



# Wiyot News

Wiyot News

July 2008

Edited by Linda C. Woodin

Wiyot Tribe

1000 Wiyot Drive, Loleta CA 95551

(707) 733-5055

[www.wiyot.us](http://www.wiyot.us)

## We'd like to hear from YOU

If you live away from Wiyot country, and would like to share something about yourself or where you live, we'd love to hear from you.

And, since it's a two way street, we'd welcome your questions, too. 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

## Why Independence Day is Celebrated on July 4th

Thought the Fourth of July is a beloved date for Americans, some people claim that it's not the real independence day.

The first motion in the Continental Congress for independence was made on June 8th. After lengthy debates, the Congress voted secretly for

independence on July 2, 1776.

The Congress reworked the Declaration of Independence until a little after 11 p.m., July 4, when the colonies voted for its adoption and released an unsigned copy to the printers. New York abstained.) Later, Philadelphia celebrated the Declaration of Independence with public readings and bonfires on July 8th.

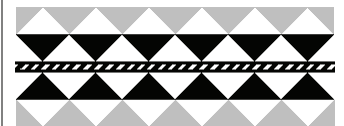
John Adams, the unofficial and tireless whip of the independence movement, wrote his wife Abigail on July 3rd. "The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations..."

The vote on July 2 was the decisive act, but July 4 is the date on the Declaration itself. Thomas Jefferson's stirring prose, as edited by the Congress, was adopted by the vote of July 4. It was the day Philadelphians heard the official news of their independence from England.



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## Mark your Calendar

- July 4th  
Tribal Office Closed
- July 14th Business Council
- July 19th  
Elders Dinner Blue Lake Casino
- July 28th  
Business Council



## Of Interest...

### Economic Stimulus

February 17, 2009

Still haven't applied for the economic stimulus payment? You have until October 15th to send a stimulus form to the Internal Revenue Service and get the \$300 or more payment. The IRS estimates that 20 million people who normally do not file tax returns are eligible for the payment. Of those, a little over half have submitted the necessary form.

Eligible are people who received at least \$3,000 in Social Security benefits, veterans benefits, certain railroad retirement benefits or earned income in 2007 (or any combination of these.) Reach out to those who may not be aware of the payment or who may need assistance in filling out the form. You can apply for the payment by filing a tax return. If you normally do not file taxes, you'll need to complete a simplified version of the 1040A form. [www.aarp.org/stimulushelp](http://www.aarp.org/stimulushelp) will help you go through 10 simple questions to aid you in completing the necessary form.

### Water Allotment for July August and September

The water allotment for July, August and September will be increased from 8,000 gals. per month to 11,000 gals. This has been done so that yards can be kept greener, and gardens and flowers can flourish.



A law passed by Congress in 2006 will dramatically impact the way 1,990,900 California residents view television starting in February 2009. Television will change dramatically on February 17, 2009, when all full-power television stations across the country complete the **FEDERALLY** mandated transition from analog to digital broadcasting. Consumers have much to gain from digital television, including more free channels, crystal-clear pictures and high quality sound. However, 1,990,900 California households that receive television through antennas risk losing reception unless they take easy steps to upgrade.

Those most disproportionately affected by the DTV transition will be older Americans, minority populations, the economically disadvantaged, people with disabilities and those living in rural areas.

The National Association of Broadcasters is taking the DTV transition very seriously, and television stations across the country are meeting the challenges of the transition head on.

The Federal Government is offering U.S. household up to two \$40.00 coupons to help with the cost of certified TV converter boxes. A converter box is a one-time purchase that will allow your analog TV to work after February 17, 2009 to continue receiving

television broadcasts. Certified TV converter boxes are expected to cost between \$40-\$70. Coupons are FREE, but supply is limited. Coupons will be mailed to you by the Federal Government.

Call 1-888-388-2009 or go to [www.DTV2009.gov](http://www.DTV2009.gov) to request your coupons. Or mail a letter to P O Box 2000, Portland, OR 97208: Fax number 1-877-388-4632; deaf or hard of hearing callers call thru TTY 877-530-2634.

With your coupons you'll receive: instructions for using a coupon, list of coupon eligible certified TV converter boxes, list of retailers where you can use the coupon to buy a certified TV converter box, frequently asked questions about using the coupon.

Coupons expire after 90 days and cannot be reissued so review your information packet as soon as you receive it.





## ...Cultural From the Ground Up

### From the Ground Up – News from the Cultural Department

By Helene Rouvier

Summer is teasing us at Table Bluff – the rare sun filled days are treasured by people and plants alike. Yet, the weeds seem not to care whether it's foggy, windy, or cold. Many thanks to Brandon Sauers for the fantastic job of cleaning up the overgrown garden area. This summer we will be installing slats in the fencing as a partial windbreak; the older kids will also be working with artist Lyn Risling to create a mural for the mid section of the fencing. Also, welcome back to Corinne Alton, who will resume her work on the permanent Heritage Center collection.

Several tribal citizens attended the recent Breath of Life workshop at University of California Berkeley. (BOL is a long intensive week of language revitalization where there are no living speakers). Linguists served as mentors – for the Wiyot, they were Bill Weigel, Lisa Conathan, and Heather Todd. Video footage of the events can be found at <http://www.ktvu.com/video/16604601/index.html>. Wiyot participants produced a language CD which will be used in teaching and to those interested in language learning.

*"I thought it was well worth the trip to go down...We participated and Michelle (Hernandez) gave the greeting (from the Wiyot Tribe)...Gail made copious notes...I thought the mentors did a really good job...we got a lot of wonderful ideas about the lessons and*

*games to help teach us the language. And we got to be on TV! I thought all the presenters did an excellent job and had a wealth of information."* – Joycelyn Teague

*"It was long. It was a lot of information. The speakers had a great sense of humor. It was really exhausting, and we had homework every night. I thought school was hard! We went to the Hearst Museum – that was really cool...but they had only one Wiyot thing on display...I was extremely angry, but we did get to go down into the storage area where there were more things."* – Corinne Alton

The tribe recently received a National Archives and Records Administration grant to assess and set up Wiyot archives. This will include hiring an archive consultant, help purchase equipment and software, and fund staff time to catalogue and digitize our existing archives.

We have received several applications for the language position currently filled by interim director Joycelyn Teague. We will be interviewing candidates this summer. Kudos to Joycelyn for volunteering her time over the past months. It has been a pleasure working with her and I look forward to her

continued involvement in the language project.

Due to hazardous materials training, the June cultural committee meeting was rescheduled to the 23<sup>rd</sup>. The July meeting will be at 5:30 p.m. before the July 14<sup>th</sup> council meeting. We will be planning this summer's elders honoring gathering, so please come.

### Pieces of the Puzzle – Finding Clues at UC Berkeley

Only recently an Athabascan woman, married among the Wiyot Tribe in northern California was taken sick. Two shamans, a man and a woman were called. The man danced and sang, until he saw in supernatural vision the cause of the disease. At the woman's old home, he said, her enemies had "poisoned" her – bewitched her, for on a high rock far off somewhere stood many upright horns. Then the woman doctor blew and brushed and sucked the sufferer, until at last she displayed a large black spider, its legs curved upward like the circle of horns on the distant rock. The cause of sickness being removed, the woman recovered. The two doctors received twenty dollars in gold and



## Cultural from the Ground up...

(continued from page 3)

a horse in payment. These were all people who worked for wages, whose children attended district school, and who went weekly to the city of Eureka to trade. [Shamans of the California Indians, A.L. Kroeber papers, BANC FILM 2049, The Bancroft Library, University of California, Berkeley]

The Bancroft Library at UC Berkeley holds both originals and microfilm copies of the A.L. Kroeber Papers, providing clues from one of the earliest and most prolific ethnographers on the North Coast. Although Kroeber worked most closely with the Yurok people, he also studied and conversed with Wiyot people, and the Bancroft contains unpublished letters, data, and reports of these interactions. Since the Bancroft was closing for six months for moving, I spend a few days in May copying pertinent records from the microfilm. I had to be selective – there are 185 microfilm reels with references to Wiyot scattered throughout, spanning a period from 1869-1972.

Although unable to find substantiating records for a NAGPRA claim, I did discover many other intriguing pieces of the larger puzzle of Wiyot history. In his draft of the "Geography of the Wiyot," Kroeber describes Wiyot villages on the Mad River (note: keep in mind that Kroeber had a bad "ear" for lan-

guage).

Šepola, or "prairie," is given as upstream from erlerw but must have been close by, as the edge of the heavily timbered redwood belt is little more than two miles from the shore at this point, and the name of the place precludes its having lain in the forest. The Yurok also speak loosely of the village where the Wiyot held the jumping-dance as being at the mouth of the Mad River, and a Wiyot described the place as about half a mile from the ocean. While this is no doubt an underestimate, it is possible that both erlerw and šepola should be placed somewhat closer to the beach than shown on the map. In any event šepola must have been not far from the county bridge across Mad river, so that the Wiyot name for this crossing, *katšewinatš*... may refer to the village. All accounts are also unanimous that the place lay on the north side of the river and was of unusual importance, as indeed is attested by its being the seat of the jumping dance. It was comprised of two sweat-houses and 10, or 15, houses.

The political structure of the Wiyot and other North Coast tribes was also described by Kroeber as follows: "Towns prevailed rather than bands. Strictly political organization was of the loosest and vaguest. But stratification of so-

ciety was conspicuous. Individuals were prominent and influential for their birth and their wealth, rather than for bravery or because they were born to political power. In addition they carried to an extreme strong tendencies to localization and fractionation, together with personal sensitiveness and family litigiousness... It is obvious that these nationalities were all either coastal or riverine."

Kroeber was involved in Indian land claims through the Bureau of Indian Affairs. From his records I copied pertinent file cards on older Indian people whose "Indian ancestors resided in Humboldt County, California, on June 1, 1852." These included James Hagen (Chic-o-wah Tribe near Eureka?), Maggie Roberts (Wiyot Mad River Tribe), Ed Coonskin (Eel River Band), Jessie Carroll (Eel River Band), Jim Brock (Lower Mad River-Eel River Tribe),









## The Environment Around Us...

### Local Wildlife-Table Bluff Reservation

By Tim Nelson

Have you always been interested in the local wildlife species located right on Table Bluff Reservation? You will be surprised to know that there are as many as 50 different species that occur in the varying habitats surrounding Table Bluff. From upland ranges, all the way down to the wildlife refuge and mudflats of Humboldt Bay, tribal members of and visitors to Table Bluff Reservation can be witness to some very exciting wildlife species. Here is a list of the top ten bird species one would notice just standing outside the TBR community center .

#### The Top 10

1. **House Sparrow**: Small bird rust to brown in color with a distinctive **black throat patch and chest**; Juveniles are a drab brown with faint resemblances of a dark throat and chest; Habitats are mainly in urban areas around human habitation where they occur in small flocks; Diet is primarily grain but since encounters with humans are frequent, their diet, unfortunately, also includes trash from humans.

2. **European starling**: Small bird with distinctive **spotting** all over body; Usually occurs in large flocks, has colorful purplish head, green sheen, and yellow bill during breeding season (Dec-Aug); Prefers a wide variety of habitats as this species is the most intrusive invasive avian species in North America; Omnivorous diet ;

consisting of worms, insects, grains, berries, and even bits of carrion.

3. **White-crowned sparrow**: Small bird with pink-yellowish colored bill and distinctive **white stripes on crown** (head) that they often raise in a slight crest; Juveniles are drab brown in color during their first winter but have fairly well defined dark crown-stripes; Often found in large flocks in brushy to weedy areas rather than the woods; Diet generally consists of seeds, buds, grass, and fruit.

4. **Northern harrier**: Smaller raptor with an owl like face; Juveniles are redder on chest, adult females are primarily brown with a speckled chest, and adult males are blue-gray with a white chest; Distinguishing characteristic for the species is a **white-rump patch** while in flight; Also known as the marsh hawk for the species' habitat preference; Hunts primarily by hovering low then pouncing on prey (small birds and mammals)

5. **American goldfinch**: Small migrant bird that has a very distinctive **yellow color** during breeding season (Mar-Oct); Adult breeding males are mainly yellow with black wings and a black forehead while adult breeding females have a drab yellow appearance without the black forehead patch; Adult nonbreeding individuals are a similar drab brown color but the males are marked by a slightly

yellowish appearance; Flight call sounds like "potato chip"; Diet consists of weed seeds and tree buds.

6. **Swallows (barn & tree)**: Small, very elegant birds with long deeply forked tails and broad wings with wingtips extending to the tail; **Barn swallows** have a **dark blue sheen on the back and on the head** with a **cinnamon colored chest and throat** (genetically variable); **Tree swallows** have a **blue-green back and head** with a **white colored chest and throat**; Note the depth of white on the rump patch of the tree swallow as more white (almost complete) indicates another species (Violet-green swallow); Habitat includes open fields, along banks, and in urban areas; **Barn swallows nest in mud cups** under eaves of buildings while **tree swallows** nest in trees, birdhouses, or cliff crevices



## ... Environment Around Us

Diet consists mainly of insects caught in flight but *tree swallows* also eat fruit

**7. Common raven & American crow:** Many confuse these very large, uniform black birds as they can appear very similar at times; The four main distinguishing characters to consider when identifying include: **bill size** (larger and thicker on *common raven*), **tail color and size** (shiny black and longer (*common raven*) vs. black-brown and shorter (*American crow*)), **body size** (*common raven* 24" vs. *American crow* 17" in length) and **vocal calls** (deep, long, hoarse *krahhh* (*common raven*) vs. the familiar hoarse *carr* (*American crow*)); Also important to note is that while *common ravens* are often seen soaring on the wind, *American crows* never exhibit this behavior; Habitat ranges from primarily mountainous regions (*common raven*) to more urban settings (*American crow*); Diet includes carrion, insects and food waste, cereal grains, corn, berries, fruit and small animals.

**8. American robin:** Species has a very distinctive **rusty color on breast**; Usually found in small to medium sized groups on lawns or meadows; Prefers grasslands but is found in forests to tundra; Diet mainly consists of invertebrates, fruits, and berries.

**9. Turkey vulture:** Large bird with a distinctive red head; Is distinguished by the **V-shaped form** it

takes while in flight; Usually seen soaring on thermal uplifts and winds, this avian species has a superb sense of smell as it can detect decaying carrion (meat) from a mile away!; Prefers a wide range of habitats as diet is comprised of dead, decaying carrion

**10. Brewer's blackbird:** Similar to the red-winged blackbird but it is **uniformly black** to a **shiny purple-green sheen** (males-breeding season) with bright yellow eyes; Prefers agricultural lands to urban suburbs and can be spotted along the shoulders of highways; Diet includes insects, seeds, berries, and waste grain.

### Other Notable Species

#### Mammals

Black-tailed deer (*Odocoileus hemionus*)

Long-tailed weasel (*Mustela frenata*)

Striped skunk (*Mephitis mephitis*)

Raccoon (*Procyon lotor*)

Virginia Opossum (*Didelphis virginiana*)

Gray fox (*Urocyon cinereoargenteus*)



### Helpful Gardening Guide

By Tim Nelson

The environmental department has been busy starting and planting fruits and vegetables in the community garden. The selections include, and are not limited to, walla walla onion, carrot, radish, lettuce (3 kinds), chard, kale, cauliflower, cabbage, broccoli, cucumber, squash, zucchini, bush bean, pumpkin, potato (red and white), strawberry, tomato, bell pepper, jalapeno, and, new this year, an herbal garden with oregano, rosemary, parsley, thyme, dill, sage, and much more. Come on down, walk around the community garden, and, if you want, lend a helping hand to a program assisting the entire Wiyot community.

If you are interested in assisting in the garden, need more information regarding planting schedules and techniques, or are inquiring about extra starts that we may have, please call (707-733-5055) or visit the Environmental Department.

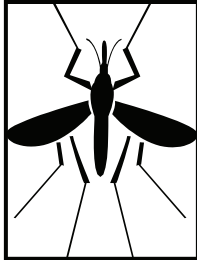




## Environment Around Us...

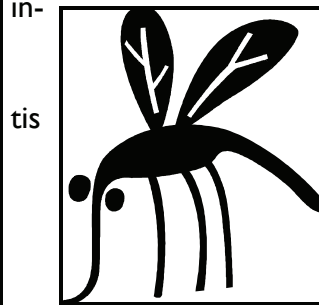
### The Buzz About West Nile Virus

Just this past month in San Mateo County, just south of San Francisco, West Nile virus reared its ugly head again as a deceased bird was found infected with the disease. This comes just one year after the disease was first found in a deceased gray squirrel (*Sciurus griseus*), leaving residents and local officials panicked and concerned. There is continued debate over how the disease has spread to the west coast in the short time period since its first arrival in the United States. Now, we all find ourselves preventing the spread of a disease that many would never reach the woods.



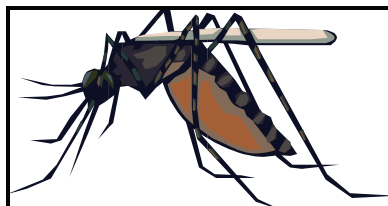
Scientists believe that West Nile virus was found in the United States in "overwintering" mosquitoes in New York City in 1999. Occurring primarily in Africa, West Asia, and the Middle East, the virus has spread across the Western Hemisphere and is now permanently established. It is known that West Nile virus is transmitted from an infected mosquito to a variety of different species including humans, dogs, cats, birds, horses, squirrels, and other mammals with the highest occurrence during the late summer or early fall.

Last year alone, the United States had a known 3630 West Nile virus cases with 3% ending in fatalities. Young children and the elderly are most at risk but with proper prevention, one is very capable of avoiding exposure to West Nile. Diseases erupting from infection in-



clude West Nile encephalitis (inflammation of the brain), West Nile meningitis and "neuroinvasive disease" (inflammation of the membrane around the brain and spinal cord) and West Nile fever with flu-like symptoms and a rash lasting for a several days to weeks. Currently, no vaccine has been discovered or developed but several groups are actively working towards this goal.

(Submitted by Tim Nelson)



Though the risk of exposure to West Nile virus is potentially small, it is very important for one to be educated in the potential risks that a small mosquito can possess. Therefore, proper prevention measures should be aimed at deterring mosquitoes from your dwelling and avoiding sites with high mosquito infestation. To protect yourself from mosquito bites, wear long pants and a long T-shirt, install, replace or repair window screens, place mosquito nets over infant carriers, consider staying inside during dawn, dusk, and in the early evening when mosquito bites are the highest, and if need be, **following the manufacturer's directions**, apply insect repellent to skin and clothes. In order to prevent mosquitoes from gathering, make sure to empty any container holding water (e.g. flower pots, buckets, pet food dishes) at least once or twice a week, check for clogged rain gutters and clean them out, and clean any trash containers around or under any brush or your house.







## ...News and Notes from Social Services

### Sierra Service Project Back Summer 2008

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

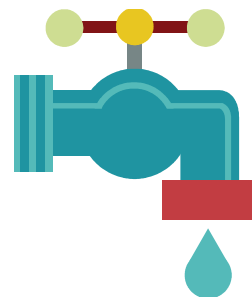
Begun in 1975, Sierra Service Project was inspired by and modeled after Appalachian Service Project. Originally founded by several United Methodist Church ministers, SSP is now an independent non-profit organization. We maintain a close affiliation with the United Methodist Church, and we also draw participants from a number of other denominations. SSP's "traditional"

youth program is centered around youth groups, and a young person must be part of a group to attend. SSP believes that young people develop a strong and deep understanding of God's gifts and God's grace through the direct experience of being in service to others.

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

If you are interested in having some of your home repairs completed please complete the form (available at the Tribal office and inserted into this newsletter) and return it to the Tribal office as soon as

possible. In order to be eligible for consideration you must be a Wiyot Citizen and own a home at or near Table Bluff Reservation. Time and money are limited so not everyone that applies will be accepted and not all home projects will be granted.



# News and Notes from Social Services...

## BOYS & GIRLS CLUB of WIYOT COUNTRY



### SUMMER PROGRAM

Beginning June 23<sup>rd</sup>  
Monday-Friday 9:00AM – 3:00PM  
serving breakfast (9-10) & lunch (12-1)



### SPORTS, ARTS & CRAFTS, CULTURAL ACTIVITIES

#### Weekly Programming Includes:

- ☐ Money Matters
- ☐ Culture: Keeping it in the Family
  - ☐ TRAIL
 (Together Raising Awareness for Indian Life)
- ☐ Computer Tech
- ☐ Gardening

#### \$\$\$ EARN CLUB BUCKS \$\$\$

for

- Field Trips
- Prizes
- Swimming Lessons

  
BOYS & GIRLS CLUB  
OF WIYOT COUNTRY  
1000 Wiyot Dr., Loleta  
707-733-5055

- ROCK CLIMBING
- RAFTING
- HIKING

#### FIELD TRIPS

- PARKS
- INDIAN ISLAND
- SURFING

- MOVIES
- MUSEUMS
- LIBRARY

...and more

## BOYS & GIRLS CLUB of WIYOT COUNTRY

Table Bluff Reservation Community Center

July

2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Field Trip with the Loleta Boys & Girls club	2 9:00 – 3:00 Breakfast & Lunch Computer Tech Eureka Library	3 9:00 – 3:00 Breakfast & Lunch Art Garden	4 closed 4 <sup>th</sup> of July
7 9:00 – 3:00 Breakfast & Lunch Money Matters Culture: Keeping it in the Family (Girls) Wise Guys (boys)	8 Movies	9 9:00 – 3:00 Breakfast & Lunch Computer Tech Guest Speakers: Irene & Joycelyn	10 9:00 – 3:00 Breakfast & Lunch Art Garden	11 Fern Canyon
14 9:00 – 3:00 Breakfast & Lunch Money Matters Culture: Keeping it in the Family (boys) Smart Girls (girls)	15 Rafting	16 9:00 – 3:00 Breakfast & Lunch Computer Tech Eureka Library	17 9:00 – 3:00 Breakfast & Lunch Art Garden	18 Swimming Lessons Fort Humboldt
21 9:00 – 3:00 Breakfast & Lunch Money Matters Culture: Keeping it in the Family (Girls) Wise Guys (boys)	22 9:00 – 3:00 Breakfast & Lunch TRAIL Garden	23 9:00 – 3:00 Breakfast & Lunch Computer Tech Guest Speaker: Helene	24 Indian Island CLARKE MUSEUM	25 Swimming Lessons Wildlife Refuge
28 9:00 – 3:00 Breakfast & Lunch Money Matters Culture: Keeping it in the Family (boys) Smart Girls (girls)	29 9:00 – 3:00 Breakfast & Lunch TRAIL Garden	30 9:00 – 3:00 Breakfast & Lunch Computer Tech Eureka Library	31 Art	

Any questions

Please contact Jason, Patrick, Trena, or Michelle

733-5055

  
BOYS & GIRLS CLUB



## ...News and Notes from Social Services

### Health Information You can Use to Your Benefit

Mother nature had shoeless cavemen in mind when she designed your feet.

Researchers in Rheumatology at Rush Medical College say going barefoot is still a good idea, especially when you're walking on the beach, anywhere you won't step on something sharp or around the house.

The doctors studied people with knee arthritis to determine how various kinds of shoes affected the load on their knees. Participants walked barefoot or wore a Danski clog, a Brooks Addiction stability shoe, a Puma H-Street (a flat flexible walking shoe) or FLIP- FLOPS.

**The stability shoes showed a 16 percent higher load on the knees than walking barefoot.** The Puma walking shoes and the flip-flops produced lower knee loads, which were comparable to walking barefoot.

**Shoes that allowed the natural foot motion and flexibility appeared to be more beneficial in terms of knee loading.**

Najia Shakoor, who led the study, says shoes have always been designed for foot comfort. Little attention has been directed to the effect shoes may have on the knees, especially osteoarthritic knees. Knee loads play an important role in the progression of

knee osteoarthritis.



The same team of researchers previously showed that walking barefoot significantly decreased the load on the knees and hips compared with wearing walking shoes.

Some shoe companies have taken these studies very seriously. Nike now has a line of running shoes called Nike Free that are designed to have the same feel and knee load as running barefoot.

**Going shoeless or on stocking feet is still a good choice whenever or where ever it is appropriate.**



All through the winter you promised yourself that when warm weather came, you would start walking. **Well. It's here.**

Being, busy doesn't cut it now. All you have to do is put your shoes on and walk out the door. Just start with a 15 minute walk. Once you do. You'll enjoy it so much that extending the time, little by little, will be a pleasure.

Another thing you will enjoy is

how you will look after walking for a few weeks. Your waistline will thank you and you'll have a more toned look.

According to exercise tables, it could seem as if as few as a hundred calories won't count for much when it comes to losing weight. The better part of exercising is that your body will continue to burn more calories for a time after your session is over.

As you exercise more, particularly if you add some weights to your exercise routine, you will build more muscle. Muscle burns more calories than the fat you are losing, so you will burn more calories 24 hours a day.

Doctors at the Mayo Clinic say exercise will improve your mood and calm you down when you are stressed. It promotes better sleep and a better sex life.

Exercise helps to manage or prevent chronic diseases, such as heart disease, osteoporosis, high blood pressure and breathing problems. **Doctors at Duke University says walking is the magic pill for better health.**

**And it's fun and free, so get out there!**







## News and Notes from Social Services...

### Some Local Graduates



Danielle Smalling



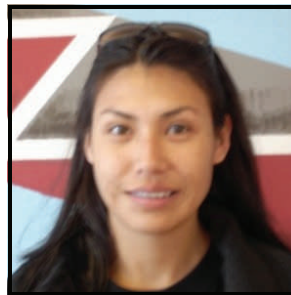
Michelle Hernandez



Tyler Miller



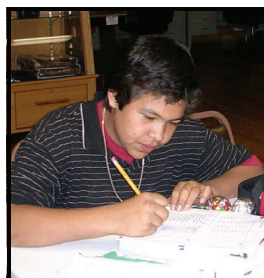
Jessica Voight-Buckley



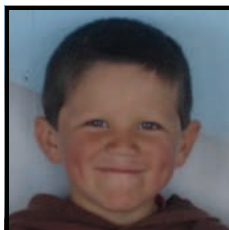
Madison Ayala



Kristen Heinemann-Fowler



Bishop Silk



Mauricio Johnson



Orlando Johnson

### Cyrus William Betzold Graduates

Cyrus is a member of the Wiyot Tribe. He currently lives in Portland, Oregon and just graduated from Reynolds High School. He will be continuing his schooling at the Portland Art Institute, which is a higher level art school, located in the heart of downtown. The picture below is Cyrus and The Mayor of Portland: Tom Potter. Cyrus put his artwork on display in the Mayor's office. On July 20<sup>th</sup> 2008 Cyrus will be turning 18 and is very excited to begin his future! Happy 18<sup>th</sup> Birthday from all of us, we love you! (Submitted by Tieira Prater)



There is so much to learn. You all have just taken a giant step, achieved another goal and are on your way to another phase in your life.....

Best of Luck





## ...News and Notes from Social Services



### Congratulations to all Graduates!!!



#### Madison Ayala

Graduated from College of the Redwoods, Eureka, California May 2008. She plans to attend Humboldt State University in the Fall.



#### Jessica Buckley

Graduated from East High, in Fortuna, California June 2008. Jessica was named Valedictorian of her class. She received the Presidential Physical Fitness Award, and the Presidents Awards Program Outstanding academic excellence. Ms. Buckley also received a scholarship from United Indian Health Services and the Chris McGinnis Memorial Scholarship. She plans to attend Butte College in the fall.

**Jesse and Jason Davis** Graduated from Winsler Children's Center June 2008. This is a great accomplishment for the twins as they were born premature and as such were developmentally delayed by a year. Due to their hard work the twins are now caught up to grade level and plan to attend Alice Barney elementary in the fall. Congratulations Jesse and Jason!

#### Kirsten Heinemann-Fowler

Graduated from Vista Nueva high school in Sacramento, California May 2008. Kirsten maintained a 4.0 GPA her senior year. She plans to attend American River College in the fall to study early childhood development. She is interested in becoming a pre-school teacher.

#### Michelle Hernandez

Graduated from Alder Grove charter school in Eureka, California June 2008. Michelle was named Valedictorian of her class. She graduated with a 4.12 GPA. She plans to attend Humboldt State University in the fall. Her major will be theater and Native American Studies.

#### Orlando Cervantes Johnson

Graduated from Kindergarten at Loleta Elementary school. He is an active club participant at the Boys & Girls Club of Wiyot Country. