

# Wiyot News

Volume 2, 08

February 2008

Edited by Linda C. Woodin

Wiyot Tribe

1000 Wiyot Drive, Loleta CA 95551

(707) 733-5055

www.wiyot.us Wiyot@wiyot.us

## U. S. Presidential Primary Election February 5, 2008 In California

Knowing whose running for President of the United States this year and that persons running platform is as important as casting your vote. Absentee ballots will be out as of January 7th for those who can't vote on February 5th in their own precinct. Voter registration forms are available at the Tribal Office.

The Wiyot Tribal office will accommodate anyone who has difficulties getting to the polls, registration, and voting information.

**Make your voice heard and get out and vote February 5th, 2008**

Need more information? Call Linda at 707-733-5055 the Wiyot Tribal office.



## Valentines Day

February 14, 2008



"A Valentine beau often showers,  
His love with sweet treats she de-  
vours,

But her heart's pitter-pat,  
Might be caused by trans fat,  
So, this year he should only send  
flowers."

The darker the chocolate the better  
it is for you, so says the American  
Medical Society.



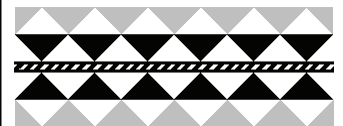
## New Work-out News

Zumba! It's the new fitness program that is sweeping the nation and it's doing it to a Latin beat. The Program is based on the premise that exercise should be fun and leave the participants feeling good. Zumba mixes body-sculpting movements with dance steps including salsa, mambo, rumba and calypso.

For more information on ZUMBA workshops and programs, check their Web site at [zumba.com](http://zumba.com)

## Inside this issue:

Cultural News from the Ground Up	2
Meet the Candidates	4
Of Interest	6
Environment Around Us	8
Community	10
News and Notes from Social Services	11



## Mark your Calendar

**\*\*February 5th  
Presidential Elec-  
tion Primary-  
Remember to  
VOTE**



**\*\*February 14  
Valentines Day**



## Cultural From the Ground Up...

### *Tours at Tuluwat*

**Next tour: Friday, February 15<sup>th</sup> at noon**



Photo by L.L. Loud, courtesy Phoebe Hearst Museum

**Wear rubber boots and warm clothes**

**Meet at Table Bluff Reservation parking lot**

**Space is limited - please sign up by calling the offices at  
733-5055**



## ...Cultural From the Ground Up

### Ki-we-lat-tah and Kaquaish – Wiyot Chief and Daughter

By Helene Rouvier



Visit the new Wiyot exhibit in Nealis Hall at the Clarke Museum in Eureka. Hanging on the wall next to the Wiyot exhibit is the original 1852 portrait of Wiyot Chief Ki-we-lat-tah. The artist was Stephen William Shaw, brother of Seth Louis Shaw who is considered the founder of Ferndale. The painting was commissioned by L.K. Wood, member of the Gregg expedition of 1849 which discovered Humboldt Bay by overland route.

In his diary, Wood describes his first encounter with the chief on the day following their arrival at Humboldt Bay. Ki-we-lat-tah and his family rowed across the bay to greet the party of explorers, welcoming them with a feast of clams and providing them with “every means of comfort in his power.” From all accounts, Wood continued this friendship when he returned to Humboldt Bay in 1850 and began to build houses where Arcata now stands (note: “Arcata” is the anglicized Yurok phrase 'o ket'oh, which means literally "where there is flat water").

There are very few other accounts of Ki-we-lat-tah. Mrs. R.F Herrick begins her 1908 article on the “Origin of the White Deer Dance,” with a reference to Ki-we-lat-tah:

*This legend or history was first told to me in 1859 by Ki-we-lat-tah, the head chief of the tribe, after I had entered into brotherhood with him. At this time he was 102 years old. The oldest legend of our people does not tell where we came from, but it goes back so far we cannot count. Our tribe did not have mote-ich (deer), nor mal-ick (elk), nor mock (bear) – only rabbits, coon, mink, quail, ducks, geese, clams, crabs and fish for meat, and many kinds of berries and roots, nuts and grass seed. Our people were not as they are now, not so smart. (note: more on this legend in a later newsletter. The entire article is on order and should be available soon in the tribal archives). Kaquaish at Moonstone Beach in the Little River Estuary in about 1915. Photograph courtesy of the Humboldt Historical Society Ki-we-lat-tah's daughter was Kaquaish. In 1857, when 17 years old, she married white settler Charley Beach. As a result, she was not at*



Tuluwat during the 1860 massacre in which her mother and family died. It is unclear whether her father was also killed that night. Kaquaish died in 1936 at age 96, at her hillside home just north of Little River.

I may be able to research more pieces to this story – information could also come from Wiyot family histories and memories. Your help can add to this part of native history. Please feel free to contact me at the tribal offices 707-733-5055.

## Meet the Candidates...

There are 2 nominations for the Tribal Chair seat. The election will be held April 5, 2008 at the Annual Meeting. The following letters are from each one running for that position.

He'ba'lo' Greetings,

These past twelve years have been a journey and a great experience. It has been an honor to serve as your Tribal Chair. As a tribe we number over 560 citizens and we are growing.

We continue to grow and are strong in numbers. We have become more involved in our surroundings. We continue to collaborate with our local towns of Loleta, Eureka and Arcata. We are working with our neighboring Tribes as well. Our relationship with the State of California and the federal government grows stronger each year.

The accomplishments of this Tribe are many:

- We have placed funds aside to add more homes on the reservation and have been awarded funding for additional homes from the federal government as well.
- We continue to serve our citizens both on and off the reservation,
- A new water system (a new well on the reservation) has been approved and looking forward to having it completed this year. Our water continues to come from the old reservation.
- The Bay View Street has been approved and will be completed this spring.
- The Cultural and Heritage Center had its open house in 2007 and the celebration was a grand one. The first exhibit was the new Wiyot ceremonial dress. Currently, Wiyot fishing exhibit is on display.
- Continuing to raise funds for the Wiyot Sacred Sites Fund and the work continues on the island.
- Education scholarship fund continues to grow and Wiyot citizens are taking advantage of it.
- The hunting and fishing license reimbursement program for families is well used. This is not just for those living locally but for our citizens throughout the states.
- The homeowners insurance for those living on the reservation is still being offered.
- Promoted leadership training with Cascadia for both Council members and staff, as well as other training.
- We continue to celebrate our sovereignty with an established Holiday in September.
- Foremost, becoming more culturally based in what we do.
- We continue to work on the Wiyot language.
- Working towards the Wiyot World Renewal dance.



It is an ongoing effort to secure economic development for the Wiyot Tribe and are currently pursuing a power plant off the reservation and other ventures. We have been steadfast on those who come and want us to sign away some of our sovereignty and we have said no.

I encourage you to participate in making the Wiyot Tribe even better. Become involved with meetings, committees and our Town Hall Meetings, if you live away lets us hear your ideas as well.

I look forward to seeing you in April,

Cawoks, Cheryl A. Seidner



**...Meet the Candidates**

Gail Green  
258 Wiyot Drive  
Loleta, CA 95551

Dear Tribal Members,

My name is Gail Green and I'm running for Tribal Chair. For those of you that don't already know me, I am 36 years old, married to Richard Green Jr. and mother to four awesome kids (ages 15, 14, 12, and 7). I currently serve on the Wiyot Tribal Council as a Councilperson at large. I was elected to that position last April and enjoy serving the Tribe and our people in this capacity.

I have an extensive background in tribal politics and operations. I served as the Vice-Chair in the early 1990's and worked as the Fiscal Manager from 1998 until July 2006. During my employment with the Tribe, I oversaw many programs including the Land Assignment/Housing Program, the Roads program, the Enrollment office as well and the financial oversight of grants and contracts and the disbursement of the RSTF. I was instrumental in securing funding for the Bay View Extension project including the construction of the five homes located there, and the water/sewer project that serves them.

I currently work as a bookkeeper part-time for a local non-profit agency and volunteer in coordination with Council Member Joycelyn Teague as the Language Program Coordinator. I sit on the Enrollment Committee as a member (instead of the staff person). I have facilitated Town Hall meetings in an effort to modernize our Land Assignment Ordinance and our Enrollment Ordinance. The latter was ratified in 2004.

