



# Wiyot News

Volume 12, 09

December 2009

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Wiyot Tribe

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## White House Tribal Nations Conference

### Washington-November 5, 2009-

National Congress of American Indians President Jefferson Keel attended the First Annual White House Tribal Nations Conference and issued the following statement:

*"It is an understatement to say that this was an historic day for Indian Country. I want to thank President Barack Obama for living up to his campaign promise to hold this meeting and thank members of his Administration for their commitment to addressing our most pressing issues. Now it is time for action. President Obama's directive to every Cabinet agency to provide him with a detailed plan—within 90 days—on how to implement Executive Order 13175, "Consultation and Coordination with Indian Tribal Governments," and improve tribal consultation is the first of many action steps that need to be taken.*

*On behalf of tribal leaders from across the country who are depending on these directives to be fruitful, I commit all of us to play an active and productive role in the process. Over the next three months we look forward to work with all of the federal agencies to develop plans for meaningfully implementing the Presidential Memorandum and strengthening the nation-to-nation relationship."*

*"This year the celebration of Native American Heritage Month (November) comes at a historic time for Indian Country as the Obama Administration holds its*

*First Annual Tribal Nations Conference and the Embassy of Tribal Nations opens its doors in Washington, D.C. Just as Indian delegations have been coming to Washington for well over a century, modern tribal leaders will descend on the nation's capitol to ensure consultation regarding federal policy implementation that will benefit generations of American Indians and Alaska Natives."*

The Wiyot Tribe sent representatives to attend this function and they met with Senators Feinstein and Boxer office administrators in Native American Issues and had several other appointments. There were over 350 nations represented at this affair.

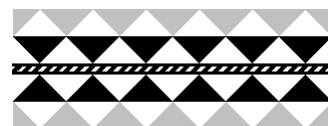
President Obama outlined how change could only come from having meaningful and ongoing consultation with tribal nations. The President concluded his speech by signing a Presidential Memorandum directing every Cabinet Agency to present a detailed plan within 90 days of how it proposed to better collaborate with tribal governments. Members of the cabinet and the U.S. Congress then held a day of meetings with tribal leaders to discuss key policy priorities in the areas of economic development, natural resources, energy, public safety, health and education.

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### Mark your Calendar

**\*December 12**  
**Craft Boutique 10-5p,**  
**\*December 19**  
**TBR Christmas**  
**w/Santa**  
**\*December 25**  
**Christmas-Tribal of-**  
**fice Closed**



## Of Interest.....



Troy Shumard and Wiyot Tribal member, Melanie Cook were married this summer at Arrington Apples in Eureka. Congratulations, the best of luck and wishes to you both.

### Rummage/Yard Sale December 5th

A Rummage/Yard Sale will be held Saturday, December 5th at the multipurpose room, Loleta School Gym 8am to 4pm and there will be a Tamale pick up to benefit the 8th grade trip also.

COME ENJOY SOME SHOPPING AND TAMALES AT THE 8TH GRADE YARD SALE!!!

### Tribal Office needs your Help

Please help us get in touch with the following people:

[Charlene Cody\\*\\*](#) [Amanda Moon\\*\\*](#)

We have either no address or the mail is being returned. If anyone has information on how to reach these folks, please call the Tribal Office at 707-733-5055

### Receptionist Trainee Position

If you are interested in learning the functions of a receptionist, are 18 years old and a Wiyot Tribal Member, there is an opportunity to learn skills associated with that position or fine tune skills you already have.

The Wiyot Tribe has a 3 month trainee position to learn/or review. Some of the skills to be learned are typing, filing, answering the phone, receipting monies, data entry, being a team player and much more.

Please call Linda at 707-733-5055 for more information if interested or email her at [linda@wiyot.us](mailto:linda@wiyot.us)

### Proposed Art Auction

The Wiyot Tribe is proposing to have a Art Auction in the near future and we are looking to hear from those artists who would be interested in becoming involved. The monies generated would benefit Wiyot Sacred Sites and items could also be done partially on consignment .

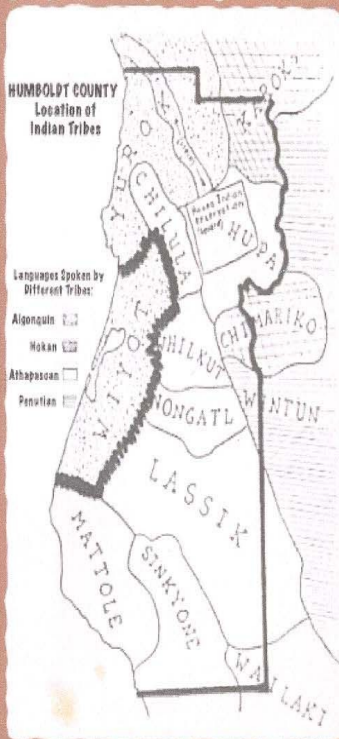
If interested please call Linda at the Tribal Office at 707-733-5055.





## ...Cultural from the Ground Up

Wiyot people have lived in the Humboldt Bay region for thousands of years. The North Coast of California is rich with abundant terrestrial, riverine, estuarine, and marine resources. Wiyot people lived in permanent villages along the waterways which also served as travel and trade routes – their houses always opened to the water. Wiyot people actively managed their resources, burning for open grasslands, cultivating edible bulbs, and following strict hunting and fishing protocols.



Native history is part of our shared heritage and community, and Wiyot culture remains living and dynamic to this day.



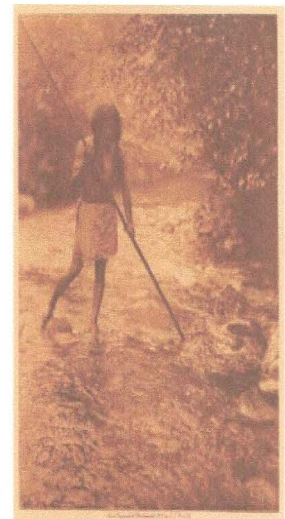
*Traditional redwood plank-style house.*



*Women's ceremonial cap, Old Friendship Design. Hazel sticks, spruce roots, bear grass, maidenhair fern, porcupine quills, dyed with staghorn lichen.*



*Traditional lidded gift basket.*



*Rivers were important for fishing salmon and eel and also served as canoe 'highways.'*

### Council Contact Numbers

Gail Green	Ted Hernandez	Brian Mead	Leona Wilkinson	Joycelyn Teague	Alan Miller	Sharon Thurman
Tribal Chair	Vice Chair	Secretary	Treasurer	Council Member	Council Member	Council Member
Cell #	Cell #	Cell #	Cell #	Cell #	Cell #	Cell #
845-0440	599-0888	407-6662	497-9304	599-6852	496-8834	502-6189



## Cultural from the Ground Up...

### Wiyot Day October 3rd, 2009

Wiyot Day celebration followed the Semi-Annual Meeting on October 3rd, 2009. There was an opening flag ceremony by the Wiyot Girls Scout troop, there were vendors, great food, a Stick Game demonstration and Brush Dance demonstration by the Wiyot Boys and Girls.

The demonstration were coached by Gary Markussen, Ted Hernandez and Alan Miller.



### Winners of the Raffel were:

Darlene Buckley—a language tote

Natisha Mitchell—Boys & Girls Club Cookbook

Marilyn Wilson—Boys & Girls Club Cookbook

Maria Jacinto—a language tote

Linda Wall—composter

### 1st Stick Game Competition In Smith River

The first competition for the Wiyot Stick Game Players was held in September 2009 in Smith River. Those in attendance were coach/director, Gary Markussen, Coaches, Ted Hernandez and Alan Miller, participants were Damon Johnson, Leo James, Lio Sherman-Lopez-, Dakota James, Richie Green, Louie Bowie, Matt Hernandez, Matt Green, Alan Miller. The team carried the Wiyot tribal flag onto the playing field, played very well, and had a great time. They look forward to next year when they'll be able to compete more.

