



## Annual Membership Meeting and Election April 5th

It's almost time for Tribal Council elections. Election for the position of Tribal Chair will be held at the Annual Membership meeting at 10 am April 5th at the Community Center. Tribal members are encouraged to attend this important meeting.

Cheryl A. Seidner



Gail Green

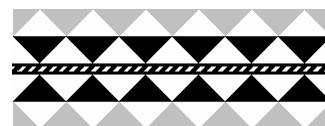
## House Fire Alert

There are always those e-mails that if you don't send it on, rest assured someone on your list will suffer for not reading it. The original message was written by a lady whose brother and wife learned a hard lesson this past week. Their house burnt down...nothing left but ashes. They have good insurance so the house will be replaced and most of the contents. That is the good news.

However, they were sick when they found out the cause of the fire. The insurance investigator sifted through the ashes for several hours. He had the cause of the fire traced to the master bathroom. He asked her sister-in-law what she had plugged in the bathroom. She listed the normal things...curling iron, blow dryer. He kept saying to her, "No, this would be something that would disintegrate at high temperatures". Then her sister-in-law remembered she had a GLADE PLUG-IN, in the bathroom. More and more house fires are started with these type of plug-in fresheners. The plastic they are made from is THIN and disintegrate in the fire—all that is usually the tell-tale sign after a fire, is the prong unit in the electrical plug-in...the rest of the item has melted away. **So, when in doubt—throw it out!!!** And use something else for a room freshener.

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### Mark Your Calendar

**\*\*\*April 5th Annual  
Membership Meeting and ELECTION  
10 am**

**\*\*\*April 15th Seal  
Response Deadline**



## Of Interest...

### Digital TV Coupon Requests Pour In

Millions of U.S. households have applied for TV converter box coupons to prepare for the switch to digital broadcasting Feb. 17, 2009. Since the coupon program began Jan. 1, the National Telecommunications and Information Administration has received 5 million coupon requests, says spokesman Todd Sedmak. Each household can request up to two \$40 coupons to purchase converters for analog, antenna-dependent TVs that are not connected to cable or satellite. Coupons expire 90 days after issue, and only one may be applied to each box.

The boxes, which should be available at retail outlets in early March, will be sold at stores like Best Buy, Office Depot, Circuit City, RadioShack, Sear, Target and Wal-Mart. Some Brands will sell for \$39.99, less than initially expected. But there's a kink in the program: Government guidelines say all coupons must be sent to "households," which does not include residents in nursing home and adult care facilities or for their personal TVs. The NTIA has had to turn down dozens of such requests, but is discussing the issue with professional and advocacy organizations for extended care facilities nationwide to try to resolve the problem. For more information, go to [www.dtv2009.gov](http://www.dtv2009.gov) or call 1-800-388-2009 toll free.



### NCAI Pays Tribute to Native War Hero

The National Congress of American Indians (NCAI) honored the late Master Sgt. Woodrow Wilson Keeble for his outstanding service during World War II and the Korean War at the organization's 2008 Executive Council Winter Session. The recognition came after a White House ceremony where President George W. Bush presented Keeble's family with the Medal of Honor.

"As a Native, Master Sgt. Keeble was a true American hero," said NCAI First Vice-President and Vietnam combat veteran Jefferson Keel, who represented NCAI at the ceremony. "He served this country with dignity and honor and it was only fitting that his heroism was honored by the President of the United States in such a respectful and meaningful way."

Bush apologized on behalf of the Nation for honoring Master Sgt. Keeble decades too late. Keeble, a member of the Sisseton-Wahpeton Oyate (Tribe), died 26 years ago.

"But there are some things we can still do for him, Bush said. "We can tell his story. We can honor his memory. And we can follow his lead—by showing all those who have followed him on the battlefield the same love and generosity of

Spirit that Woody showed his country every day."

In traditional Dakota custom, the Keeble family asked for two empty chairs to be placed on the stage to represent Master Sgt. Keeble and his late wife Blossom, and their journey to the spirit world. "The Sioux have a saying: 'The life of a man is a circle, well, today we complete Woody Keeble's circle—from an example to his men to an example for the ages. And if we honor his life and take lessons from his good and noble service, the Master Sgt. Woody Keeble will serve his country once again.'" President Bush said. NCAI has passed a resolution in support of awarding Keeble the Medal of Honor. (Founded in 1944, the NCAI is the oldest, largest and most representative American Indian and Alaska Native organization in the country.

NCAI advocates on behalf tribal governments, promoting strong tribal-federal government-to-government policies, and promoting a better understanding among the general public regarding American Indian and Alaska Native Governments, people and rights.



