



Wiyot News

Wiyot News

August 2008

Edited by Linda C. Woodin

Wiyot Tribe

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www.wiyot.us

Harbor District taking Applications for Committee

The Humboldt Bay Harbor, Recreation and Conservation District announced this week that it has begun recruitment for the Humboldt Bay Management Plan Advisory Committee and is accepting applications.

Application forms can be obtained from the Harbor District office at 601 Startare Drive, Woodley Island, Eureka, California 95501 or by printing them out from the District's web site at www.humbolddbay.org. Completed applications for the two and four year term positions must be received by the Harbor District by 4pm on Aug 15th.

As adopted by the Harbor District, the Humboldt Bay Management Plan envisioned that there would be the creation of a committee that would work with the district's Director of Conservation Division to prioritize the more than 100 policies adopted in the plan and bring policy implementation recommendations to the commissioners.

The ideal HBMPAC members will have appropriate knowledge necessary to appropriately represent their membership category, work well as a team with others and be able to participate fully throughout their term by attending potentially at least one meeting per month.

The HBMPAC shall consist of one member of each of the following

Categories, including one representative each from the city of Arcata, the city of Eureka, Humboldt County, Bureau of Land Management, California Department of Fish and Game, Humboldt Bay National Wildlife Refuge, and Wiyot Tribe.

In addition there will be stakeholder representatives from sport fishing, paddlers, waterfowl hunters, tourism, commercial fishing, recreational boaters, water quality, commercial shipping, transportation, habitat restoration and education.

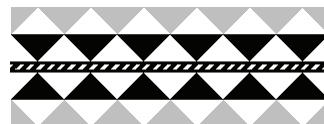
Cell Phone Usage

July 1st a new law went into effect; Cell phone usage by the driver in the car **must be hands-free** and if stopped for not observing the new law, the driver will be fined. All cell phone companies, as well as department stores, have many different varieties of hands-free units. So get one and drive safely..



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Mark your Calendar

***August 11**
Business Council
***August 23**
Elders Summer
Ceremony
***August 25**
Business Council
***September 4**
Indian Taco Sale



Of Interest...

Another Graduate!! Congratulations

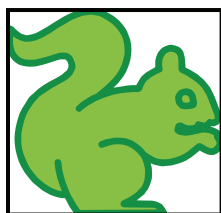


Daniel Clark graduated May 30, 2008 from Elsie Allen High School, in Santa Rosa and plans to attend Santa Rosa Junior College in the Fall.

Squirrel Discovers Artifact

In Roseville, California a furry archaeologist was busy at work near the Maidu Indian Museum: A ground squirrel dug up an 8,000 year old artifact! Although it's illegal for humans to dig on the ancient Indian site, the squirrels' natural burrowing means that artifacts often get tossed on the trail for scientists to find. "Normally, we don't pick them up, we just rebury them ." Turns out the ancient artifact was probably a tool used to scrape animal hides. A cast of the rare find is being made, but the original will be reburied. As for the squirrel-turned-archaeologist? Who knows!

(article appeared in National Geographic Kids April 2008)



Digital Television Transition

I keep reminding everyone via this newsletter that TV is going digital Feb. 17, 2009. If you use rabbit ears or a rooftop antenna for over-the-air television signals, your old television may not work. You can get 2 free \$40.00 coupons per household to buy converter boxes to keep you connected. Coupons are limited and going fast. Access to communications in the 21st century is not a luxury; it is a necessity. 21 million households rely on analog television—many of which include low-income families, the elderly, minorities and individuals with disabilities. Many of these people are unaware of the switch and will need help making the transition. You can go to www.dtv2009.gov for more information and to apply. When you receive your coupons make sure to use them within the 90 day time period because they will expire. If you are interested in checking out which converter box is the best for you, you can go on ConsumerReports.org to help with that decision.

Did You Know?

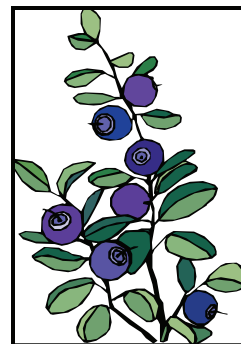
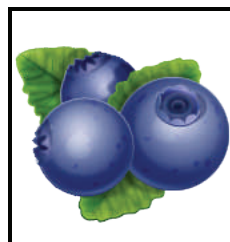
Blueberries are host to more antioxidants than any other North American Fruit. Blueberries help prevent cancer, diabetes, and age-related memory changes (hence the nickname "Brain Berry"). Studies show

that blueberries, which are rich in fiber and vitamins A and C, also boost cardiovascular health.

Aim for 1 cup fresh blueberries a day, or a half cup frozen or dried.

Substitute Acai, an Amazonian berry when no blueberries are available. They have even more antioxidants than blueberries. Mix 2 tbsp. of acai powder into OJ or add 2 Tbsp of acai pulp to cereal, yogurt or a smoothie.

Recipe: Mix fresh blueberries into plain yogurt; blend with ice, yogurt, banana, and OJ for 60 second smoothie; or toss with baby spinach, red onions, goat cheese, and raspberry vinaigrette for a summer salad.





...Cultural From the Ground Up

Save the date! Cultural committee is planning the **Second Annual Honoring Elders Summer Gathering** to be held Saturday, August 23rd at the ancient village site of Betmet on the South Spit. All tribal members and their families are welcome. Food, family, fun, and stories. This is a time of sharing and remembering, of taking the time to talk with and honor tribal elders. You will receive invitations with more information this month, please call the tribal offices at 707-733-5055 with any questions.

Like to get your hands dirty? The Heritage Center's garden needs regular weeding and watering. So far, we have planted herbs, berries, and roses. If you have plants you would like to donate (that can handle the wind and rain of Table Bluff winters), please let me know. We are also set to install slats in the fencing for a wind break, and the older kids are creating a mural for the east fence.

The tribe should be receiving a number of new cultural artifacts from various sources. Once the new storage furniture is installed in the Heritage Center, many of these cultural treasures will be on display, including zoomorphs, projectile points, necklaces, and steatite bowls.

Language position interviews were conducted last week, and we are planning to make the final selection for council action by the end of July. We had a number of well qualified candidates, and are looking forward to having an on-site manager to work with our consultant and the tribe.

Now that the Coastal Commission has approved the Indian Island project, we are moving ahead with Phase I soil contamination removal. Archaeological excavation of the most toxic soils is scheduled

for mid August. This will be a very important project for the Wiyot people – yielding new information for native history and land use. The archaeologists have agreed to write up their report for use by the general reading public (as opposed to the more scientific jargon that puts many of us to sleep).



Arcata's 150th celebration prompts mixed feelings among Wiyot people's (bringing not only new technologies but also the often brutal destruction of a people and culture). Yet this is also the opportunity to make certain that the Wiyot stories and voices are heard. To that end, I have been consulting with the organizers to include tribal perspectives. Most recently, archival photographs of native culture are being remastered with the help of tribal intern Michelle Hernandez and will be part of the "An Arcata Ago" exhibition. Copies will be provided to the Heritage Center.

Native American and Indigenous Artists

35 years at the C.N. Gorman Museum—June 30—September 5, 2008 University of California at Davis, California

Since 1973, the C.M. Gorman Museum has continued to exhibit works by contemporary Native American and Indigenous artists. Along the way, the museum acquired pieces for the permanent collections through donations by artists, collectors, the Davis community, and museum members.



Keeping the Faith will be up through August at Piante Gallery, 620 Second Street in Eureka. The 14 artists are: Alme Allen, Rick Bartow, Robert Benson, George Blake, Frank Buffalo Hyde, Julian Lang, Frank LaPena, Deborah McConnell, Louisa Debrose McConnell, Karen Noble, Annelia Norris, Lyn Risling, Brian D. Tripp and Frank Tuttle.



Cultural from the Ground up...