### More on Obama Conference

*(continued from page 1)*



Michell Vassel with  
associate from Senator  
Boxers office



Tribal Chair Gail Green and  
Michelle Vassel with Senator  
at Tribal Leader's reception



Tribal Leader's  
Embassy Grand Opening







## ...Environment Around Us

### New study finds mercury (Hg) presence in all fish species collected

In August 2009, the U.S. Geological Survey, from 1998-2005, studied 291 stream nationwide and found mercury presence in tissue samples of more than a thousand fish including bass, trout, and catfish. The mercury levels varied based on the proximity of the ecosystems to known pollutants from origins such as coal-fired power plants and mining operations. Most fish had traces of the toxic substance present but, 25% of the fish studied had mercury levels exceeding the threshold limits set by the Environmental Protection Agency for safe consumption. Our nation's waterways, humans, and residing wildlife are under attack from a naturally occurring element that we are unfortunately making more readily available. This overabundance of mercury had lead to the discovery of new diseases and now to the contamination of most of America's waterways.

Mercury (Hg) is an element that occurs naturally in the Earth's crust and is present in the atmosphere from events such as volcanic eruptions. Roughly 50% of the current mercury levels in our atmosphere come from volcanic eruptions but the other 50% originates from human activities. The three top mercury dischargers are coal-fired power plants (65%), gold mining operations (11%), and metal producers (7%). Other sources include garbage and household hazardous waste incinerators, cement producers, and iron and steel producers. This study found that the highest contaminated tissue samples came from smallmouth bass from the Carson River in Dayton, Nevada, an area tainted with mercury from a gold mining operation. The second most contaminated came from the tissue samples of largemouth bass from the North Fork of the Edisto River near Fairview Crossroads, South Carolina.

Pollutants such as mercury, when incinerated, can potentially contaminate a water source used by humans and wildlife. Eventually these contaminants are washed away by seasonal rains which may runoff into

streams, oceans, or be discharged into the ground-water. Wells access groundwater supply and provide humans with a source of usable drinking water. If this source is polluted by chemicals such as those emitted from incinerators or runoff from mining operations, the water supply is contaminated and may be harmful to one's health if ingested. In this study, some of the highest concentrations of mercury were found in the blackwater streams along the coasts of the Carolinas, Georgia, Florida, and Louisiana. Natural bacteria found in these wetlands and forests have helped to convert mercury into methylmercury, a form that allows for the accumulation of mercury in the body.

This news should be very concerning for all who consume fish, as mercury bioaccumulates in greater quantities for those organisms higher up on the food chain (i.e. humans). Similar to other contaminants such as dioxin and furans, mercury stays in the body and accumulates over the lifetime of the species. Mass consumption of predatory fish (i.e. sharks, swordfish, tuna, mackerel) in Minamata, Japan led to large occurrences of mercury poisoning and the discovery of Minamata disease. Those consuming large amounts of fish should educate themselves on these signs and symptoms of mercury poisoning:

- Itching, burning or pain
- Skin discoloration (pink cheeks, fingertips, and toes)
- Profuse sweating
- Dead skin that peels off in layers
- Faster-than-normal heartbeat
- Hypersalivation
- High blood pressure



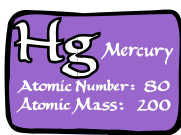
## Environment Around Us...

(continued from page 5)

For children:

Red cheeks, nose, and lips  
Loss of hair, teeth, and nails  
Rashes and muscle weakness  
Photophobia (sensitivity to light)  
Kidney disfunction, memory impairment, and insomnia

Exposure to mercury can potentially lead to neurological disorders and learning disabilities in children especially. Limit your intake of fish to twice a week and avoid consuming large quantities of predatory fish species such as albacore tuna and mackerel as these fish species contain higher concentrations of mercury. For more information on solid/hazardous waste, please call or visit the Environmental Department.



### The Wiyot Tribe's Community Garden Update

By Tim Nelson

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, cabbage, zucchini, squash, chard, kale, carrots, radish, and broccoli have been harvested and used for community events such as elder's dinner, and tribal council meetings or given to residents. The department plans to continue harvests into the early fall months before the winter frost occurs. At the moment the department has harvested close to 500 lbs. of fresh vegetables and fruit! Upcoming arrivals include sugar pumpkins for

for pumpkin pies on Thanksgiving.