## ...Of Interest

### Identity Theft

Identity theft is a serious crime that has many sources. Every year, people from all walks of life become its victims. The Federal Trade Commission survey says only 2% of all victims reported that the theft of their identity was connected to the mail, that's still too many. We will keep working to make the mail even more secure and strive to reduce that percentage to zero.

Because preventing identity theft is important, the postal service and the FTC have teamed up to give you the information and tools you need to help you to protect your identity and to make sure you know what to do if your identity is stolen. In addition to educating consumers, our law enforcement division, the U.S. Postal Inspection Service, takes a leading role investigating cases of identity theft. Its record of arrests helps protect you by protecting your mail and services as a deterrent. Your identity is valuable. If someone steals it to commit fraudulent acts, it can affect every aspect of your life—your credit standing, your ability to buy a car or a house, even get a job or medical care. And it can take years to repair the damage. Most important, it can happen to any of us, in ways we never imagined.

#### **Safeguard your information by:**

**Shredding** all documents before discarding them

**Protect** your Social Security Number

**Don't give out personal information** on the phone, through the mail, or over the Internet unless you know who you are dealing with

**Never click on links sent in unsolicited** emails, instead, type in a web address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer

**Don't use an obvious password** like your birth date, mother's maiden name or the last four digits of your social security number.

**Keep your personal information** in a secure place at home especially if you have roommate, employ outside help or are having work done in your house

Inspect your credit report thru *Equifax, Experian and/or TransUnion* for free once a year by asking or call 1-877-0322-8228 to order your free credit reports

**Inspect your financial statements**

#### **Defend your self!!**

Be alert to signs that require immediate attention:

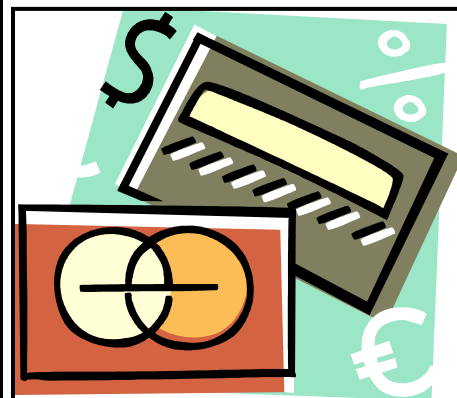
1. **Bills** that don't arrive as expected
- 2.

2. **Unexpected** credit cards or account statements
3. **Denials** of credit for no apparent reason
4. **Calls or letters** about purchases you didn't make
5. **Close accounts** if they have been tampered with or established fraudulently
6. **File** a police report
7. **Report the theft** to the Federal Trade Commission by phone 1-877-438-4338

### DETER

### DETECT

### DEFEND



## Cultural from the Ground up...

### Cultural Department News and Update

*By Helene Rouvier*

My apologies for missing the last newsletter – the flu hit with a vengeance this year...

We are making progress cataloguing the existing collection at the Heritage Center. Michelle and Corinne have completed several boxes of ground stone (mortars, pestles, handstones), bone tools, and stone points and other tools. There is a very large backlog, with the potential for more items being repatriated in the near future. So lots of work remains to be done. The fishing exhibit will remain up until we have the new display on Growing up Wiyot. At the same time, the label making facility has been completed (thanks to George and Oscar for all their help), and we are getting the costs to reinforce the floor in preparation for the locking archival storage shelving funded by Institute of Museum and Library Services grant.

Michelle Hernandez has completed the elders' necklaces, which have now been sent to all Wiyot Tribe elders along with the



tificate from this summer's gathering. Thank you Michelle for completing this large project!

Thanks also to everyone who attended last month's "Spelling Bee" with Bill Weigel. We were able to finalize a working alphabet ("orthography") and are now working on a prototype dictionary and grammar. We plan to train two student/teachers who will then teach others. Eventually we also hope to have an on line component for those outside the immediate community who would like to learn Sulotalak. Joycelyn Teague [joycelyn@wiyot.us](mailto:joycelyn@wiyot.us) is the interim language coordinator and contact for your questions and ideas.

The environmental and cultural departments continue to offer tours of Tuluwat to all those inter-



ested. Please contact the front office, Jon Mooney [jon@wiyot.us](mailto:jon@wiyot.us), or myself [cultural@wiyot.us](mailto:cultural@wiyot.us) if interested.

The department is receiving more and more historical and cultural information from the native and larger community. This research is such an important (and satisfying) part of my work here –

thanks so much to Michael Chaney, Lillie Tompkins, Brian Bohannon, Alan Miller, and many others. I encourage you to bring in family letters, photos, records, diaries, and anything else you would be willing to share, and either loan or have copied for our archives.