The Ghost Dance in Northwestern California

They took the boards from graves in cemeteries to help the dead come back. If a person tried to come to life and the grave boards were still there, he would turn to stone instead. All the graves in Kootep and Wohtek were uncovered. Everyone killed his dog because the dead don't like dogs and would turn to stone or tree if they saw dogs. They tied stones around their necks and threw them in the river. People put baskets of acorn soup at a distance from the dancing place to feed the dead. They thought the dead were all around and were hungry." – Robert Spott, Yurok

This account is a partial description of the impact of the so-called "Ghost Dance" of the 1870s that prophesized an apocalyptic period of flood and earthquake, the destruction of the white people, and the advent of a paradise in which the Indian dead would return to life in a restored land and Indian way of life. The dance began with the "dream" of Paiute founding prophet Wodziwob, but was quickly spread by a myriad of "dreamers" through a northern diffusion (Modoc, Klamath, Shasta, Karok, Siletz, Tolowa, and Yurok), and alternately through a second central route (Achomawi, Witun, Yana, Pomo, Yuki). As quoted in "The 1870 Ghost Dance" Wodziwob went into a trance, during which he learned that the "Supreme Ruler...was then on his way with all the spirits of the departed dead to again reside upon this earth and change it into a paradise. Life was to be eternal and no distinction was to exist between races" (Du Bois 2007:7). Wodziwob's prophecy came after two years of epidemics, severe drought and starvation, and broken promises of government aid.

The Ghost Dance was characterized by a vision or dream (similar to the acquisition of shamanic power), in which the dreamer was visited by the spirits of dead relatives, and received songs and dances. "The dead would return if the dance were made. The world was to turn over and end. The doctrine concerning the fate of living varied: all would perish, all would live, only the believers would live, skeptics would be turned to rocks." Dances were typically made in concentric circles, which revolved alternately in opposite directions. The dancers looked down, and danced until one went crazy – "the craziness made people see the dead and talk to them." In this way the dead would come back to life.

Whether the Wiyot were influenced by this messianic fervor is a matter of conjecture – by the 1870s many had been relocated to areas outside their homeland, a situation that may reinforce their contact with the Yurok Ghost Dance experience. The Wiyot had also established obsidian trade connecting them with Achomawi and Shasta peoples. Inter-marriage between the tribes likely contributed to Wiyot experience of the Ghost Dance. However, the southern influence put forth by anthropologist Cora Du Bois is suspect since the Wiyot were not on friendly terms with Mattole and Sinkiyone tribes.

What is documented is the impact of the Ghost Dance in Northwestern California in the 1870s. Rooted in tragedy and massacre (the loss of this indigenous population between 1850 and 1910 averaged 86 percent), the Ghost Dance can be viewed as non violent response to cultural crisis and destruction. According to historian James Rawls, "in the 1870s only scattered remnants of the aboriginal populations were still alive, and those who had survived the maelstrom of the preceding quarter century were dislocated, demoralized,



...Cultural from the Ground Up

and impoverished...The ghost dance won converts among those tribes who had suffered most from the catastrophic events of the gold rush.”



The expression of the Ghost Dance varied among tribes, as did its acceptance. The Shasta embraced the dance and absorbed aspects of it into traditional shamanic practices. Among the Yurok, the cult found favor among the young and most impoverished, but was subsequently rejected as antagonistic to established ways of caring for the dead. The movement failed altogether in the Hupa Valley, where traditional formalized religion maintained a powerful influence.

The schism created among the Yurok is described by this story told by Robert Spott. In his account, a prophet from Kootep held a Ghost Dance in his own house to replace the traditional White Deerskin Dance, saying “At one time Deer Skin was a good dance, a religious dance, but now let us put it away. Now we are going to have a new dance, and all must

join in. How glad we shall be to see our mother, daughters, brothers. We shall be happier.” Most of the people yelled, “No, you just upset the earth. There is no such thing.” The old people said, “Creator made all, and it has been handed down from generation to generation that a dead person is buried and dead. Everyone puts lots of rocks on him to hold him down. If a dead person ever comes back, he is going to kill all the live ones. That isn’t our word, but the word of the Creator that our old people have told us.”

The Ghost Dance flourished but briefly, its practice fading dramatically by 1877. The failure of his prophecies prompted Wodziwob to tell the Paiute that he no longer believed in his dream, and stated that he “visited the land of the dead in order to meet with the departed souls of the dead. All that he saw was their shadows and one owl. He called out to the shadows but they did not answer. The owl meanwhile blinked at him” (Hittman 1973:269). Yet the 1870 Ghost Dance formed the background for successive religious practices, stimulating indigenous religious improvisation and syncretism, and transitioning to the Indian Shaker Church and Pentecostal revivalism.