I am looking forward to meeting with many of you in the upcoming Town Hall meeting that I will be conducting. I would also like to hear from anyone with new ideas to share or old ideas that can use some improvement. My email address is [gail@wiyot.com](mailto:gail@wiyot.com). Feel free to contact me in the coming weeks regardless of the tribal elections.

Thank you for your time,

Gail Green



**COMETO THE**

**Annual Meeting April 5th, 2008 10:00am and  
Vote for the person of your choice for  
Tribal Chair**





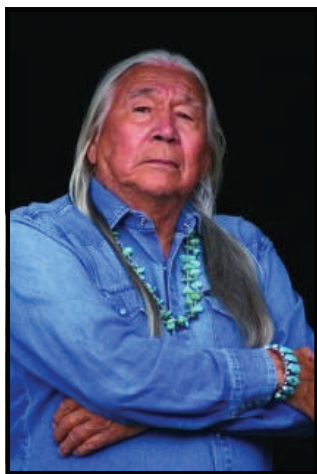
## Of Interest.....

### Floyd Red Crow Westerman Crosses Over Into the Spirit

The UCTP pauses today December 20, 2007, to offer condolences to the family of Floyd Red Crow Westerman (Dakota) who crossed over into the spirit world this morning in Los Angeles, California. A renowned American Indian activist-singer-songwriter, Westerman made his big screen debut in the movie Renegades (1989) and is best remembered for his role as elder/leader Ten Bear In Dances with Wolves (1990). His songs like "Custer Died For Your Sins" and "BIA Blues" have helped spread the American Indian

out the Floyd formed count-cians Willie Bonnie Henley benefit for In-deter-

human rights and environmental protection. He toured the world with Sting to publicize the plight of the Rainforest People who are dying along with the Rainforests and, as caretakers, must be protected if the rain forests are to go on providing for all like on Earth. Red Crow has been an ambassador of good will representing the International Indian Treaty Council from the time of it founding. Floyd helped the Wiyot Tribe with their first two benefit concerts for Wiyot Sacred Sites.



Move-message through-world. per-with less musi- including Nelson, Raitt, Don in large concerts dian self-mination,

### Humboldt County Library

The Humboldt County Library in Eureka is offering a new Story hour for school age children. The series is called "Tuesday Tales" and will be held on the second and fourth Tuesday of January, beginning on Tuesday, January 8 at 3PM. Each month volunteer storyteller, Jenny Geren will be choosing a new theme. The January stories will all feature "Animal Friends." Ms. Geren and other volunteer Moms will be reading the stories.

All ages are welcome, but the stories are chosen to appeal to children from kindergarten through third grade. Each series will incorporate stories from around the world.

This program is free and all ages are welcome. The Library's programs and services are accessible to the disabled. The library is located at 1313 3rd St. in Eureka. For more information call JoAnn Bauer at 269-1910.

### New Year Accompanied by NEW LAWS

The new laws regarding cell phone use in vehicles that take effect in July are probably the most widely known for 2008.

Senate Bill 1613, makes it illegal to drive a vehicle and use a cell phone without a handsfree device does not start until July 1, 2008,

Another law involving cell phones and vehicles also goes into effect in July as well, but this one focuses on 16-17 year old drivers, making it illegal for them to use any kind of electronic device while driving.

New inexperienced drivers don't need any distractions while behind the wheel. Results can be deadly. Using phones or devices in an emergency situation are the only exceptions to both laws.

A fine of \$20.00 is the penalty for the first offense of both laws, with fines of \$50.00 handed down for each additional offense. Assembly Bill 478 requires bike riders who ride at night to wear illumination devices while riding on a highway, sidewalk or bike way. A law starting in January prohibits courts from dismissing serious traffic violations-like DUIs and hit and runs—by allowing a perpetrator to attend a traffic school.

Beginning January it will be illegal to smoke in a vehicle with children in it. Fines for this violation can be up to \$100.00. *(these highlights appeared in the December 30th, 2008 Times-Standard )*



## ...Of Interest

### First Native Woman sworn in as U. S. Attorney

Diane Humetewa, a member of the Hopi Tribe, made history on December 20, 2007 when she was sworn in as the U.S. Attorney for Arizona. Humetewa is the first Native American woman to serve as U.S. Attorney. She was confirmed by the Senate on December 13, having been nominated to the post by President Bush on November 15th.