Wiyot history and living culture will start being more visible over the next few months. The department is offering to help with presentations in the public schools, Fort Humboldt is working with the department on an educational display at the Bayshore Mall Food Court, and I am jumping in to help tell the Wiyot story(s) whenever there is any public presentation (such as on Godwit Days).

There are a couple of archaeological training opportunities locally for tribal youth this summer. If you are interested in getting your hands dirty and learning to be a "shovel bum" please stop by the Center to talk. Some will be lab work and analysis, some will be actual survey and excavation.

Cawoks,

## ...Cultural from the Ground Up

### Indian DNA links to 6 'founding mothers'

Nearly all of today's Native Americans in North, Central and South America can trace part of their ancestry to six women whose descendants immigrated around 20,000 years ago, a DNA study suggests.

Those women left a particular DNA legacy that persists to today in about 95% of Native Americans, researchers said.

The finding does not mean that only these six women gave rise to the migrants who crossed into North America from Asia in the initial populating of the continent, said study co-author Ugo Perego.

The women lived between 18,000 and 21,000 years ago, though not necessarily at exactly the same time, he said.

The work was published this week by the journal PLoS One. Perego is from the Sorenson Molecular Genealogy Foundation in Salt Lake City and the University of Pavia in Italy.

The work confirms previous indications of the six maternal lineages, he said. But an expert unconnected with the study said the findings left some questions unanswered.

Perego and his colleagues traced the history of a particular kind of DNA that represents just a tiny fraction of the human genetic material, and reflects only a piece of a person's ancestry.

This DNA is found in the mitochondria, the power plants of cells. Unlike the DNA found in the nucleus, mitochondrial DNA is passed along only by the mother. So it follows a lineage that connects a person to his or her mother, then the mother's mother, and so on.

The researchers created a "family tree" that traces the different mitochondrial DNA lineages found in today's Native Americans. By noting mutations in each branch and applying a formula for how often such mutations arise, they calculated how old each branch was. That indicated when each branch arose in a single woman

The six "founding mothers" apparently did not live in Asia because the DNA signatures they left behind aren't found there, Perego said. They probably lived in Beringia, the now-submerged land bridge that stretched to North America, he said. Connie Mulligan of the University of Florida, and anthropologist who studies the colonization of the Americas but didn't participate in the new work,

said it's not surprising to trace the mitochondrial DNA to six women. It's an OK number to start with right, "but further work may change it slightly, she said.

The finding doesn't answer the bigger questions of where those women lived, or of how many people left Beringia to colonize the Americas, she said. The estimate for when the women lived is open to question because it's not clear whether the researchers properly accounted for differing mutation rates in mitochondrial DNA, she said. Further work could change the estimate, "possibly dramatically," she said.

(This article in part appeared in our local newspaper 3/13/2008)

### The Spelling Bee, A new Language Beginning

On March 8, 2008, a meeting with Bill Weigel, linguist, was very successful. He has been procured to help in the restoration of the Wiyot language along with the assistance of Tribal members. At this meeting he set forth a 1 year plan with certain goals to reach; one being a small dictionary of words and meanings



## Cultural From the Ground Up...

### From the Ground Up Fired Clay Female Figurines By Helene Rouvier

The Southwest is known for its pottery, the Northwest for basketry. Choice of materials is largely driven by local resources, and by the production skills suited to a particular place. With few exceptions, the Redwood Coast has lacked any examples of fired clay and has no evidence of functional household pottery. Yet there are intriguing examples of fired clay in the Northwest, particularly in Humboldt County. Most unique and significant are a group of fired clay female figurines found on Indian Island, the records of which are at the Clarke Historical Museum in Eureka.

I first noticed this collection when I started working on the repatriation inventories and summaries at the Clarke. From an old "Stonework" binder of early records is a section of handwritten and photographed figurines from Indian Island – 20 in all. Many figures are complete and measure from three to five inches in length. Some, but not all, have associated descriptions on their provenience and context. Shape is flat and elongated (roughly ovoid), with incised designs and added shapes.

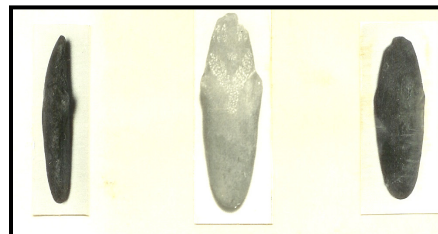
Six are associated with burials (mistakenly termed "cremations" but was actually a grave pit burning prior to interment. The following is a typical entry:

*"Female figurine found with cremation burial on Gunther Island. Made of fired clay of relatively fine texture. Front and back are smoothed. Front of figure is flat, with the back being rounded to the ends and the sides. Sides taper to rounded ends. Two nodules raised ¼ inch above surface indicate sex. Nipples are indicated on the breasts by a pin-point hole in the tip of each nodule. Design slants from sides above breasts to center, then parallels sides and goes between breasts to indicate necklace. A design appears near the top of the figurine and consists of five diamond shapes. An incised arrow head design appears between the ends of the necklace ¼ inch above breasts, midway from sides. Back is bare of ornament."*

Other examples of these figures are few and far between. In the anthropological literature there is discussion of similar figures from Washington State to Central California. Of particular note are those found on the Columbia River Plateau, a region which also contains animal like figures similar to zoomorphs. The Pomo made flat clay female figures to put in cradles to insure fertility. Figures found in central California may have been part of a Puebloan Southwest cultural influence.

The question comes down to "cultural diffusion" versus "psychic unity." Were these figures imported from another culture, or were they created independently by the Wiyot? The Indian Island figures are both unique and isolated from similar examples. The speculation therefore supports invention by the Wiyot, where "it is possible that the custom of making clay figurines might be included in this aggregate of diffused features, although the Humboldt Bay region, where figurines are common [at Tuluwat], seems to be beyond the reach of such influences" (Heizer and Pendergast, 1955).

More study is needed, and the planned excavation to remove contaminated midden at Tuluwat may yield some answers (and likely more questions). As with much of the data from Indian Island, the collection is evidence of the complex and highly advanced culture that existed for thousands of years along the coast and associated waterways.



## Cultural from the Ground Up...

### The New Wiyot Writing System

(approved at March 8, 2008 meeting)

The English equivalents of sounds are shown underlined in the table. These are very *approximate*, at best, and some sounds do not have a close English equivalent at all. We'll have to listen to a lot of the old recordings to get all the sound just right. (Part I this issue)

Teeter's Spelling	New Writing System	Explanation and closest sound in English	Wiyot Examples (using the new writing system)
a	a	About like in <u>f</u> ather	<i>underneath</i> : <b>khawo'</b>
e	e	About like in <u>b</u> ed	<i>meat</i> : <b>jejoj</b>
i	i	Between <u>m</u> achine or <u>l</u> ean and <u>m</u> iss	<i>Humboldt Bay</i> : <b>wigki</b>
o	o	About like in <u>l</u> ong, or between <u>l</u> ong and <u>o</u> pen	<i>it is red</i> : <b>sogho'w</b>
u	u	Like <u>r</u> ude or <u>c</u> ool	<i>arm</i> : <b>bhudh</b>
ph	ph	Like <u>p</u> ick or <u>p</u> ea <u>k</u>	<i>redwood</i> : <b>bhuphal</b>
p	bp	Somewhere between <u>s</u> pot and <u>b</u> at	<i>Mad River</i> : <b>bpadtawodt</b>
th	th	Like in <u>t</u> ime or <u>t</u> ick, but with the tongue a little farther forward in the mouth	<i>elderberry</i> : <b>thi'mo</b>
t	dt	Somewhere between <u>s</u> tock and <u>d</u> og, but with the tongue a little farther forward in the mouth	<i>sand</i> : <b>ladtgkagk</b>
kh	kh	Like <u>k</u> ite or <u>c</u> ool	<i>underneath</i> : <b>khawo'</b>
k	gk	Somewhere between <u>s</u> cotch or <u>s</u> kin and <u>g</u> ood	<i>Humboldt Bay</i> : <b>wigki</b>
khw	qh	Not like anything in English: It's basically like <b>kh</b> , above, but pronounced with the lips drawn together or pursed instead of wide open	<i>here</i> : <b>qhali</b>
kw	q	Not like anything in English: It's basically like <b>k</b> , above, but pronounced with the lips drawn together or pursed instead of wide open	<i>tobacco</i> : <b>qoswagk</b>

## ...Environment Around Us

### Simple, inexpensive ways to "GO GREEN"

For just one person, the thought of saving the Earth can be intimidating. What can you do?

First, you don't have to change your entire life or spend a lot of money to make a difference. Every little bit helps, say advisors at the Sierra Club. **Start with the obvious thing that you can do.**

**\*Heat or cool your home** a little less. It saves energy and won't make that big a difference to you

**\*Drive fewer miles**, shop at a super-market fewer you instead of going to the one across town to save a dollar.

**\*Run electrical equipment only when you need it.** Be sure to turn off your oven immediately after you use it.

**\*Use compact fluorescent light bulbs.** If you use several, you'll even see a difference in your electric bill.

**\*Use less water.** Don't turn the shower on until you are ready to get into it. It takes a lot of electricity to pump water.