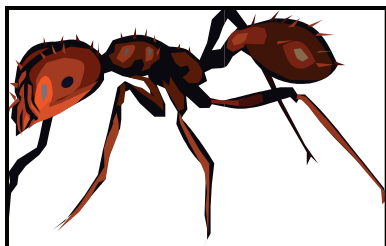




The Environment Around Us...

Did you know...by Tim Nelson

Ants cannot digest cornmeal? Insecticides such as Raid or ant traps are effective but pose serious health threats (i.e. kidney failure) to humans and pets. Instead of these harmful alternatives, try some cornmeal as your next weapon of defense against these pests. Locate where the ants are coming from and place small piles of cornmeal next to the source. Ants will bring it back to the nest, eat it, but will not be able to digest it and eventually will die. Results may not be immediate, so allow a week for the cornmeal to work.



Roses need potassium to grow? If you have any extra bananas that are going bad, plant them next to your rose bushes to give your plants an extra boost of potassium.



Marigolds are great insect repellants and Dahlias are great deer-deterrents for your garden? If you are looking to make your garden or vegetable bed as insect and deer proof as possible without the use of pesticides or other harmful chemicals, then look to add some marigolds and dahlias. Dahlias pack a powerful bitter taste and will deter deer from eating away at your veggies while marigold flower produce a fragrance that bugs and insects do not prefer.



You can clean your windows with vinegar and water? Just add $\frac{1}{4}$ cup of vinegar in a spray bottle and fill up to the top with water. Spray on and rub with sheets of newspaper or a lint-free rag to ensure a lint-free shine. For outdoor windows use a sponge and wash with warm water with a few drops of liquid soap. Rinse and squeegee dry.



And to get rid of snails and slugs, pour 1 cup ammonia into a spray bottle and fill with water (1-3 ratio) ... spray plants

slugs, snails, sow bugs and earwigs. It's good for the plants and soil and puts some nutrients into the soil.



The Wiyot Tribe's Community Garden Update

The community garden has been well on its way to providing great, nutritious fruits and vegetables to the residents on the reservation. So far early harvests, including fast-growing species such as lettuce and radish, have been harvested and used for community events such as the



elder's dinner and tribal council meetings. The department plans to continue harvests throughout the summer and into the early fall months before the winter frost occurs. Upcoming arrivals to look out for include: lettuce, radish, carrots, zucchini, squash, cucumbers, tomatoes, potatoes (red & white), broccoli, cabbage, brussels sprouts, bok choy, strawberries, walla walla onions, kale, chard, bush beans, corn, peppers, and a variety of herbs including, echinacea, basil, cilantro, rosemary, oregano, and much more.

... Environment Around Us

Volunteers are always welcome to come and help out or if you are interested, just stop on by and we will be happy to give you a tour. If you have any questions, suggestions, and/or would like to pick up some information, call or visit the Environmental department.



Local Wildfires Pose Potential Health Risks

By Tim Nelson

Humboldt County is just one area in California that is witness to large fires either created by man or nature (i.e. lightning strikes). Many know the immediate dangers of fires but even after the flames die down and the smoke clears, the danger is still very much present. In light of the more than 1,000 wildfires in California, it is important to reflect on the potential health effects of living in an area where fires are prevalent. Fires alone can be a danger to one's self and property but a second danger, smoke, poses an equally greater risk to one's health.

Smoke, though aromatically pleasing, is not good for you. When one thinks about the term smoke, they may not know that smoke carries very fine particles that may enter their eyes and/or respiratory system. These fine particles, not seen with the naked eye and thus microscopic, pack a punch because they can lead to running noses, burning eyes, bronchitis and, if constantly inhaled, can aggravate chronic heart and lung diseases. Similarly, cities with high levels of pollution from car exhausts have citizens that exhibit similar side effects from constant exposure to fine particles of "smoke and fog" (aka smog).