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.



### Have a Merry GREEN Christmas!

Every year during the holiday season we are subjected to numerous ads on television, billboards, in magazines and newspapers, etc. suggesting us to get into the holiday spirit by purchasing items to decorate, wear, or give away. While celebrating the holidays can be enjoyable and memorable, they can also be VERY energy demanding and wasteful. From lights to wrapping paper, the amount of resources that we use to celebrate a single event is at times astronomical! Simple changes and new additions to your current routine can save you time and a shocking amount of money.

The first item many purchase to kick off their Christmas festivities is most often a Christmas tree. Whether or not you purchase your tree directly from a tree farm or a store, you can cut down on the inevitable green waste by purchasing a live tree. Potted trees are a great alternative to traditional cut trees because they reduce the amount of trees dumped in landfills, reduce the amount of trees harvested for seasonal celebration, reduce the amount of resources (i.e. water, soil, etc) used to grow these seasonal trees, and lower carbon emissions and raise carbon sequestration. If you decide to purchase a "cut" tree, DO NOT flock (fake snow appearance)! Flocked trees cannot be chipped/mulched because of the chemicals and eventually end up in the landfill with other garbage. Once you are ready to discard your Christmas tree, be sure to remove all lights, garland, ornaments, etc. and bring the tree to a location that accepts green waste.



## ...Language

**Rescheduled for January 2010:**

### **Introduction to Wiyot** ***Adult language classes in Arcata***

**\*\*\* We need at least 8 students to start a class! \*\*\***

If you live in Eureka, Arcata, McKinleyville, etc. and would like to learn a little Wiyot but can't come all the way to Table Bluff, this is your chance!

>>> Please contact me by December if you're interested <<<

*\*\*Wiyot tribal members can attend for free by applying for educational funding through Social Services (Michelle Vassel's office)!\*\**

#### Reminders

- Language Committee Meetings—everyone is welcome!
- 4th Monday of the month @ 5:30 in the Big Room
- Language Classes (5:00 in Library):  
1<sup>st</sup> & 3<sup>rd</sup> Mondays  
Every Thursday

**Winter is a great time for...**

# Language BINGO!

**Tuesdays @ Elders' Lunch**  
**Learn Wiyot! Win prizes!**



## Language...

### Wiyot Terms for People (of All Ages)

This month I'm introducing the Wiyot words for different categories of people— young, old, male and female. You may notice there are more Wiyot words for women and girls than for men and boys!



**hijá** = baby

**burratun / barrawdun**

= baby in a basket

**burratunwe'** = baby basket

**tsek** = child/children (girl or boy)

#### Toddler to ~5 years old

**vatsuk** (this is the 'little' form of **vachur** 'girl')  
**guvóutsuqilh** (the 'little' form of **guvóuch** 'woman')

**rratsútsk** (the 'little' form of **rrachúchk** 'boy')

#### 6-8 years old

**vachur** = girl

**rrachúchk** = boy

#### Preteen

**tsurarilhwach** = girl just before puberty  
 (the 'little' form of **tsurarilh** 'young woman')

There is no special word for a boy of this age.

#### Teenager/young adult

**tsurarilh** = teenaged girl /young woman  
**guratsviwash** = teenaged girl  
**qutsvíwashk** = girl about to become a woman

**tíghurrih** = teenaged boy/young man  
 (literally 'he comes out')

#### Adult

**guvouch** = woman/female  
**(hu)moutwilh** = woman ('she wears a front skirt')  
**kagurrawiwilh** = woman ('she wears a dress')  
**wisilh** = married woman, literally 'she is married'

**gouwi'** = man/husband  
**bikánuqiwilh** = man about 40 years old  
**wisipeley** = married man

#### Elders

**shirouki** = old woman

**gaqilh** = old man (literally 'he knows')

These two terms were also used figuratively: Reichard has a note saying that "people [are] classed with older people after they've had trouble" (your guess is as good as mine about what counts as "trouble"!)

A final note: the Wiyot called a white man **diqa'**, and a white woman was called **diqamoutwilh** or **wagiswal**.