**\*Buy locally grown foods** that won't require energy for transportation. Buy manufactured items made nearby



### Earth Day April 22, 2008

With companies and individuals working hard to live a greener life, EARTH DAY takes on an even greater significance. Launched on April 22, 1970 as a form of environmental protest, Earth Day continues to be celebrated on April 22 although organized events are often scheduled for a weekend.

Earth Week in New York's Grand Central Terminal is a week-long celebration that includes EarthFair and the Giant Earth images. The image is a earth-friendly projection show featuring art-work, photographs, quotes and messages that are projected on two giant pillars in the Main Concourse. The continual projections are accompanied by nature sounds that attract commuters and visitors.

Part of the event is EarthFair 2008, slated for April 18 and 19th in the Terminal's Vanderbilt Hall. It includes display booths by environmental nonprofits and music, music, music.

New York's Green Apple Music and Arts Festival is said to be the biggest Earth Day celebration in the U.S. Its performers will give concerts in New York, including their appearance at Earth Fair. The celebration spreads to nine other cities including Chicago, San Francisco, Atlanta, Miami and to the Mall in Washington D.C.

While New York has a gigantic celebration, individuals and communities usually celebrate Earth Day in their own Ways.

You could plant a tree, but make sure it is indigenous to your own area. Or you could join others to help clean up a river, lake, beach or walking trail.







## Environment Around Us...

### A Closer Look at Metals in Humboldt Bay

We all grasp the importance of having mineral supplements (trace elements such as iron, zinc, and copper) in our diets; we also understand that the form in which the mineral is supplied is an important factor that determines how well our body will absorb the mineral supplement. These same realities have an analogous influence on the waters of Humboldt Bay and the environmentally sensitive species that inhabit them.

Species such as algae and oyster larvae have specific environmental tolerances that can determine their success or failure. Different trace mineral quantities and forms (which determine how easily an organism can absorb a mineral, or bio-availability) have varying effects on those environmental conditions, making them more or less favorable to various species. One mineral present in one form at a low concentration may be very beneficial for a specific phytoplankton species; however, more of that mineral (or more bio-availability of that mineral) may actually prove toxic to the same species. These distinctions become increasingly important when one considers that those species that are most sensitive to such minute environmental variations are often the base of the food chain, thus having a huge influence over the productivity and health of the marine environment.

To take a closer look at the presence of metals in Humboldt Bay, the Wiyot Tribe has teamed up with Humboldt State University chemistry professor Dr. Matthew Hurst, who has also completed trace mineral studies in San Francisco Bay. With the tribe's assistance, Dr. Hurst has been collecting water samples from numerous sites in the bay since last August; those samples are now getting analyzed for trace metals and should yield some detailed information about water quality in the bay and how it may be affecting the ecosystem at large. Dr. Hurst's study, the first of its kind on Humboldt Bay, is an excellent compliment to the tribe's ongoing water quality monitoring program. Such collaborations are vital to increasing the collective understanding of our precious coastal environment and its associated resources.

*By Dylan Gray*

*Environmental Specialist !*

### Helpful Gardening Guide

*By Tim Nelson*

#### *Planting Schedule*

With April approaching and spring finally upon us, it is about

time to begin planting some delicious dietary staples. April is the month to directly seed carrots, parsley, celery, and sunflowers while sowing starts for plants such as bok choy, artichoke, zucchini, squash (winter/summer), cucumber, and melons. Sow seeds in flats (3-5" of potting soil), cover with a thin layer of soil, pat gently and **keep moist** but allow to dry a little between watering. Remember, it is still not too late to plant early spring seedlings such as cilantro, dill, fennel, lettuce, broccoli, cabbage, cauliflower, kale, Brussels sprouts, spinach, chard, beets, peas, onions, green onions, leeks, potatoes, tomatoes, peppers, and tomatillos. For more information regarding planting schedules and techniques, please call or visit the Environmental Department.

#### **Composting - Structures (Part 1 of 3 series)**

Composting is the controlled decomposition of organic material such as leaves, twigs, grass clippings, and vegetable food waste. In nature, organic material falls to the ground where it is either consumed by organisms or naturally decomposes and returns valuable nutrients back to the soil. These valuable nutrients aid in the growth of successive plants that in turn are either consumed or decompose and the cycle goes on. These processes will happen whether you want them to or not so it is the best option to take advantage of these available resources. These nutrients in our yard and kitchen scraps help to grow a beautiful, productive garden and can be left out of our garbage where.



## Environment Around Us...

One can very well begin to compost by simply starting a pile or heap in their backyard but they will eventually run up in our landfills. There are disadvantages to this method. Rodents and odor can be the two major players of nuisance to your backyard "heap," as rats, raccoons, mice, etc. enjoy your kitchen scraps and the ever-present wet weather on the North Coast can soak your compost pile and create a smelly, nitrogen enriched environment. For these two reasons alone, it is important to create a structure that will keep rodents at bay and shelter your pile from the elements so you can produce nutrient rich compost.

Important aspects to think about when creating your own composting structure include placement, size, shelter from rain, wind, and wildlife, air flow, and easy access when properly maintaining your pile. Usually, the placement of a compost structure will be tailored to the amount of space available but if this is not the case, an ideal spot would be away from any window in your house where odor may be a potential problem. Next, the size of your compost bin should be large enough to hold no more than a 3' X 3' pile of a green/brown material mix. As mentioned earlier, be sure to shelter your pile from wind, rain and wildlife as most troubleshooting dilemmas involve these problems.

Air flow is very important in a compost pile because the bacteria and fungus alive in your compost pile need oxygen to survive. By providing a constant air flow through your structure (i.e. drilling holes) and by turning your pile every two weeks or so, you are ensuring that the beneficial bacteria do not die and you are not delaying adequate decomposition. Lastly, you want to make sure that when you are building a compost structure that it will be easy to maintain your pile without any hassle. Make sure that you can "turn" your pile and not have to worry about any potential harm you can inflict upon yourself or the structure. Some helpful tips on building your own compost structure can be found in brochures available in the Environmental Department or on the web at:

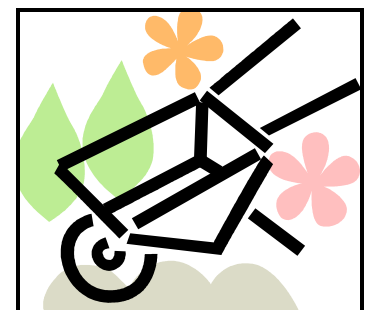


<http://www.extension.umn.edu/distribution/horticulture/DG5553.html>

[http://whatcom.wsu.edu/ag/compost/fundamentals/needs\\_placement\\_structures.htm](http://whatcom.wsu.edu/ag/compost/fundamentals/needs_placement_structures.htm)

<http://home.howstuffworks.com/composting2.htm>

<http://www.humboldtrecycling.org/default.php?a=garden>





## News and Notes from Social Services...

### Wiyot Parent Committee

The Wiyot Parent Committee will meet on April 14, 2007 at 2:00 pm. Discussions will include the Boys and Girls Club of Wiyot Country spring and summer schedules. All parents of Wiyot or Table Bluff Reservation resident children are invited to attend.

### Toddler Time

Are you a parent of a young child? Would you like to introduce your child to other children in his/her age group? Would you like to help prepare your child for preschool and kindergarten by beginning to identify numbers and letters? Young children aged 0-5 and their parents are invited to drop into the Table Bluff Reservation library Tuesdays at 1:30 for Toddler Time. Toddler Time activities have been constructed to increase letter and number recognition, and enhance reading appreciation as well as prepare toddlers for entry into preschool. If you have any questions about Toddler Time, please contact Michelle or Jason at (707) 733-5055.



### Positive Indian Parenting

The Wiyot Tribe, Bear River Band of Rohnerville Rancheria, and California Tribal TANF are collaborating to provide Positive Indian Parenting Classes to local residents. The classes will begin in March and run through the month of April. The classes will be held each Wednesday at the Table Bluff Reservation Community Center from 12 pm to 2 pm.

**April 2, April 9, April 16,**

**April 23, April 30, May 7,  
May 14,  
May 21**

The Positive Indian Parenting model draws on the cultural strengths of Native American child rearing. The material in this curriculum has been developed through extensive consultation with tribal elders, Native social welfare professionals and parents. The classes are being offered during school hours, however childcare for children under school age will be provided and infants are welcome to attend with their parents. There will be eight two hour sessions containing information relating to traditional parenting, lessons of the storyteller, lessons of the baby basket, Harmony in child rearing, traditional behavior management, lessons of Mother Nature, traditional parenting, choices in parenting.

If you are interested in attending the classes, need transportation, or would like more information contact Michelle or Jason at Table Bluff (707) 733-5055 or Karen or Julie at Bear River.



### Want to Quit Smoking?

United Indian Health Services will now be holding Cessation classes at the Fortuna Clinic. The Smoking cessation classes will be held every Thursday. The classes will teach basic tobacco facts, how to create a quitting plan, build a personal support network and master the first few days of quitting. If you are interested in a one-on-one session or group please contact Stephanie McQuillen-Weldon at (707) 825-5070.






## ...News and Notes from Social Services

### Free Nike Air Shoes

United Indian Health Service has launched a new Diabetes Awareness Program component...free Nike shoes! These shoes are exclusive, only available to American Indian People, not sold in retail stores (\$80-90 retail value), American Indian design and heritage cues to tie into cultural identity, and they are only available for a short time.