Those most affected by smoke side effects are those most vulnerable to diseases from long-term exposure (children and elders). Since the respiratory system of a child is still developing and their air intake/body mass ratio is larger than adults, their exposure to pollutants such as smoke is much greater and may inhibit their body's ability to produce a strong and healthy respiratory system. Children with such exposures are at a higher risk of developing asthma,



bronchitis, and other respiratory illnesses. Similarly, elders are at a higher risk due to the fact that they are more likely to have heart and lung diseases than younger people and thus more susceptible to air pollutants.



Environment Around Us...

(continued from page 7)

Protecting yourself from these and other pollutants is easy to do! Here are several things you can do if you suspect your local air quality may be poor. First, find out if your community reports EPA's Air Quality Index (AQI) and check the visibility guides if they are available. Next, if you are advised to stay indoors, keep your doors and windows closed and air conditioning on (if available). Note: Staying inside with doors/windows closed and without an air conditioner can be dangerous in hot weather. Look for alternative areas in these circumstances. Also, keep particle levels down by regularly changing the filters on your air conditioner, DO NOT smoke, vacuum (stirs up particles), and burn in fireplaces or gas stoves. Lastly, if you have asthma or other lung/heart diseases, follow your doctor's orders with medications and your asthma management plan.

For more information on air quality or to pick up some brochures, call or visit the Environmental department.



Interesting...Cars that run on compressed air

We all have been feeling the crunch of gas prices lately and there is most likely no end to the rising prices, but there is hope.

Vehicles that run on compressed air are already on the road, zipping around the French Riviera and other parts of Europe. As it turns out, compressed-air technology (CAT), or the concept of running a vehicle on compressed air, has been around for quite some time.

As a matter of fact, the first recorded compressed-air vehicle was built in France by Andraud and Tessie of Montay in 1838. The true father of the compressed-air car concept however, was an American, Charles B. Hodges, who not only invented the first air car, but who also had considerable commercial success with it in the early 1900s.

In 1934, 21-year-old Johannes Wardenier claimed he had developed the world's first air driven automobile. For weeks, Dutch newspapers reported about the sensational new fuel-less automobile. Not long after that, he mysteriously disappeared and was sent to a mental institution: later to a German concentration camp where his new idea died with him. His engine design was stolen and soon forgotten. The idea of an air car surfaced many times in American, but never seemed to catch on. Why did Hodges' cutting-edge technology

quietly disappear? Was it something more along the lines of urban legends where oil companies pay inventors to keep viable alternative energies out of the mainstream market?!

In 1979, Terry Miller developed Air Car One, which he built for \$1500. He even patented his engine but didn't bring it into production. In the 80s others came up with workable versions of an air car.

India's largest automaker will be premiering its first air-powered car in August. About 6,000 zero-emission cars will be scooting around the streets of India. Other countries like France, England and Italy are already using air cars. The good news is there's a company based in New Paltz, N.Y. which plans on manufacturing these cars for AMERICANS. The manufacturer plans to roll out a fleet of air cars in North American by 2010 which would cost \$2.50 to fill up.

We all know the time for change is here to protect what is left of the ozone and to curb global warming. Here's hoping that this is the answer we've been looking for.





...News and Notes from Social Services

School Supplies

School supplies will be available for pick up for tribal member children or children living on the Reservation beginning August 22, and ending August 29th. A parent or guardian must be present to sign for children picking up school supplies.



Sierra Service Project

Teams of 60 to 70 young people began arriving weekly to work on tribal member homes the first week of July. These teams came from across the west coast, some from as far away as Arizona, in order to provide home repairs to Wiyot homes. The repairs varied from installing walls, repairing floors, painting, and building wheel chair ramps. By mid-month July the teams had completed work on 15 homes on the Reserva-



tion.

Indian Taco Sale

**Dine-in
Take out**



Advance orders

September 4th

5-7 pm

**Table Bluff Reservation
Community Center**

The Wiyot Tribe will hold an Indian Taco Sale to benefit the Boys & Girls Club of Wiyot Country on September 4th from 5-7 pm. The cost will be \$5.00 per taco, \$2.00 for fry bread or a bowl of beans. Advance orders, dine-in or take out services will be available.

A regular meeting of the Loleta Chamber of Commerce will follow beginning at 7 pm.

