**3**

**4**  
[Arcata Farmer's Market](#)  
 Arcata Plaza

[Arcata Marsh & Wildlife Birdwalk](#)  
 8:30-11 am

[Arcata Marsh Tour](#)  
 2-3:30 pm

# Eureka Cov Haujlum Ua Haujlum Calendar

Sun

Mon

Tue

Wed

Thurs

Fri

Sat

**M**us 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.



13

14

[Eureka Truckers Parade](#)  
Pib ntawm Redwood Acres Fairgrounds  
6 pm

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

[Family Arts Hnub](#)

Morris Graves Museum of Art  
636 F Street  
Eureka, CA 95501  
2-4 pm



15

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

[Key koom tes hauv Music Orchestra Nyiaj so koobtsheej Performance](#)

Eureka Poj Niam Club  
1531 J Street  
Eureka, CA  
2 pm

16

17



18

[Xov tooj dawb](#)

Betty's Day Center  
133 7th St.  
Eureka, CA  
2-4 pm  
Yuav tsum muaj daim ID CA uas siv tau thiab daim npav CalFresh tam sim no lossis daim npav kho mob lossis SSI/SSDI (nqa daim ntawv nyiaj pab) (707)407-3833

19

20

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

21

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm



22

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

[Afternoon of Jazz at MGMA](#)

Morris Graves Museum of Art  
636 F Street  
Eureka, CA 95501  
3-5 pm  
Nqe: \$2-5, under 18 free

23

[Pub dawb Prime Rib noj hmo](#)

Betty Kwan Chinn Homeless Foundation  
Eureka Municipal Auditorium  
1120 F St.  
Eureka, CA 95501  
4-6 pm

24

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

25



26



27

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

28

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm



29

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm



30

31

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm



1

2

3

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

4

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo  
3414 "W" Street  
Nqe: \$4-5  
5-8 pm

[Arts Alive](#)

Old Town Eureka  
6-9 pm



# Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2024

Ntim 28



*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](https://www.instagram.com/capcchumboldt)



### Ua ib tsaug rau tshwj xeeb:

Florence Parks  
Forrest Archer  
Melissa Reed  
Dora Saso  
Karina Vazquez Lopez

### 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](mailto: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](http://www.capcchumboldt.org).