In order to receive the shoes for free you must be a UIHS Client, be diagnosed with diabetes, and complete 5 hours documented exercise and/or

education with the  Diabetes Awareness Program, and fitted for the shoes. The Diabetes

Awareness Program will be returning to Table Bluff several times per month and participation will count towards your five hours.

If you do not have diabetes but are a UIHS Client, you may purchase one pair of the shoes for \$50.00. Clients who choose to buy the shoes will be required to sign a New Year's pledge to be more active, and fill out a short assessment. For more info see the flyer in this newsletter or call UIHS Diabetes Awareness Program at (707) 825-5070.

### Job Fair

Looking for work or want a better job?

Attend the Health and Safety Career Expo Friday April 4<sup>th</sup> from 10 am to 2 pm at Redwoods Acres Fairgrounds Home Economics Building. This job fair will feature local opportunities in the Health, Law Enforcement and Safety fields, providing a chance for businesses and local governmental agencies to meet with and recruit interested job seekers. Resume workshops will be offered onsite by Eureka Adult School staff. Refreshments will be provided. For answers to questions about the event, please contact: Greg at 445-7848 or Alan 441-5709.

### Coalition for American Indians in Computing

The Coalition for American Indians in Computing (CAIC) program's goal is to recruit American Indian students into the study of computers. One of the program's foundational assumptions, confirmed by numerous discussions with Tribal representatives, is that students with such education and skill are well-positioned to be able to return to their communities and make meaningful contributions.

The program has two focuses. One, the CAIC Scholars program, focuses on American Indian and Alaska Native students enrolled at HSU and studying some aspect of computing. In addition to offering these students small stipends, the CAIC program attempts to support and nurture them as they progress from entry

through graduation. Two, the CAIC summer program, offers a summer experience to American Indian and Alaska Native students who think they might be interested in studying computing at the college level. This coming July will see year two of the summer experience. This program is free for participants. Applications and additional flyers are available online at [www.humboldt.edu/~caic](http://www.humboldt.edu/~caic). The application deadline is March 1<sup>st</sup>! If you need to speak with someone directly contact the program director at (807) 826-3380.

### Free Tax Preparation for Low Income Taxpayers!

This tax season, California Indian Legal Services is again partnering with the

Legal aid society of orange county to provide free tax return assistance to low income taxpayers using I-Can!™ E-file. I-Can!™ E-file is an online program designed to allow eligible taxpayers to e-file or print out and mail tax returns. The service is available to most households with incomes under \$50,000. Tax return assistance will be available over the phone through CILS at 800-743-8941 or through a link on the CILS web-page at [www.calindian.org](http://www.calindian.org) beginning Thursday January 17, 2008.

The program helps



## ...News and Notes from Social Services

qualified users claim the earned income tax credit, a special credit for low-income workers. The EITC is overlooked by many taxpayers, even though it can add thousands of dollars to their tax return. Many who qualify for the Earned Income Tax Credit don't know how to claim it or lose out on much of their return by paying high fees to commercial tax preparers who promote high interest Refund Anticipation Loans. Even those taxpayers not eligible for the Earned Income Tax Credit may still be able to complete their tax returns using the I-Can!™ E-file service if their household income is under \$50,000.

CILS has helped ensure that the I-Can!™ E-file system addresses many specialized issues faced by Indian taxpayers, such as reporting Per Capita and Revenue Sharing Trust Fund distributions correctly and determining what income earned in Indian Country may be exempt from state tax.

Don't lose out on this great tax credit and don't pay commercial tax preparers to help you get it. Call CILS's office at (800) 743-8941.



### Sierra Service Project Back Summer 2008

The Sierra Service Project, whose volunteers painted a great many houses at Table Bluff Reservation in 2001 is coming back! For those that don't know who they are the Sierra Service Project is a non-profit organization providing life-changing experiences through acts of service repairing homes in Native American and urban communities and building homes in Honduras. Each summer, approximately 1,500 teenagers, 250 adult volunteers and over 40 paid summer staff live, worship and work together on six different project sites. Together, their work results in over 130 safer, drier and more comfortable homes. The Wiyot Tribe has been selected as one of their project sites this summer.

Begun in 1975, Sierra Service Project was inspired by and modeled after Appalachian Service Project. Originally founded by several United Methodist Church ministers, SSP is now an independent non-profit organization. We maintain a close affiliation with the United Methodist Church, and we also draw participants from a number of other denominations. SSP's "traditional" youth program is centered around youth groups, and a young person must be part of a group to attend. SSP believes that young people develop a strong and deep understanding of God's gifts and God's grace through the direct experience of being in service to others.