To place an order call: (707)733-5055

From US 101 take Hookton Road west approximately 4.5 miles to Wiyot Dr (on right).

From Loleta take Eel River Dr. to Copenhagen (on left) to Hookton (take right) to Wiyot Dr. (on left).

The Table Bluff Reservation Community Center is the large brown building with parking lot in the center of the circle of houses.

LIHEAP

Low income energy assistance funds are still available. This funding is designed to provide assistance to low-income households in meeting their home energy costs, particularly those with the lowest incomes and highest energy costs. Low income households are encouraged to apply to receive assistance with gas, electric or wood. This funding is limited and will end on September 30th, 2008. Interested persons are encouraged to apply now before the funding runs out.

News and Notes from Social Services...

More Wiyot Graduates



Bishop Silk/8th grade

Orlando Johnson
KindergartenDanielle Smalling/high
school

Tyler Miller/pre-school



Jesse and Jason Davis

Mother Rose Hernandez
Accepted robe for daughter
Michelle Hernandez who
graduated from High school

Joy Hernandez/pre-school



Mauricio Johnson/Kindergarten

Congratulations to the following students for their academic achievements the last quarter of 2007-08 school year

4.0 Club

Michelle Hernandez
Kirsten Heinemann
Mauricio Johnson-Sanchez



Honor Roll

Pilar James
Jose Rios
Marco Monrroy
Alan Miller
Elizabeth Hernandez
Matthew Hernandez
Jorge Johnson

Significant Improvements

Oscar Monrroy
Jacob Evenson
Damon Johnson



BOYS & GIRLS CLUB of WIYOT COUNTRY

Table Bluff Reservation Community Center

**AUGUST
2008**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| | | | | Ferndale park & Museum 1 |
| 4 9:00 – 3:00 <i>Breakfast & Lunch</i> MONEY MATTERS CULTURE: KEEPING IT IN THE FAMILY (GIRLS) WISE GUYS (BOYS) | 5 FIELD TRIP WITH THE LOLETA BOYS & GIRLS CLUB | 6 9:00 – 3:00 <i>Breakfast & Lunch</i> COMPUTER TECH GUEST SPEAKERS: | 7 9:00 – 3:00 <i>Breakfast & Lunch</i> ART GARDEN | 8 PATRICK'S POINT SUMEG VILLAGE |
| 11 9:00 – 3:00 <i>Breakfast & Lunch</i> MONEY MATTERS CULTURE: KEEPING IT IN THE FAMILY (BOYS) SMART GIRLS (GIRLS) | 12 9:00 – 3:00 <i>Breakfast & Lunch</i> TRAIL GARDEN | 13 ROCK CLIMBING | 14 9:00 – 3:00 <i>Breakfast & Lunch</i> ART GARDEN | 15 Rohnert park & Museum |
| 18 9:00 – 3:00 <i>Breakfast & Lunch</i> MONEY MATTERS CULTURE: KEEPING IT IN THE FAMILY (GIRLS) WISE GUYS (BOYS) | 19 9:00 – 3:00 <i>Breakfast & Lunch</i> TRAIL GARDEN | 20 9:00 – 3:00 <i>Breakfast & Lunch</i> COMPUTER TECH GUEST SPEAKER: | 21 9:00 – 3:00 <i>Breakfast & Lunch</i> ART GARDEN | 22 LAST DAY |
| 25 4:00-5:00 Snack & Homework | 26 4:00-5:00 Snack & Homework | 27 4:00-5:00 Snack & Homework Power Hour | 28 4:00-5:00 Snack & Homework | 29 4:00-5:00 Snack & Homework |



News and Notes from Social Services...

Computers for People with Disabilities

Did you know that the Tri-County Independent Living in Eureka offers low cost computers (\$50.00) to people with disabilities? Additional some basic computer instruction is provided to anyone who would like to learn through the Tri-County Computer lab. For more information or to set up an appointment for computer instruction please call Brett at (707) 445-8404. Tri-County Independent Living also provides Bi-lingual services, peer support groups, homeowners & renters assistance applications, and A.T. Loan program.

