

Wiyot News

Volume I, 08

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Edited by Linda C. Woodin

Wiyot Tribe

1000 Wiyot Drive, Loleta CA 95551

(707) 733-5055

www.wiyot.us

Wiyot@wiyot.us

Happy New Year 2008

As the world turns, customs take new directions as well. Traditions such as the way we celebrate New Year's Eve are no exception. In many cases today, the fancy party with champagne has morphed into a family celebration of the arts: Some celebrations are huge.

In Escondido near San Diego, musical entertainment and dancing are slated for five stages along with street performers, early fireworks for the children, and a midnight extravaganza of color for the adults. We hope the recent wildfires will not change their plans.

For blazing bonfires and more that 100 performers at 40 downtown locations on New Year's Eve, revelers will enjoy First Night in Spokane, Washington. Enjoy the largest of the First Night celebrations with the Bostonians where the concept started in 1976. Today they draw more than a million visitors. First Night is a New Year's community celebration with many events that are free to the public and allow families to welcome the New year in an alcohol-free environment. Many cities start their celebrations in the afternoon and end them with a gigantic fireworks display at midnight.

The name First Night is meant to symbolize moving forward. The Concept has grown since that beginning in Boston. Many cities in the U. S. and other countries host the celebration.

Special General Council Meeting

The purpose of **Special General Council Meeting** is to have a **discussion** and **VOTE** on the Constitutional amendment to clarify the order of elections

WHEN: January 5, 2008

10:00 A.M.

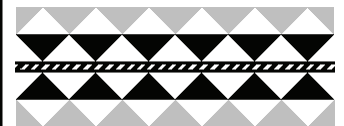
WHERE: Community Center

(please check your mail, or see any Council Member or staff member for more information)



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Mark your Calendar

****Jan 5th 10 am
Special General
Council Meeting**



Cultural From the Ground Up...

Language is Life

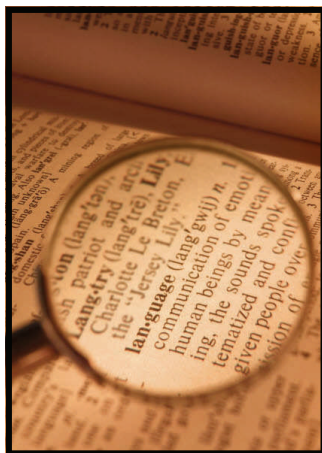
You are invited to join other California Indians trying to learn or re-learn, teach, document, research or otherwise invigorate their native languages.

Members of language programs are urged to come and talk about your projects, share your successes and problems and gather with other natives peoples who believe that language renewal is the cornerstone to cultural survival.

CONFERENCE FOR CALIFORNIA INDIAN LANGUAGES

April 4-6 2008

**At the
Marin Headlands
Institute,
Sausalito , California**



Gov. Schwarzenegger Appoints Five Members to Native American Heritage Commission

Gov. Arnold Schwarzenegger today November 14, 2007, announced the appointments of Leslie Lohse, Marshall McKay, Laura Miranda, James Ramos and Julie Tumamait-Stenslie as member of the Native American Heritage Commission. Additionally, the Governor proclaimed November 2007 as Native American Heritage Month to honor the significant contributions and centuries-old traditions of the Native American heritage and culture.

"Native American play incredibly important roles in our state's culture and success. Their customs and languages are invaluable parts of our state's history, which is why I am honored to observe Native American Heritage Month," said Gov. Schwarzenegger. "I am confident the individuals appointed today will continue to preserve this wonderful heritage for generation to come."

Lohse, 52, of Glenn, has served as tribal council treasurer and assistant administrator for the Paskenta Band of Nomlaki Indians since 1998. She previously served as a receptionist for Cutting Edge from 1997 to 1998 and bookkeeper for the Chico Christian School from 1992 to 1997.

Lohse currently serves as chair of the Bureau of Indian Affairs Central California Agency Policy Committee and is a member of the Bay Delta Public Advisory Committee. She is also a Business Alliance as well as a former vice president for the National Congress of American Indians. Lohse is a Republican. McKay, 55, of Brooks, has

Served in numerous capacities for the Rumsey Indian Rancheria since 1985 and currently holds the position of tribal chair. He is a member of the board of trustees for the Autry National Center and the University of California, Davis. He also currently serves as chair of the Rumsey Rancheria Fire Commission. McKay is a Democrat. Miranda, 38, of Temecula, has served as deputy general counsel for the Pechanga Tribal Government since 2005. She previously served as partner in the law firm, Miranda, Tomaras & Ogas, from 2003 to 2006. From 1998 to 2003 she was directing attorney for California Indian Legal Services. Prior to that, Miranda was the human relations coordinator for the city of San Bernardino from 1993 to 1995. Miranda is a board member of the Riverside County Tribal Traditional Resources Advisory Committee. Miranda is a Democrat. Ramos, 40, of the Highland, has served as the cultural awareness program coordinator for the San Manuel Band of Mission Indians since 1996. Previously, he served as chair of the San Manuel Gaming Commission from 1994 to 1996. Ramos was also business committee member from 1996 to 1998 and treasurer from 2004 to 2006 for the San Manuel Band of Mission Indians. He is a member of the San Bernardino Community College District Board of Trustees. Ramos is registered



...Cultural From the Ground Up

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decline-to-state. Tumamait-Stenslie, 50, of Ojai, has served as a consultant for Chumash Cultural Services since 1985. Additionally, she has served as a sales representative for the Ventura County Museum of History & Art since 1987. Tumanait-Stenslie previously was a sales manager for Gem Quest Jewelers from 1992 to 1998. She is the tribal chair of the Barbareno/Ventureno Band of Mission Indians and serves on the Ojai Valley Museum Board of Trustees as well as the Oakbrook Chumash Interpretive Center Board. Tumamait-Stenslie is a Democrat. These positions require Senate confirmation and there is no salary.

The Native American Heritage Commission assists the public, the development community, local and federal agencies, educational institutions and California Native Americans to better understand problems relating to the protection and preservation of cultural resources. The mission of the commission is to provide protection to Native American burial sites from vandalism and inadvertent destruction; provide a procedure for the notification of most likely descendants regarding the discovery of Native American human remains and associated grave goods; bring legal action to prevent severe and irreparable damage to sacred shrines, ceremonial sites, sanctified cemeteries and place of worship on public property; and maintain an inventory of sacred places.

New News

Heritage Center will be undergoing a transformation as we install the new equipment purchased with a grant from the Institute of Museum and Library Services. The Center now has the equipment to produce its own labels (and to contract out its services to other local museums), and will add new secure storage furniture and display cases.

The next exhibition will focus on Wiyot youth – “Growing up Wiyot: Then and Now.” The display will feature contemporary art and literature from Wiyot kids, and accounts of growing up from Wiyot elders. If you are interested in helping to plan this exhibit, please contact me at the tribal offices or at cultural@wiyot.us.

Later this year, the Center will also be offering training in care and handling of baskets. If you are interested in participating, please let me know. This workshop will be given by Georgia Fox from CSU Chico, and funded by the IMLS grant.

Tis the season – to curl up by the fire with hot chocolate and a good book. The **Wiyot Tribal Library** has a large selection of a variety of books and videos. Recent acquisitions include:

- Indian Legends of the Pacific

Northwest

- Surviving Through the Days: Translations of Native California Stories and Songs
- Spirit Wars: Native North American Religions in the Age of Nation Building
- Keeping Slug Woman Alive: A Holistic Approach to American Indian Texts
- The First Americans: The Pleistocene Colonization of the New World
- Women without Class: Girls, Race, and Identity

Other books are on order. Check with Marilyn for new titles.

Environmental and cultural departments are teaming to offer **Tours at Tuluwat**. All that is required is calling the front office (733-5055) with your contact information and being prepared for a short hike along the salt marsh (rubber boots required).

Recovering Sulótalak – the **Wiyot language program** has recruited consultant Bill Weigel from University of California Berkeley. He will begin this month in several tasks such as the writing system, dictionary, and training student/teachers. Council member Gail Green has volunteered as the interim language coordinator. Gail and I will also be working on short term funding for these initial tasks.

Cultural from the Ground up...

Wiyot Shaman, Wiyot Doctor From the Ground Up

By Helene Rouvier

I recently had the honor to view Wiyot shaman's regalia in museum collections. This led to extended research preparing repatriation claims of these items, a process complicated by limited tribal and museum records. History depends on what is remembered or recorded – with the near destruction of Wiyot people and culture, many pieces of native history are hidden or lost.

The few remaining clues were found in the accounts of ethnographers and linguists who recognized the increasing threat to native knowledge and lifeways. This documentary evidence forms the core of the Wiyot repatriation claim; all these materials are in the public domain and readily available on the web and in local libraries.

In his early “Notes on California Folk-Lore,” anthropologist A.L. Kroeber describes the Wiyot shaman:

Both men and women were shamans, but the best were women. Men had female supernatural helpers, women male supernatural helpers. These spirits were called *wishidiekwa*. The prospective shaman sat by a spruce-tree on a mountain at night. When she went back, she might be followed by here supernatural helper, who gave her her song. If she failed to be met by a spirit, she might go again some other night. Some shamans received their power easily. As the shaman sat on the mountain by the large fire which she had made, she would go to sleep, dream, and receive her song [Kroeber 1908:37].

In a later account, Kroeber and Elsasser note that “Shamans were chiefly women, and acquired their powers on mountain tops at night. Some people, too, were pitied by powerful lake spirits, and became physically strong and brave.” ((Kroeber 1925:117-118). Shaman's regalia became instrumental in doctoring:

In doctoring, the shaman wears a headdress of two strings of feathers. This is tied around the forehead over the eyes, and the feathers fall on each side of the face, nearly to the waist. Shamans have long condor wing-feathers which they swallow until they disappear. They do this to make the disease go out from the patient more readily. The disease, objects or “pains,” *silak*, are like worms, and animate. They are “like obsidian,” that is transparent or glassy, but soft like saliva, and of various colors. Sometimes they are quite small, sometimes as long as a joint of the thumb. The shaman dances beside this patient, leaning on a stick and holding his long wing-feather. He uses no rattle or whistle but sings. The dancing enables him to locate the seat of the disease. To a good shaman the patient's whole body is transparent. After dancing, the shaman, or another, a sucking shaman, sucks the patient and extracts the “pain,” which he shows. Then he closes his hand and sings. After singing, he blows on his hand and opens it. It is empty. He has made the “pain” disappear by telling it to go away [Kroeber 1908:37].

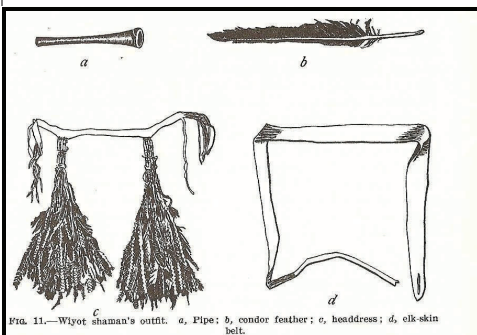
Shamans in practicing wore a headband from which hung two long strings of feathers (Fig. 11, c), and shoved condor feathers into their stomachs. There were those who only diagnosed while dancing and singing and others who also sucked out disease objects and blood. The disease “pains” were minute, wormlike, self-moving, soft, and transparent. They were sometimes sucked through the tobacco pipe (Fig. 11, a), which was a standard unit of the shaman's equipment. (Kroeber 1925:117-118)

Elsasser's later account resembles Nora Coonskin's version (Bear River Ethnography) in which “there

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were three distinct methods of curing. The first and most important was the shamanistic curative dance, given only for very grave sickness of unknown origin... In grave sickness of unknown origin, the patient was sung and danced over by the shaman and the pains extracted.” (Nomland 1938:116)



The Wiyot paralleled many California Indian groups in their theories relating to disease: they held beliefs in causes by intrusion of poison objects, by soul loss, or by certain breaches of taboo. Herb doctors gave medicine, recited curative formulas, but were known to be able only to weaken or check disease objects. Sucking doctors, expert at removing the poison objects, were both men and women. Fees were paid to doctors before the cure... Wiyot shamans were not financially liable for declining a (perhaps hopeless) curing case; this is unusual for Northwestern California but is in a way in keeping with the Wiyots' apparently reduced emphasis on property and wealth when compared with Klamath River groups [Elsasser 1978:159-160].

For nine months during the years 1956 to 1959, linguist Karl Teeter worked with Della Prince, last fluent speaker of Wiyot (by the 1910 census only 58 full blooded Wiyot remained, 11 under the age of 20, and likely few with language fluency). Contained in Mrs. Prince's texts is an account of the "Doctor Dress":

The doctor wears a different kind of headdress also. When they are going to have a dance, that's when he wears it too. A doctor's headdress is brought when he goes to doctor Indians. He's going to start to sing. He starts to wear it on his head. His cane (too). His belt (too). He brings along those three things. His cane. Swallowing feather. Doctor's pipe. Those are all the things one uses. Once starts in doctoring. That's when he puts on the doctor's headdress. On it he also hangs all kinds of things. One makes it fancy with those. I don't know what kind of feathers (is used). But I have seen doctors wearing them. They put on buckskin, on the forehead side. Then they tie it on the back of the head side. Enough, enough; that's the end [Teeter 1964:229].



Lowie Mus., U. of Calif., Berkeley: 1-9416.

Fig. 4. Shaman's feather head ornament, worn in front of shoulders, hung from forehead. Hide strips wound or plaited over with bear grass (*Xerophyllum tenax*). Feathers are mainly from turkey, Guinea fowl, red-shafted flicker, and blue jay; attached are glass trade beads, *Glycymeris* shells, abalone ornaments, modern buttons, and brass cartridge-shell cases. Length of feathers about 43.4 cm. Collected 1906 (see also Kroeber 1925:117-118).

Fig. 5. Type of plaiting of bear grass (*Xerophyllum tenax*) used for pendants as in fig. 4. It is woven about a sinew or hide strip that may be looped at end to attach abalone or other pendant. With minor variations in the plaiting, such strips are common decorations on skirts and other kinds of costume in the entire lower Klamath River region. Length shown 12.0 cm.

As noted by Mrs. Prince, the shaman also participates in dance ceremony (arguably also a site for healing). Again, there is scant documentation of Wiyot ceremonies. One of the few descriptions was also found in Kroeber's "Notes on California Folk-Lore" –

A dance replacing among the Wiyot the jumping-dance of the Yurok and Hupa was held indoors, and lasted about five days. It was held at a place called *Hieratgak*, at the present shipyards on Humboldt Bay; but it is not known whether, like the jumping-dance, it could be held only at this or certain other particular spots. At this dance obsidian blades were used, but were hung by strings on the breast instead of being held in the hand, as in the deerskin-dance of the Hupa and Yurok. It is said that a woman shaman stood in the middle of the dancers [Kroeber 1908:38].



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The complete "provenance" (or chain of ownership) of these items is incomplete at best. Several items identified as a "shaman's outfit" were a gift of C.E. Rumsey to A.L. Kroeber in 1906. Further "digging" into the museum's records showed that they were "obtained from Julia Gates at the Wiyot Rancheria near Salmon Creek, Humboldt County." One reference to the donor was found in C.E. Kelsey's "Census of Non-reservation California Indians, 1905-06," in which "Jack Gates and wife" were listed under "Indianola" which is now the Salmon Creek/Hookton area. Kroeber also mentions "the doctor's outfit I picked up a few years ago" (Kroeber's correspondence to L.L. Loud in 1913).

The rest of the story is obscure. Were these items freely given or sold, what was the motivation? Perhaps more importantly, were these items owned by the individual or by the community? These are a few of the issues that must be addressed in repatriation claims. In successful claims, issues of contamination, deterioration, secure storage, and access will need to be resolved as well.

Reporting Tribal Distributions

Information from the Internal Revenue Service

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 MISC-1099 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 of your income tax return form: INDIAN GAMING PROCEEDS, INDIAN TRIBAL DISTRIB, or NATIVE AMERICAN DISTRIB.



Your may obtain additional information by calling 800-8291040 or from the Indian Tribal Governments' Web site at : www.irs.gov/tribes

Tribal Adults should look for the MISC-1099's to arrive by mail in February from the Tribal Office. Included with the form will be instructions from the IRS on how and on what line to report RSTF income.

Only Tribal Adults will receive and need to report the RSTF income for 2007. The minors did not receive over \$600.00 in RSTF income for 2007 and so will not have to report any of the childrens income.



...The Environment Around Us

SKUNKS-The Good,The Bad, and The Smelly

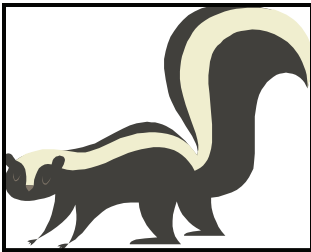
Submitted by Tim Nelson

Skunks are primarily nocturnal creatures found in every neighborhood in Humboldt County. Skunks have little to no fear of humans since they are often born right in our own backyards. While their diet primarily consists of rodents (i.e. mice, rats) and insects, it may also include carrion (i.e. meat), eggs and garbage.

The Good

Skunks are often viewed as a pest or nuisance by many domestic pet owners who have to put up with the vile smell their dog or cat recently acquired. Truth of the matter is that skunks play a vital role in our ecosystem in some very important ways. Skunks not only help to control rodent/harmful insect populations, but their diet also includes black widows and scorpions as well. Lastly, while

most carnivores to their play role in the ecosystem by being scavengers and thus, nutrient recyclers. Many unfortunate animals involved in unknown or vehicular accidents provide food and energy for skunks since their diet consists of carrion. Like vultures, skunks take in energy that would otherwise be wasted and improve the ecosystem as a whole.



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The Bad

Most often than not, people will view skunks as a pest rather than an environmentally important figure. But, if we all follow certain guidelines and practical knowledge to decrease this negative view, we may enjoy living with our urban wildlife. Like most organisms (ourselves included), skunks are primarily looking for food, water, and shelter. A nice cozy wood pile or under a house near a field full of rodents and insects doesn't seem like a great place for humans but for a skunk it is like a four-star hotel! To make sure that a local skunk does not try to check-in, here is a list of things you can do to limit residency.

- Secure trash containers with tight-fitting lids and hold the lid in place with a thick rubber strap – i.e. a bungee strap.
- Remove attractants from the vicinity of your house – i.e. garbage, dog or cat food left out at night, open compost piles, a pond, decaying fruit fallen from trees.
- Elevated sheds, openings under concrete slabs and porches, and access to crawl spaces under houses are all attractive to skunks and other wildlife because they make ideal denning sites.

- Make sure that all air vents and openings to crawl spaces and other potentially accessible areas are secured. Skunks are rodent predators that often follow mice and rats into these areas. Close openings around decks, stairs, sheds and hot tubs.
- Keep woodpiles elevated off the ground and pick up any debris that could potentially house a skunk den. Fencing is a highly effective means of keeping skunks out of your yard. By attaching an extension of chicken wire along the base of your fence and buried beneath the ground's surface, you will prevent skunks from gaining access by digging under the fence.
- Keep your domestic pets inside at night. Domestic animals left in the yard where a skunk might live or forage could be sprayed anytime from dusk to dawn.
- The only natural predator a skunk has is the Great-horned owl. Place a plastic or blow-up owl statue strategically around your yard to efficiently deter a skunk from setting up a residence.



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- When a mother skunk and her young are present, leave them alone for the few weeks that the young are helpless. Monitor the skunks' activities to determine when they have left for good, and then secure all entrances to the nest site to prevent re-entry. Trapping skunks is rarely necessary and should never be done while they are nesting.

Important! If you have a mother with babies, be sure to give her extra time to relocate her entire family before you seal the entrance to their den. Babies will starve and possibly discharge their spray before dying if trapped in the den. (Consider using a mild deterrent such as a radio to accelerate the skunks' departure from the den.)

The Smelly

Skunks are most known for their incredible ability to fend off potential predators with a potent smell originating from special, muscle controlled glands. Skunks will let a predator know when they feel threatened by making mini charges and audibly stomping their forepaws on the ground. Skunks will not spray unless their previous actions go unwarranted but a persistent attacker can be struck from as far as 25 feet away! A skunk's spray is considered a *thiol* (sulfur containing compound) and can be nauseating as well as transferable. If you or an animal are sprayed, take care to avoid furniture, any other articles of clothing not sprayed, etc. as you or your pet can potentially ruin your belongings.

There is no immediate remedy to getting rid of the smell as it will dissipate over time but here are a few suggestions to follow immediately following being sprayed:

FOR HUMANS AND PETS

Note: It is advised to do this outside to avoid contamination of your house by the skunk smell

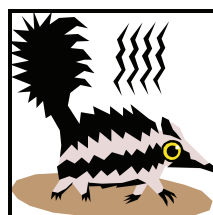
- 1 quart of 3% hydrogen peroxide

- 1/4 cup baking soda

1 teaspoon dish-washing detergent
After mixing the ingredients, immediately wash the areas that have been sprayed, taking care to avoid the eyes, ears, and mouth. Wait 5 minutes then simply rinse with water. Repeat if necessary.

CAUTION: Do not store in a closed container as this solution releases oxygen and may explode.

Tomato juice is another option but many believe that it does not work or actually worsens the smell.



FOR CLOTHES:

Use a half cup of vinegar or baking soda for each gallon of water. Let soak for several hours before washing as you normally would.

For more information on skunks and how to reduce your negative exposures, please visit or call the Environmental Department.

Oil Spills in Humboldt and San Francisco Bay, a lesson to be learned

Submitted by Tim Nelson

Close to ten years to the day from the disastrous Kure oil spill on Humboldt Bay, San Francisco Bay, along with miles of coastline, has been polluted with over 58,000 gallons of oil. In early November, the cargo ship Cosco Buscan struck the Bay Bridge, damaging the integrity of the ship's hull, resulting in a massive oil spill.

Crews from different environmental agencies efficiently enacted mitigation efforts for the clean-up but resulting consequences of the spill were already devastating. Very strong oil fumes from the waters surrounding the East Bay, large number of tar balls (floating oil globs) and tar patties littering the coastline and beaches, and large numbers of dead or dying birds are some of the problems that emergency teams are en-

...Environment Around Us

countering. Humboldt State University's Wildlife Care Center quickly responded to the spill by sending supplies such as protective clothing, syringes, dryers, and other materials to Bay Area wildlife centers. To date, more than 600 LIVE birds have been rescued due to oil contamination which can include, but is not limited to, over-exhaustion from inability to fly, hypothermia from loss of body heat, ingestion or absorption through liver/lungs of toxic level of oil, blindness, and drowning due to loss of buoyancy. Of course, many other organisms such as sea otters, killer whales, micro invertebrates, etc. are extremely affected by oil spills but birds, due to their abundance and rate of occurrence, show the most immediate effects.

In the light of all this environmental damage, there is a lesson to be learned. Though it may seem straightforward and simple, a cleanup plan for Humboldt Bay has been in the works since the Kure oil spill in 1997. But now, there is more interagency communication and cooperation and drills are regularly being performed. Private companies have been contracted out to bring boats into the bay that specialize in cleanups. Also, an oil spill co-op is set up between the Humboldt Bay Harbor, Recreation and Conservation District, the city of Eureka, Renner Petroleum and Englund Marine to respond to spills. Help protect your local waterways and wildlife by disposing of your hazardous waste in a safe and responsible manner. For more information on hazardous material such as petroleum

products, please call or visit the Environmental Department.

Living with Wildlife and the possible threats to human and domestic pet health

Many are aware of the persistent danger of contracting the rabies virus. Wildlife such as skunks, coyotes, foxes, raccoons, etc., can be vectors for this disease and are capable of passing on this deadly virus to both humans and their domestic pets. The following paragraphs from Humboldt County's Department of Human and Health Services website describe the rabies virus and steps one should take if you or your pets are exposed.

1. Avoid contact with wild animals.
2. Vaccinate dogs, cats and select livestock against rabies. Keep vaccinations current.
3. Obtain medical care promptly if bitten by a wild animal.
4. Report bites from domestic animals to county or city animal control and bites from wild animals to Environmental Health.

Rabies is fatal. Vaccination of pets is a primary prevention measure, providing a barrier to keep the rabies virus from passing from the wild animal population to domestic animals and people. State law requires vaccination of all dogs and it is strongly recommended that cats be vaccinated. If a do-

mestic dog or cat with a current rabies vaccination status is exposed to a rabid animal, then the owner is directed to have the animal re-vaccinated (immunity needs to be high) and observe the animal's behavior for a 30 day period. A pet that is not current in its rabies vaccinations and encounters a rabid animal may have to be euthanized, or isolated in double enclosure quarantine for six months at the owner's expense.

Many of Humboldt County's veterinarians offer low cost shot clinics, and residents are strongly encouraged to take advantage of this service. These clinic dates are announced to the public every spring. Contact your veterinarian or the Humboldt-Del Norte Veterinary Medical Association at 822-2402 for additional information on upcoming clinics. Know your pet's vaccination dates and keep them currently vaccinated.

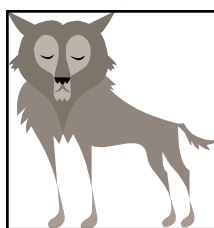
Other important safety measures include avoiding contact with wild and stray animals, reporting animal bites to your county or municipal animal control officer, instructing children to not touch a wild or stray animal and report it to an adult, washing animal bites immediately with soap and water and seeking medical



Environment Around Us...

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attention, bat proofing homes and outbuildings, and bringing pet foods indoors at night to keep skunks, raccoons, opossum, and fox from becoming uninvited visitors on your porch. Questions about rabies should be directed to the Department of Health



and Human Services, Division of Environmental Health. Contact the Vector Control Desk at (707) 268-2203, the

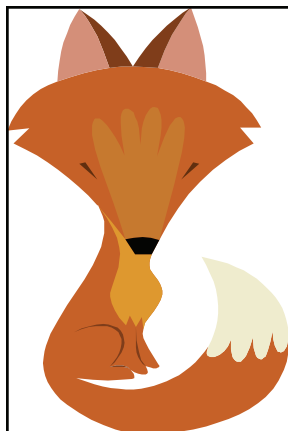
main desk at (707) 445-6215, or toll free at 1 (800) 963-9241. Call one of these numbers if you have a bite

from a skunk, or a bat have found a in your home. Help pro-



fox, or bat

tect your family and community by being aware of the presence of rabies and knowing how to reduce the risk of exposure.



Submitted by Tim Nelson

Notice of Stomach Flu Outbreak

The Health Department informed UIHS of a gastrointestinal illness outbreak. The outbreak has been determined to be caused by Norovirus.

Norovirus is extremely infectious. It is spread by fecal-oral route (poop contaminate hands that spread the virus to other surfaces and into your mouth.) Not washing hands after: using the restroom or changing diapers and not washing hands before eating or preparing foods spread the infection.

Characteristics of the illness include: onset within 24-36 hours after exposure, little or no fever, abdominal cramping, nausea, vomiting, diarrhea, chills, tired, and usually systems last up to 24-48 hours.

People that are ill with the stomach flu should stay home and not attend work, school or prepare food for others until 3 days after they recover. Even after you feel better you could still spread the illness, so continue using good hand washing.

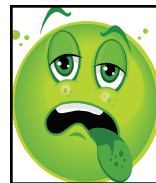
If you are caring for a family member with nausea, vomiting or diarrhea you should wash hands with soap and water rather than sanitizer. Waterless alcohol hand sanitizers are not as effective against this virus. Vomit may become aerosolized, so rooms where people have been actively vomiting should be very carefully wiped

down with beach solution.

There is no medication to treat this illness. It is recommended for people that are ill to drink lots of fluids to help prevent dehydration.

You can decrease your chance of coming in contact with noroviruses by following these preventive steps:

- Frequently wash your hands, especially after toilet visits and changing diapers and before eating or preparing food.
- Carefully wash fruits and vegetable, and steam oysters before eating them.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness (use hot water and soap).



Questions

call Public Health Nursing at 476-4981



...News and Notes from Social Services

Talking Them Out of Their Money...Financial Aid Tips

Free Application for Federal Student Aid

Students planning to attend college next fall must complete the Free Application for Federal Student Aid (FAFSA) and submit it for processing, following the instructions on the form. This application must be filed annually and students are encouraged to file the application as soon after January 1 of each year as possible. Students should apply as soon as possible after January 1, 2008 when applying for financial aid for the 2008-2009 school year and FAFSA's have to be in the mail or completed online by March 2nd to meet the priority deadline.

What does the FAFSA do for you? This is the federal government's instrument for calculating need-based aid. It is first application to be completed in order to apply for virtually all types of Federal financial aid for higher education. Schools use the FAFSA to determine student eligibility for Federal Student Aid, such as grants, loans and federal work-study, Federal Title VI student aid programs, including Pell Grants, Stafford Loans, and the campus-based programs (SEOG, Work-Study, and Perkins Loans), tuition waivers, and work study.

Application can be found at

www.fafsa.ed.gov or obtained at any campus Financial Aid Office. This form has to be completed each academic year by the student, in order to be eligible to receive financial aid. Information is requested about income and assets of both parents and students to determine eligibility for federal student aid. All students applying for financial aid must complete this form. The first F in FAFSA stands for FREE, you should never have to pay to complete a FAFSA. If you get to a website that requires that you pay or enter credit card information you are not on the official FAFSA website, check the address and try again.

News federal laws will go into effect beginning January first that may be an interest to new and continuing students. Under the new law, if you are currently serving on active duty in the U.S. Armed Forces for purposes other than training, you are considered to be an "independent" student and will not need to provide parental information on your Free Application for Federal Student Aid (FAFSA). If you (your spouse) or anyone in your household or you, your parents, or anyone in your parent's household, received benefits in 2006 from certain federal benefit programs and have an income of \$50,000 or less (your AGI in Q35 or your parent's AGI in Q79 if not filing a tax return) or (your earned

if not filing a tax return), you may qualify for an Expected Family Contribution (EFC) that does not count all of your income and assets. Federal law now suspends federal student aid eligibility, for any student who has been convicted for the possession or sale of illegal drugs if the offense occurred during a period of enrollment for which the student was receiving federal student aid (grants, loans, and/or work-study). If you have a previous drug conviction and are not sure about how to answer question 31, we encourage you to complete the new [2007-2008 Drug Conviction Worksheet](#). The law also created a new student aid grant program called the Academic Competitiveness Grant (ACG). Congress has provided funding and the grants are available for the 2007-2008 award year. First-year undergraduate students will be eligible to receive up to \$750. Second-year undergraduate students will be eligible to receive up to \$1,300.

How to Find Scholarships

There are 1.3 million private scholarships in the United States according to Fastweb, they give away \$9 billion a year in scholarship money every year! There are four ways to



News and Notes from Social Services...

(continued from pg 11)

find scholarships: (1) on the Internet, (2) using scholarship directories, (3) in your local community, and (4) from your intended college.

To locate scholarships on the internet I recommend using a free scholarship service. www.fastweb.com, www.petersons.com, www.srnexpress.com, www.gocollege.com, and www.finaid.org. Please note that each of these services is able to provide scholarship information to you for free through their use of advertising. My recommendation to interested students is to set up a separate free email address just for the purpose of finding scholarships. That way scholarship notices and junk mail does not interfere with your personal email account.

There are over 700 different scholarship directories published in the U.S. Most of them are highly specialized for international study, athletes, or musicians. Only a handful of them have the kind of comprehensive information students need. These are easy to spot....they are very thick. The best place these oversized source-books are your local high school and college libraries.

Your community is an excellent source for scholarships. You should find 25% or more of your scholarships in your local community. The Elks, Wal Mart, K

Mart, churches, your tribe, other local Indian organizations, your high school, your local college, local foundations office, and Chamber of Commerce.... Put the word on the street, everywhere you go let people know you are going to be attending college in the fall and you are looking for scholarships.

Last but not least go to the college or university you will be attending and tell them you are looking for scholarships. Most colleges have a free booklet or an onsite scholarship listing that is available for you to thumb through. The only way to find out is to ask.

The most important thing for American Indian students to remember is **DON'T LOOK ONLY FOR INDIAN SCHOLARSHIPS....LOOK FOR ALL SCHOLARSHIPS.** If you only look for Indian scholarships you are only looking at on-tenth of one percent (0.001) of the scholarship universe. Do not leave out the other 99.9 %, which is where almost all the money is.

Don't wait until it's too late!! Some of the most frustrating calls we receive happen over the summer and early fall. Students and parents call in July or August looking for scholarships to attend college in the fall. We have to tell students they are too late. The scholarship season is January through April. About 90% of

So take caution. Start your scholarship search early in your senior year. Now is a good time to start.

ACADEMICS

The Wiyot Tribe would like to congratulate the following students for Academic Excellence

Wiyot Honor Roll

Elizabeth Hernandez

Danielle Smalling



Certificates of Achievements for Academic Improvements

Matthew Hernandez

Heather Smalling

Tyler Miller

Jon Miller

Alan Miller

Kirstin Fowler

Catalina Lopez

Pilar James





...News and Notes from Social Services



Special School Recognition

Kirsten Fowler 100% club

Alan Miller for Math

Dakota James for perfect Attendance and Spoken Words

Pilar James for perfect attendance and two for reading

Santa Visits the Wiyot Tribe at the Community Center



Youth Programs

If you have children or grandchildren, please take a minute to review the new Youth calendar in this month's newsletter. This calendar will be published each month in the Wiyot newsletter and will highlight the various programs the tribe offers to children. If you have any questions about any of these activities please contact Michelle or Jason at the tribal office (707) 733-5055.

Children could whisper their wishes to Santa on the 15th of December at the Wiyot Tribe children's Christmas Party. It was held at the Community Center complete with special presents, treats and eats. Everyone had a good time.





Happy Birthday



A J Anderson
Erin Babcock
Tammie Bettis
Timothy D. Burrus
McKenzie Crawford
Timothy Deyarmie
Darrell Evenson Jr.
Katie Greenburg
Henry James
Deanne Meyers
Darrell Rasco
Mikenzie Roper
Elaine Tompkins
Asher Wilkinson
Vincent Woodhurst
Anthony Pedro

Grady Atkins
Kaylee Babcock
Jan L. Braaten
Charlene Cody
Shayla Crawford
Gwendolyn Espinoza
Stephanie Fowler
Kirsten Heinemann
Shane James
James Norman
Flemette Reyes
Kimberly Rossig
Harmon Tompkins
Thomas Wilkinson
Alexandra Wyland

Jennifer Atkins
Norma Bennett
Thurma Bray
Sharon Cooper
Gerald Detrick
Darrol Evenson
Gail Green
Justin Henry
Robert Johnson
Jeneene Osterman
Karen Rodrigues
Marie Seidner
Patty Wheeler
Jimmy Woodhurst
Jackie Zacha

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

New Law Bans Smoking in Cars with Kids

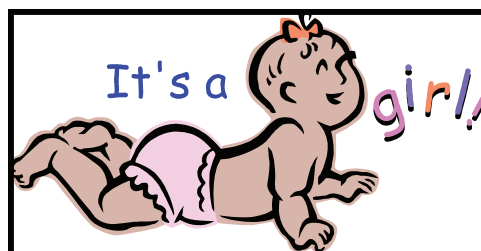
California motorists will risk fines of up to \$100.00 next year if they are caught smoking in cars with minors, making this state the third to protect children in vehicles from secondhand smoke. A Harvard School of Public Health report issued last year said secondhand smoke in cars can be up to 10 times more of a health risk than secondhand smoke in homes. From Senator Deborah Ortiz, "We all know that secondhand smoke is hazardous. Children are effectively smoking a pack and a half a day for every hour they are exposed to smoke in car."

The ban takes effect January 1, 2008.



It's A Girl

Congratulations to Alicia Brooks and TJ who just had a baby girl
December 12th, 2007.
Jayden Echo Purdum
Weighed 8 lbs. 2.1 oz.
20 inches long





January 2008

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

New Years Day
Office Closed

2**3**

Youth Field
Trip

4

Teen night
Karate
4-5 pm

5

Special General
Meeting 10 am

6**7****8**

Toddler Time
1:30

9**10****11**

Hip Hop Danc-
ing 5-6 pm
Teen Night
7-10 pm

12**13**

Business
Council Meeting

14**15**

Deadline for
nominations for
Council
Toddler Time
1:30

16**17****18**

Hip Hop Danc-
ing 5-6 pm
Teen night
7-10pm

19**20****21**

Martin Luther
King Jr. Day
Office Closed

22

Toddler Time
1:30

23**24****25**

Hip Hop Danc-
ing
5-6 pm

26**27****28**

Business
Council Meeting

29

Toddler Time
1:30

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

1000 Wiyot Dr.

Loleta, CA 95551

Phone: 707-733-5055

Fax: 707-733-5601

Email: wiyot@wiyot.us



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