What does all this mean for Wiyot citizens? It means that for those

that live on or in close proximity (less than 25 miles) to Table Bluff Reservation have the opportunity to put in a wish list of minor home repairs that are needed and the Sierra Service Project may be able to grant some of those wishes. Sierra Service Project will do a variety of general home repair work on houses on the reservation and also on some tribal residences in the off-reservation towns. Because of the high winds and wet winters, there is a big need for weatherization work on many homes and for repairs of water-damaged walls and floors. We also expect to do some painting and roof repairs.

**If you are interested in having some of your home repairs completed please complete the form (available at the Tribal office and inserted into this newsletter) and return it to the Tribal office as soon as possible. In order to be eligible for consideration you must be a Wiyot Citizen and own a home at or near Table Bluff Reservation. Time and money are limited so not everyone that applies will be accepted and not all home projects will be granted.**





# Happy Birthday



Elaine Angel

Justin Atwell

Caleb Betzold

Melanie Cook

Marjorie Davis

Austin Evenson

Cassandra Hefte

Jared Johnson

Randall Mead

Stephanie Nex

Rhianna Reyes

Melissa Sanchez

Cambria Sheets

Kylie Sperling

Thomas Tipton

Bobbi Wilson

Velva Angell

Kaden Babcock

Irene Carlson

Henry Cooper Jr.

Cynthia Dutra

Violet Farmer

Theodore Hernandez

Stacia Keisner

Amanda Moon

Ruby Paul

Datrianna Robledo

June Schweigert

Jadyn Sheets

Elmer Springer

Ernest Tomkins

Lola Woodhurst

Marnie Atkins

Jeffery Bartow

Lucinda Chapman

Ramona David

Rochelle Espinoza

Catrina Friend

James Holdner

Rita Lane

Jacqueline Nelson

Desiree Rose Rasco

Sally Rodgers

William Seidner

Julencia Silva

Oscar Stout

Joyce Cyphers

Patsy Wright

## Newsletter Options

In light of being resourceful and conserving our precious natural resources, we would like to open receiving the Wiyot Tribe Newsletter by EMAIL.

On the back of the newsletter you are reading now, there is a change of address form which has been updated to include an email address.

If you'd like to help in saving a tree, just fill out the form and be sure to include your email address and mail it back to us or EMAIL your address to me....

**Linda@wiyot.us**

Darrell "Hank" Hilton passed away at home with family and friends around him on February 28, 2008, after a short "bout" of lung cancer. He is survived by his wife, Delores

Hilton



## Free Respite Training

The Humboldt Community Access and Resource Center is offering a free training workshop that will prepare community members to provide respite care services to children and adults with special needs. Join us April 12, 2008 from 9:00 am to 4:30 pm at the United Methodist Church of the Joyful Healer, 1944 Central Avenue in McKinleyville. A catered lunch and entertainment will be provided space is limited. Reserve your seat by calling Michelle Mirabal at 443-7077 or [mmirabal@hcar.us](mailto:mmirabal@hcar.us)



# April 2008

**Sun****Mon****Tue****Wed****Thu****Fri****Sat****1**

Elder Lunches  
Start  
Toddler time  
1:30

**2**

Positive Parenting  
12-2

**3****4**

Special Prize Mov-  
ies Dr. Seuss

**5**

Annual Meet-  
ing 10 am

**6****7****8**

Toddler Time  
1:30

**9**

Positive Parenting  
12-2

**10****11**

Teen Night 7-  
10pm

**12****13**

Business Council  
Parenting com-  
mittee 12pm

**14****15**

Seal Repsonse  
Deadline  
Toddler Time  
1:30 pm

**16**

Positive Parenting  
12-2

**17****18**

Snack & Home-  
work  
Power hour  
CLOSED

**19****20****21****22**

Toddler Time  
1:30 pm

**23**

Positive Parenting  
12-2

**24****25****26****27**

Business Council

**28****29**

Toddler Time  
1:30 pm

**30**

Positive Parenting  
12-2

# Change of Address Request Form

This is to confirm that my new mailing address is as follows:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**EMAIL** \_\_\_\_\_

Telephone# \_\_\_\_\_ Tribal # \_\_\_\_\_

Previous Names Used: \_\_\_\_\_

Spouse  and/or children who will be affected: (list legal name and date of birth)

Signature \_\_\_\_\_



## Wiyot Tribe

1000 Wiyot Dr.

Loleta, CA 95551

Phone: 707-733-5055

Fax: 707-733-5601

Email: [wiyot@wiyot.us](mailto:wiyot@wiyot.us)



PRSRT STD  
US POSTAGE PAID  
LOLETA, CA 95551  
PERMIT NO. 2