## ...News and Notes from Social Services

(continued from page 6)

Lighting both your Christmas tree and the outside of your house can be expensive and energy demanding but new, developing technology in the form of Light Emitting Diodes (LED's) is making for a cheap, energy saving Christmas. When compared to incandescent lights, LED's are the way to go in light quality, energy efficiency, and money savings. In terms of light quality, LED's emit a 55 lumens/watt (similar to compact fluorescent light bulbs, CFL's) while incandescent light bulbs emit just 15 lumens/watt. In terms of energy efficiency, LED's can last up to 50,000 hours because there are no fragile filaments or tubes that can break with a simple shake. Also, LED's are cool to the touch because they use less energy to light, thus reducing your carbon footprint. Similarly, LED's are very durable and hold up great to varying degrees of temperatures, making them a wise outdoor choice in areas experiencing very cold winters. Another benefit to LED's lies in the individual bulbs. Unlike traditional light strands, when one LED light goes out, the entire strand of lights remain lit and all that needs to be replaced is the single LED bulb. Lastly, and probably most importantly, LED's save a lot of money in the long run. Strands of LED lights might be a little more expensive to purchase than incandescent strands but, the cost to run the lights throughout the holiday season and the number of years you will be able to use the same strand will easily save you money over time. When you purchase LED's consider your purchase an investment for many years to come.

Now that you have purchased your Christmas tree, decorated it as well as the outside of your house with LED lights, it is now time to buy and wrap presents for your friends and family. When it comes time to buy presents, some useful ways to reduce your carbon footprint and save money include buying local products, making your own cards out of recycled paper, and making your own gifts rather than purchasing items that may contain large amounts of plastic. When you decide to wrap your presents, choose a wrapping paper that is recyclable

as some wrap contains plastic that cannot be recycled. After receiving gifts, carefully unwrap your present so that you can save the wrapping paper to use for other gifts. Other uses with saved wrapping include: Christmas card decorations, bookmarks, textbook covers, or they can simply be placed in the recycling bin.

The holiday season should be enjoyable but we need to keep in mind how demanding the season is on our resources. Whether it's using fossil fuels by traveling north, south, east, or west to visit family members, energy to light your tree/house, paper to wrap presents, etc. We need to make a valid effort to conserve the resources that we have while still enjoying the holidays with those that matter most.

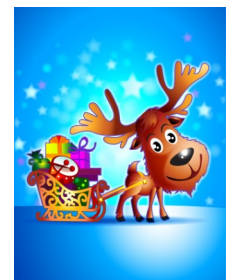
**Have a Merry GREEN Christmas!**

For more information on ways to conserve and recycling tips, please call or visit the Environmental department.



### Table Bluff Reservation Christmas with Santa

Please join us December 19<sup>th</sup> from 12- pm to 3 pm for the Annual Table Bluff Reservation Christmas party. Santa will arrive via fire truck at 1 pm. The tribe will be taking photos of children with Santa and there will be finger foods for everyone.





## News and Notes from Social Services...

### Indian Food Distribution Programs

The Food Distribution Program on Indian Reservations (FDPIR) is a Federal program that provides commodity foods to low-income households, including the elderly, living on Indian reservations, and to Native American families residing in designated areas near reservations and in the State of Oklahoma. In order to be eligible you must be low-income American Indian and non-Indian households that reside on a reservation, and households living in approved areas near a reservation or in Oklahoma that contain at least one persons who is a member of a Federally-recognized tribe.

Households are certified based on income and resource standards set by the Federal government, and must be recertified at least every 12 months. Households **may not** participate in FDPIR and the Food Stamp program in the same month. The Social Service Director can assist you in finding a food distribution program near you, and can assist you with the application process.

### Power Hour

Power Hour is held Monday through Thursday from 4 pm to 5 pm. Last month we had 10 children earn an October Homework party for their participation in Homework Hour. To earn the party these children came to Power Hour at least 10 times during the month with Homework, a book, or a quiet educational activity. The following children earned the October Homework Party.



- Trinity Blevins
- Matthew Green
- Joyce Hernandez
- Matt Hernandez
- Wanda Hernandez
- Pilar James
- Jorge (Son) Lopez
- Lio Sherman-Lopez
- Jon Miller
- Alan Miller

**Congratulations, and keep up the good work!!!!**

### Toddler Time

During the month of October the little ones participated in story time everyday from 12:30 to 1 pm. Most of the books were Halloween inspired and the children loved going to the library. Toddler time has been leading a variety of activities from 1 to 2:30 pm. For arts and crafts they made handprint spiders, footprint ghosts and cheesecloth ghosts. They created colored salt art, made placemats and painted. They also participated in Wiyot language class on Mondays at 2 pm. We have explored their imaginations with imagination play including use of the kitchen set, cars, legos, blocks and they made up some of their own games.

Toddler time is held on Monday, Wednesday, Thursday, and Fridays from 12:30 to 2:30 pm. Bring your little ones.



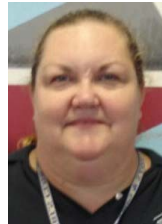


## ...News and Notes from Social Services

### Boys & Girls Club of Wiyot County

First, allow me to introduce myself. My name is Tina DeKruise, and I am the new Manager of the Boys & Girls Club of Wiyot Country. We have already started to involve the boys and girls at the club in seasonal activities that we have planned for them. Along with the regular activities like "Power Hour"—which focuses on homework—the children have been participating in arts & crafts such as "Turkey in the Straw" story boards. The club provides a safe and structured place for them to interact with each other, and we encourage parents to come and see what a great time your children are having. During the Fall break the Club will be open from 9 am to 3 pm, we will be taking one field trip to the movies during the fall school break. Being thankful is the theme for an upcoming project. We will create a tree on a wall in the club, and the children's handprints will be the leaves. On the leaves, the kids will write something they are thankful for. Any artwork the kids make will be kept in the club for one week for all to see. Then they will take them home to share with their families. The club will be returning to using the "Club Bucks" reward system to encourage positive behavior. Children earn club dollars by attendance, doing their homework, and following club rules. They can also earn club dollars by helping to clean-up, and when a staff member "catches" them doing a good deed,

such as helping another club member with something. The "Club Bucks" can be used to purchase prizes and gifts from the club store. We will also be awarding children at the end of the month with award certificates based on attendance and performance at the club. Being polite and respectful of themselves and others is highly stressed at the club. I look forward to being a positive part of your children's lives. Thank you all for giving me this opportunity.



### Wiyot Parent Committee

Future Parent Committee Meeting Dates and times are as follows:

December 7 10:00am  
January 4 6:00 pm  
February 1 10:00am  
March 1 6:00 pm  
April 5 10:00am  
May 3 6:00 pm  
June 7 10:00am

### Go Green

Get your copy of the Wiyot Newsletter thru email—save a tree—use technology. Send your email address to [linda@wiyot.us](mailto:linda@wiyot.us)

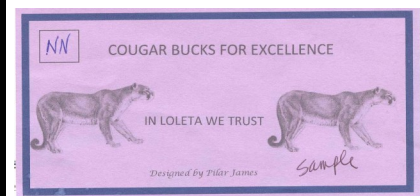
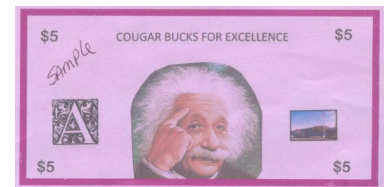
### Be Aware Drive With Care

IT'S ABOUT KIDS! IT'S ABOUT

**SAFETY! IT'S ABOUT CARING!**



### Cougar Bucks for Excellence



This Cougar Buck was designed by student Pilar James. Great job Pilar!!!

These will be used by the students at Loleta Elementary School as awards for good grades, attitude and behavior.