Phones for People

Are you having difficulty seeing, hearing, speaking, remembering or moving? The California Telephone Access Program may be able to assist you by providing a telephone or device at no cost to you that will turn up the volume, make dialing easier, allow hands-free operation, flash incoming calls, display conversation in text or remember numbers. The program is state funded, and requires no obligation or income requirement. These special phones are provided at no cost to qualified California residents who have existing residential phone service. To apply the applicant must complete a certification form and obtain a doctors signature. The

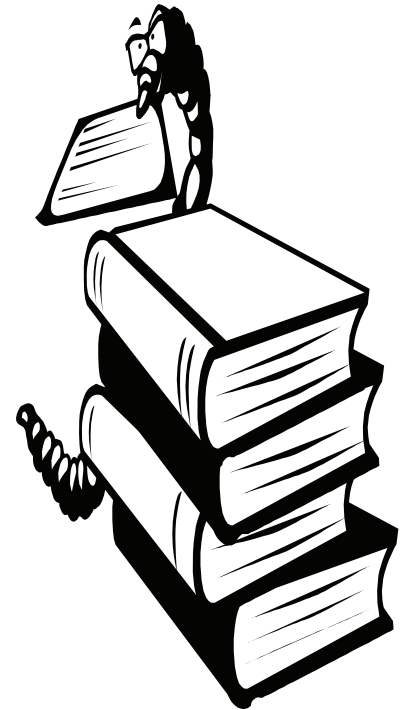
form may be picked up at the Tribal office, or by calling (800) 806-1191

Wiyot Elders Summer Ceremony

The second annual Honoring Elders Summer Ceremony will be August 23rd, 2008 on the South Spit. The ceremony will be a celebration of Wiyot culture and community. There will be activities, food for all and a chance to share stories and memories with others.



Wiyot Library Story



The Wiyot library is having a busy, busy summer and we hope that the interest will continue with new arrivals coming all the time.

To date this month, there have been 48 DVD's checked out, 60 videos, 92 books and 3 Wiyot resource material items.

Encourage your child to explore the world by reading a book this summer. Remember books can take you all over the world.





...News and Notes from Social Services

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 28 Salisbury Steak w/ gravy 50/50 Rice Mixed Vegetables Fruit in fruit juice 1% Milk 100% Fruit Juice | 29 Chicken Sandwich on Whole Wheat Bun Corn Fruit in fruit juice 1% Milk 100% Fruit Juice | 30 Roast Beef with Gravy Mashed Potatoes Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice | 31 Sweet and Sour Pork 50/50 Rice Peas and Carrots Fruit in fruit juice 1% Milk 100% Fruit Juice | 1 White Beans Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice |
| 4 Beef Barley Soup Whole Wheat Crackers Sandwich-Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice | 5 Spaghetti w/ meat sauce Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice | 6 Chicken Fried Steak Mashed Potatoes & Gravy Corn Fruit in fruit juice 1% Milk 100% Fruit Juice | 7 Ham Slice Macaroni and Cheese Broccoli Fruit in fruit juice 1% Milk 100% Fruit Juice | 8 Breakfast Burrito Raisins Fruit in fruit juice 1% Milk 100% Fruit Juice |
| 11 Roast Turkey & Gravy Cornbread Stuffing Peas and Carrots Fruit in Fruit Juice 1% Milk 100% Fruit Juice | 12 Beef Stroganoff Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice | 13 BBQ Pork Riblett 50/50 Rice Corn Fruit in fruit juice 1% Milk 100% Fruit Juice | 14 Vegetable Medley Soup Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice | 15 English Muffin Sandwich Raisins Fruit in fruit juice 1% Milk 100% Fruit Juice |
| 18 Vegetarian Lasagna Green Beans Fruit in fruit juice 1% Milk 100% Fruit Juice | 19 Chili Con Carne Cornbread Fruit in fruit juice 1% Milk 100% Fruit Juice | 20 Split Pea and Ham Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice | 21 Swiss Steak Mashed Potatoes Broccoli Fruit in fruit juice 1% Milk 100% Fruit Juice | 22 Chicken and Noodles Mixed Vegetables Fruit in fruit juice 1% Milk 100% Fruit Juice |
| 25 Chicken & Rice Soup Whole Wheat Crackers Sandwich – Cooks Choice Fruit in fruit juice 1% Milk 100% Fruit Juice | 26 Enchilada Casserole Corn Fruit in fruit juice 1% Milk 100% Fruit Juice | 27 Lemon Chicken 50/50 Rice Peas and Carrots Fruit in fruit juice 1% Milk 100% Fruit Juice | 28 Beef Stew Fruit in fruit juice Biscuit 1% Milk 100% Fruit Juice | 29 Pancakes Sausage Patty Hash Browns Fruit in fruit juice 1% Milk 100% Fruit Juice |

Wiyot Elders Menu August 2008

Menu subject to change without notice



Come and enjoy a hot meal and visit with others





Happy Birthday

| | | |
|----------------------|-------------------|------------------------|
| Shannon Abilla | Suzanne Agosta | Miracle Allen |
| Tyler Antal | Jordan Ascar | Douglas Atkins |
| Jason Atkins | Ronald Beauchamp | Alexandra Bettis |
| Alicia Brooks | Darlene Buckley | Christian Chastain |
| Tammy Crellin | Alfredo Cruz | Michelle Pullis Cruz |
| Orion Davis | Selena Davis | Kaitlin Fowler |
| Taylor Friend | Gabriel Gonzales | Joanne Grim |
| Leslie Hale | Che-Shup Hatter | Sarah Henry |
| Henry James Jr. | Brooke Johnson | Joaquin Johnson |
| Kevin Johnson | Michael Johnson | Joseph Jones |
| Stephanie Klingsporn | Manuel Moon Sr. | Alyssa Pierce |
| Debora Rasco | Robert Raymer | Ariella Rodriguez |
| Lindssey Rodriguez | Joyce Santos | Kenneth Scriven |
| Phillip Seidner | Deborah Simpson | Travis Sovereign |
| Nanette Spear-Schade | Axel Stout | James Tipton |
| Alan Woodhurst | Anthony Woodhurst | Tina Woodhurst-Edwards |
| Martha Youngblood | | |



Newsletter Options

In light of being resourceful and conserving our precious natural resources, we would like offer 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

Your Horoscope for August

August

Aries: Decide when the time is right to detach yourself from a situation and look at it in a purely business mode. Forget your ego and see the problem from a new perspective.

Taurus: Though you prize the status quo, there are situations where you need to change it. If your schedule becomes overloaded, get the help you need. Have faith in someone else's ability to do a job.

Gemini: Your sense of humor is well developed, but you need to use it more often. Watch for opportunities on days when it could de-stress a situation or a meeting. Use humor to get cooperation from kids.

Cancer: Think twice if you feel like tossing logic to the wind and plunging into whatever you want to do. The end results could be long-lasting and not what you planned for your life.

Leo: Are the Dog Days of summer leaving you with logy feeling? You have two choices: Work through it or take a couple of days off in order to revive your energy. If you have vacation days, take them.



Virgo: Your health should be your primary focus this summer. Steps you take to guard it or improve it will have lasting benefits. In your heart, you know this to be true. Decide what you need to do and do it.

Libra: It's time to rethink that problem that has been in the back of your mind. How you visualize the outcome you want can help to bring it to fruition as you work toward that goal.

Scorpio: August is a great month for you, Scorpio. There is more order in your world. Your self-esteem is running high, and opportunities at work or in financial matters are available for you to discover.

Sagittarius: Don't be disappointed if it seems that others are running the show this month. Let them do it because it will give you a well-deserved mental break. Your time is coming.

Capricorn: August carries a certain amount of turmoil, especially at the time of the full moon on the 16th. Be careful. Your mental state could lead to a serious mistake in work or another area of your life.

Aquarius: Trouble in paradise is not uncommon. When it happens, decide if the issue is important or a buildup of trivial matters. Don't blow it with your partner or significant other.

Pisces: Financial matters are on your mind. Though a tax rebate helps, the problem is more basic than a one-time boost. Make new decisions

August 2008

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

Recycling

2**3****4****5****6****7****8****9****10****11**

Business Council

12**13****14****15**

Recycling

16**17****18****19****20****21****22**School Supplies
available**23**Elders Summer
Ceremony**24****25**

Business Council

26**27****28****29**

Recycling

30**31**

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

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