In her new position, Humetewa joins a small group of Native Americans who have risen to the top ranks of the nation's federal prosecutors. The list includes current National Indian Gaming Commission Chair Phil Hogen, Oglala Sioux. Who served as U.S. Attorney for South Dakota, and former NIGC Chair Montie Deer, Muskogee, who was an assistant U.S. Attorney for Kansas.

Like her colleagues, Humetewa comes to the job with a long list of credentials. In Washington, D.C., she worked for the Office of Tribal Justice at the Department of Justice and for Sen. John McCain (R-Arizona) during both of his terms as chairman of the Senate Indian Affairs Committee.

Her background as a prosecutor, crime-victims advocate, and years of public service made

her an outstanding nominee and will serve her well in this important position. Her efforts earned her a national award in 1999 for "Superior Performance by an Assistant U.S. Attorney. In 2001, she was promoted to senior litigation counsel and tribal liaison and has been working closely with Arizona's 21 tribes.

### Pomo Woman Named Senate Staff Director

Allison Binney, a member of the Sherwood Valley Band Of Pomo Indians, has been named staff director for the Democrats on the Senate Indians Affairs Committee. According to the article, *"she is a steady hand and capable leader who will help navigate our efforts to address chronic shortages in health care, housing, law enforcement and education that we face in Indian Country."*

*(Sacramento Native American Health Center, Inc.)*

### Jobs! Jobs! Jobs!

Union Pacific is hiring 3000 to 5000 people to fill all jobs for people retiring this year. Fourteen weeks training provided and 35k to 40 k per year. For more info see

<http://www.unionpacificjobs.com>

### Christmas Boutique

The 2nd annual Christmas Boutique at the Wiyot Tribe Community Center December 8th 2007 was indeed a success. We had 11 vendors, a good lot of buyers, food, some good conversation, and sharing of selling points.



We still have Youth Activity Calendars (In color) for 2008 and DVD's of the Kid's Summer Program available thru the Tribal Office. Calendars Price is \$10.00 and DVD Price is \$5.00. If interested send check or money order to Wiyot Tribe, 1000 Wiyot Dr., Loleta, CA 95551

(see insert)

## Environment Around Us...

### Burn Barrels & Open Burns-A Major Source of Toxic Contamination

In today's society, open burning is a highly regulated or prohibited activity due to the large amounts of toxic pollutants that result from low temperature fires. Both health and environmental hazards are of utmost concern considering the long-term effects and persistence of these harmful chemicals. By following proper disposal, composting, and recycling procedures, burning can be avoided and your exposure to harmful pollutants can be lowered or eliminated completely.

Compared to municipal incinerators, burn barrels and open burns do not produce enough heat and consequently result in large amounts of particulate matter in the air. Also, these burns do not contain air pollution control filters to remove the toxic chemicals and fumes emitted from the source. Burn barrels operate at low temperatures (400-500 degrees F), resulting in incomplete combustion of the wastes being burned. Acid vapors, carcinogenic tars, and "heavy metals" such as lead, cadmium and chromium, as well as unhealthy levels of carbon monoxide are often emitted and may cause acute respiratory and other health problems in those breathing the smoke. A 1994 study done for the U.S. Environmental Protection Agency showed that each pound of garbage burned in a burn barrel emits twice as much furans, 20 times more dioxin and 40 times more particulates than if that same pound of garbage were burned in an incinerator with air pollution controls.

Both burn barrels and open burns have now been sourced by the Environmental Protection Agency as a major source of dioxin. Dioxin is a persistent, bioaccumulative toxin that cannot be broken down into safer chemicals, and is concentrated in the food chain. As dioxin in burn barrel smoke drifts away to eventually settle on nearby fields, it can be eaten by cows where it is concentrated in their fat. Some is then excreted with the milk while the rest remains in the animal's fat. When humans consume dairy products and meat they end up with the long-lived dioxin in their own bodies. Current dioxin levels in Americans, due to consumption of dairy and meat, are high enough to add a significant cancer risk, as well as other serious health risks.