## News and Notes from Social Services...

### Toddler December Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No Toddler Time	2 Story Time @ 12:30 Painting Ac- tivity	3 Story Time @ 12:30 Winter Cookie Pops	4 Story Time @ 12:30 Apple Cinna- mon Orna- ments	5
6	7 Story Time @ 12:30 Shaving Cream Snow- men Language @ 2:00	8 No Toddler Time	9 Story Time @ 12:30 Macaroni Snowflakes	10 Story Time @ 12:30 Gingerbread Men	11 Story Time @ 12:30 Candle Mak- ing	12
13	14 Story Time @12:30 Merry Christ- mas Banner Language @ 2:00	15 No Toddler Time	16 Story Time @ 12:30 Inside Games	17 Story Time @12:30 Graham Cracker Houses	18 Story Time @12:30 Movie Day	19 TBR Christ- mas Party
20	21 Vacation Schedule 9am -3pm	22 Vaca- tion Sched- ule 9am - 3pm	23 Vaca- tion Sched- ule 9am - 3pm	24 <b>No Club</b>	25 <b>No Club</b>	26
27	28 Vacation Schedule 9am -3pm	29 Vacation Schedule 9am -3pm	30 Vacation Schedule 9am -3pm	31 Vacation Schedule 9am -3pm		



## ...News and Notes from Social Services



### Wiyot Elders Menu

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. enchilada casserole Corn Fruit in fruit juice 1% milk 100% fruit juice	2. lemon chicken 50/50 rice Peas & carrots Fruit in fruit juice 1% milk 100% fruit juice	3. beef stew Biscuit Fruit in fruit juice 1% milk 100% fruit juice	4. pancakes & sausage patties Hash browns Fruit in fruit juice 1% milk 100% fruit juice	5
6	7 Salisbury steak 50/50 rice Mixed vegetables Fruit in fruit juice 1% milk 100% fruit juice	8 Chicken sandwiches Whole wheat bun Corn Fruit in fruit juice 1% milk 100% fruit juice	9 Roast beef w/ gravy Mashed potatoes Green beans Fruit in fruit juice 1% milk 100% fruit juice	10 Sweet & sour pork 50/50 rice Peas & carrots Fruit in fruit juice 1% milk 100% fruit juice	11 white beans whole wheat crackers sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	12
13	14 Beef Barley Soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	15 Spaghetti w/meat sauce Green Beans Fruit in fruit juice 1% milk 100% fruit juice	16 Chicken Fried steak Mashed potatoes & Gravy/ Corn Fruit in fruit juice 1% milk 100% fruit juice	17 Ham Slices Macaroni & Cheese Broccoli Fruit in fruit juice 1% milk 100% fruit juice	18 breakfast burritos Raisins Fruit in fruit juice 1% milk 100% fruit juice	19
20	21 Roast turkey & gravy Cornbread stuffing Peas & carrots Fruit in fruit juice 1% milk 100% fruit juice	22 beef stroganoff Green beans Fruit in fruit juice 1% milk 100% fruit juice	23 BBQ pork riblets 50/50 rice corn Fruit in fruit juice 1% milk 100% fruit juice	24 Veg. Medley soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	25 English muffin sand. Raisins Fruit in fruit juice 1% milk 100% fruit juice	26
27	28 Vegetarian lasagna Green beans Fruit in fruit juice 1% milk 100% fruit juice	29 chili con carne Cornbread Fruit in fruit juice 1% milk 100% fruit juice	30 split pea soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	31 Swiss steak Mashed potatoes Broccoli Fruit in fruit juice 1% milk 100% fruit juice		

MENUS ARE SUBJECT TO CHANGE WITHOUT ANY NOTICE



**We'd like to hear from YOU**

Do you live away from Wiyot country and want to share something about yourself or where you live? We'd love to hear from you.

And if you'd like to be more involved in the Tribe and want to offer your services, please let us know.

The Community Center and Tribal Office is located at 1000 Wiyot Dr., Loleta, CA 95551. You can email Linda if you would like to submit something for the newsletter;

[linda@wiyot.us](mailto:linda@wiyot.us) or call

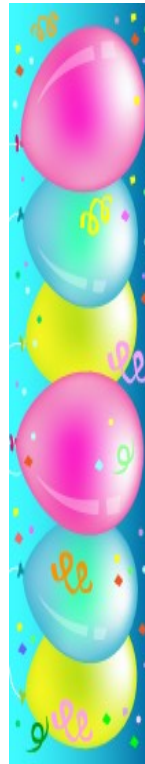
707-733-5055





# Happy Birthday

Beatrice Allen	Bruce Atwell	Phillip Bartow	Richard Bartow
Sarah Black	Edna Mae Borges	Alvaro Calderon-Stephenson	
Breanna Caughey	Lori Clark	Henry Cooper	Jason Davis
Jesse Davis	Roxanne Dracopoulos		Verna Epps
Franklin Evenson III	Linda Gonzales	Billie Greene	Callie Gustafson
Emily Hale	Michelle Hernandez	Marie Jacinto-Matias	
Dakota James	Douglas James	Isabella James	Jerry James
Heather Johnson	Jesse Johnson	Jorge Sanchez-Johnson	Orlando Johnson
Lillie Tompkins-Johnston	Amya Jones	Owen Jones	Jon Kathman
Jason Klingsporn	Ross Lane	Liobardo Sherman Lopez	Amanda Mager
Tyler Miller	Diane Nielsen	Lois Parrish	Jayden Purdum
Ramon Rodriguez	Nelson Rossig	Robert Rossig	Vernon Rossig
Noah Shelledy	Stephanie Smith	Linda Stewart-Oaten	
Charles Tompkins	Ronald Tompkins	Larry Woodhurst	



## Newsletter Options

In light of being resourceful and conserving our precious natural resources, and utilizing technology to our advantage, you have a choice of the way you receive your newsletter. You can receive it through your email or even better.....**visit the newly constructed website...** [www.wiyot.com](http://www.wiyot.com). You can download/print it for your reading enjoyment or just **read it on line!...** which is better yet saving the trees and **using technology**. Any feedback...  
Email me, [linda@wiyot.us](mailto:linda@wiyot.us)

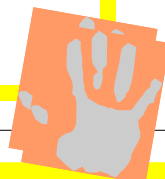
Great for Christmas Gifts or any occasion



**Boys & Girls Club of  
Wiyot Country**



A collection of favorite recipes  
Is on sale at Tribal Office  
A Great gift  
\$10.00 each



**William Mead's birthday was in November-**



**Here he is dressed up for Halloween and ready to go at the Children's Halloween Party at the Community Center 10/30**



**And Autumn Johnson's birthday was in November also**

**Sorry we missed you on our list.  
Happy Belated Birthday  
William and Autumn**





# DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> Girl Scouts 2pm	<b>3</b>	<b>4</b> Recycling	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Girl Scouts 2pm	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	 <b>14</b> Business Council 6:30p	<b>15</b>	<b>16</b> Girl Scouts 2pm	<b>17</b> Commods	<b>18</b> Recycling	<b>19</b> TBR Christ- mas w/ Santa
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Girl Scouts 2pm	<b>24</b> Shredding	<b>25</b> Christmas Office closed	<b>26</b>
<b>27</b>	 <b>28</b> Business Council 6:30p	<b>29</b>	<b>30</b> Girls Scouts 2pm	<b>31</b> New Years Eve		

Keep your youth Pro-gram calendar

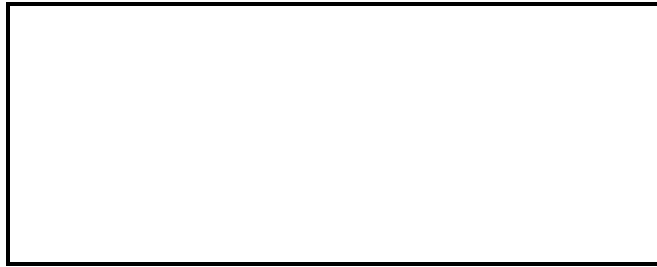
**Wiyot Tribe**

1000 Wiyot Dr.

Loleta, CA 95551

Phone: 707-733-5055

Fax: 707-733-5601

Email: [www.wiyot.com](http://www.wiyot.com)PRSRT STD  
US POSTAGE PAID  
LOLETA, CA 95551  
PERMIT NO. 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 \_\_\_\_\_