Pollutants burned on the surface can potentially contaminate a water source used by humans and wildlife. Contaminants burned on earth's surface are eventually washed away by seasonal rains which may runoff into streams, oceans, or be discharged into the groundwater. Wells access groundwater supply and provide humans a source of usable drinking water. If this source is polluted by chemicals such as those emitted from burns, the water supply is contaminated and may be harmful to one's health if ingested. Pollutants carried to nearby streams or oceans can be ingested

by fish where they bioaccumulate until ingested by a species higher up on the food chain (i.e. humans).

Harmful health effects may occur from short to long-term exposure to burn pollutants. Short-term exposure can aggravate asthma and affect other respiratory conditions. Long-term exposure can lead to an increased risk of cancer, heart disease, and respiratory, reproductive and developmental problems. Protect yourself, your family, your neighbors, and the environment by avoiding exposure to the harmful chemicals associated with burns.

Here is a short list for some useful burning alternatives:

- **Reduce** usage--buy in bulk or larger quantities and demand less packaging on the products you buy.
- **Reuse** items--find someone else who can use it, have a yard sale, or donate it to a resale organization.
- **Recycle** newspaper, office paper, cardboard, corrugated cardboard, magazines, aluminum, metal and acceptable plastics.
- **Compost** leaves, plant clippings, raw vegetables, bread, egg shells and coffee grounds down at the community compost area.
- **Chip** brush and clean wood to make mulch or decorative



## ...Environment Around Us

(continued from pg. 8)

chips, use it as heating fuel in wood stoves or boilers, or add the brush to the community "to-be-chipped pile."

- **Dispose** of allowable waste materials at a licensed landfill.

Have any questions? Please contact the Environmental Department with any questions or concerns or stop by to pick up some useful information.



### Helpful Gardening Guide

February is approaching and it is perfect time to sow seeds for onions, shallots, leeks, and green onions. Since transplanting is the recommended planting technique for these crops, sow these 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. For leeks and green onions, if you want a continuous or extended harvest of these crops, sow seeds in succession (every 1-3 weeks). For more gardening tips and information, contact Tim in the Environmental Department.



### Did you know...

#### Some common gifts received during the holidays are actually considered household hazardous waste?

For those of us who have ever opened up a greeting card or received a pair of underwear playing a favorite holiday tune like "Jingle Bells," may not be aware that the source powering the song is actually mercury. This is also true for all those "blinking" shoes and bouncy "blinking" balls that our youth sport. Mercury and lead are very dangerous chemicals and are toxic to human health. Remember to dispose of household hazardous waste (HHW) correctly by dropping off any item to the hazardous waste facility in Eureka. For more information regarding household hazardous waste or to pick up a copy of a recycling guide, call or visit the Environmental Department.

#### Getting rid of household germs can help you avoid colds, and more

The word is out about hand washing. If you do it right and often, you can get rid of bacteria that could make you sick. But attacking germs where you pick them up makes it less likely you'll get them on your hands in the first place.

**In the kitchen:** Sink handles, sinks, and counters are the biggest offenders. Clean sinks, sink drains and counters with antibacterial soap at least once a day. Wash your sponge in the dishwasher to kill germs.

**Fresh vegetables and fruits:** They may carry salmonella, campylobacter or E. coli, say microbiologists at New York University.. Rinse them thoroughly.

**In the laundry:** Add bleach to a load of white clothes that includes underwear. It kills virtually all of germs on underwear so they don't spread. Move the immediately to the dryer and dry at a high tempera-



the load ture.

**In the bathroom:** Use a disinfecting cleaner on the bathtub weekly. If someone with a skin infection uses the tub, wash it with bleach right away so you don't pick up the germs.

**Shared devices:** Use antibacterial cleaner frequently on telephone, TV remotes, door handles, and shared keyboards, especially if someone in the household has an illness



## The Community ...

### Spaghetti Dinner and Auction

**Trevor Stewart** was involved in the tragic accident in October and his family and he need our help. Please plan on attending the spaghetti dinner and auction on Thursday February 7th, 2008 at the River Lodge-Fortuna. Cost is \$10.00 per person.

If you have anything you wish to donate for the auction or want to purchase tickets please contact: the Fortuna Chamber at 707-725-3959 or call Sally Conley, the coordinator and President of the Chamber 707-725-7940.

### Sierra Service Project 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.

### Street Outreach

The Street Outreach Services (SOS) RV will be coming to Table Bluff Reservation **every other Wednesday around mid-day** to serve people who are homeless or at risk of homelessness and to provide outreach to people who are unable to connect with services on their own.

The RV is equipped with a telephone, fax, showers, love and respect. **The following are the SOS Dates for February are 6 and 20. The SOS mission:** Treat everyone with dignity and respect, treatment and goals are consumer driven, practice the harm reduction model, provide culturally sensitive services, focus on strengths, per-



## ...News and Notes from Social Services

### Free Tax Preparation for Low Income Taxpayers!

This tax season, California Indian Legal Services is again partnering with the Legal aid society of Orange cCunty 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 to e-file and vice 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 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

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.

**1099-Misc. for all Adult Tribal Members will be mailed out no later than January 31, 2008. If you are a member of a federally recognized tribe and have received income from tribal per capita distributions or from Indian gaming proceeds, here is some important information. Reported on a 1099-MISC income statement, this income should be included on Line 21 of Form 1040, with a description. The correct description will allow the return to process as quickly as possible! For paper or e-file returns, please enter one of the following descriptions on Line 21:**

**INDIAN GAMING PROCEEDS  
INDIAN TRIBAL DISTRIB  
NATIVE AMERICAN DISTRIB**  
**You may obtain more information by calling 800-829-1040 or visit [www.irs.gov/tribes](http://www.irs.gov/tribes).**

*Internal Revenue Service*

### Wiyot Parent Committee

The Wiyot Parent Committee will meet on February 11, 2007 at 1:30 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 li-

brary  
1:30  
Time.  
activi-



Tuesdays at  
for Toddler  
Toddler time  
ties have

been constructed to increase letter and number recognition, and enhance reading appreciation as well as prepare toddlers for entry into preschool. During the month of February Toddler Time will be held on February 5<sup>th</sup> and 26<sup>th</sup>. If you have any questions about Toddler Time, please contact Michelle or Jason at (707) 733-5055.



## News and Notes from Social Services...

### 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 (707) 826-3380.



### Power Hour and Snacks

Education experts from the University of California Los Angeles say that parents can help a child increase their grades by supporting their homework. According to Amy Fann post doctoral fellow at UCLA there are 3 essentials to homework success; homework should be scheduled at a regular time and place, ask students to explain their homework, and have students study with friends. Table Bluff Reservation has a daily homework hour that can help parents meet these recommendations. The homework hour runs from 4 pm to 5 pm Monday through Friday. Due to the bus schedule high school students are invited to an extended hour on Wednesdays from 5 to 6 pm. Students are asked to bring their homework and be prepared to stay and work quietly with friends and also receive assistance as needed by the Tribe's JOM tutor Jason Pilla. An afterschool snack is also available from 3 pm to 4 pm and is open to any child aged 0-18. By simply completing homework studies have shown that students will get better grades, have a better understanding of the class content, give the teacher a good impression, and will be more likely to receive extra help when needed. The homework hour also has a behavioral reward program designed to give children incentives to sit quietly and complete their homework.

For additional information about homework hour call Jason at (707) 733-5055

### Together-Time Activities for parents and children-In the kitchen

Children are learning all the time, especially when they are playing. Learning for children is fun. Learning and playing with your children can be fun for you, also. Children are curious and eager to talk and play with you. Over the course of the next few months the Wiyot newsletter will publish a series of articles to help busy parents incorporate together time activities into their every day routines. Ideas for this series of articles stem from research from the U.S. Department of Health and Human Services, Administration for Children, Youth and Families Head Start Bureau.

In the kitchen, you and your children can do many things together: put away groceries, prepare meals and snacks, set the table. Every family member can have a job to do! Your children will feel good about their successes as they use their large and small muscles and look for shapes and colors. Be sure the kitchen is a safe place. Keep sharp objects out of reach, keep handles turned in on the stove, and remind your children about family rules in the kitchen.





## ...News and Notes from Social Services

(continued from pg . 12)

Help your children become aware of differences in foods. Talk with your children about the size taste texture, and color of foods. Help them to recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods. Ask them to talk about changes in foods as you cook them ("How did it look when it was raw?...when we started to cook it?...how does it look now?"). Help your children to compare the before and after. Talk with your children about any foods that have special meaning in your family.

Look for shapes or colors around the kitchen in and on the cabinets, refrigerator and stove. Ask your children to find circles, triangles, or squares. Play the, "I see something you don't see and the color (or the shape) is \_\_\_\_." Your children can name the items or foods that are in the kitchen and that fit the description until they get to the item you have in mind.

Set the table with your children. Ask your children to make sure there is one plate, one glass, and so on, for each person. Talk about how to handle the dishes and silverware, so they stay clean and unbroken.

Involve your children in meal preparation. All family members preparing food need to wash their hands before handling food. Use cups to measure with, tablespoons, and teaspoons. Ask you children to guess how many tablespoons make a

cup of water. Then, help them check it out! Let you children pour water with spoons, cups and pitchers. Involve your children in making part of a meal or a snack. Talk about opposites big and small, hard and soft.

After shopping, sort and name foods purchased at the grocery store. Let your children name each food, or as you take something out of the bag ask them to tell you something about each item. As you sort the groceries, ask you children to put together all the foods that are the same: fresh vegetables in one place, boxes in another place. Talk with your children about the sizes of cans as you put them away—tall and short, wide and narrow.

Ask the children to name kitchen appliances and their uses. Ask your children what the toaster is for, what the oven does. Give safety tips for the use of each appliance, and talk about who can turn them on and off. Ask about other ways to toast bread, heat the leftovers. The answers might be very creative!



Let your children help clean up the kitchen. Ask them to sort eating and cooking utensils by type or use. Let them wipe the table after meals. Encourage them to wipe the table from left to right and collect all the crumbs in one corner.

### Financial Aid for College Students

**See insert** for important information about **Getting Ready** to apply for a grant, **Applying** for the grant and **Tracking it** by checking the status.





# Happy Birthday



Sonja Anderson  
Mathilde Atwell  
Michael Benitez  
Summer Cook  
Franklin Evenson  
Linda Johnson  
Kreig Keisner  
Jonathan Miller  
Brent A. Rossig Robblee  
Denise Steen  
Vernon Tompkins  
Zyris Zacha

Lucius Angell  
Michael Atwell  
Dennis Black  
Vernon Crummett  
Arlene Fry  
Eve Kathman  
Denise Krauel  
Randy Nicholson  
Elmer Rossig  
Joycelyn Teague  
April Veazie

Julieanna Atwell  
Jerome Bartow  
Dylan Brown  
Tyler Duncan  
Carol Goodson  
Craig Keisner  
Britt Richard Madison  
Serena Nicholson  
Addison Shelledy  
David Tompkins  
Johnny Woodhurst

## 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**



## Congradulations

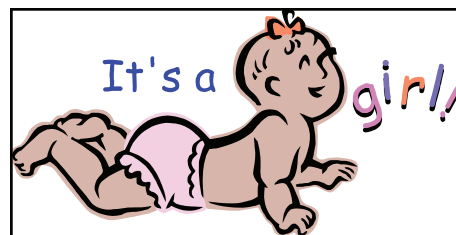
**It's a baby girl!!!**

**"Lola" Elodia Alzada Boyce**  
**Born January January 12, 2008**

**to**

**Kirsten A. Heinemann and Jared Boyce**

**1:19 am**  
**Length 20 1/2"**  
**Weight 6 lbs. 14 oz.**





# February 2008

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

Prize Day

**2**

Ground Hog Day

**3****4**Toddler Time  
1:30**5****6**

SOS RV

**7****8****9****10**Business  
Council Meeting  
Parent Committee 1:30pm**11****12**Lincolns Birthday  
Office Closed**13****14**

Valentines Day

**15**Teen Night  
7-10pm**16****17****18**No School  
All week  
Boys and Girls  
Club 11-3pm**19**Field Trip  
Boys and Girls  
Club 11-3pm**20**Boys and Girls  
Club 11-3pm  
SOS RV**21**Boys and Girls  
Club 11-3pm**22**Washington's  
Birthday  
Office Closed**23****24**Business  
Council Meeting**25****26**Toddler Time  
1:30**27****28****29**Teen Night 7-  
10pm

# 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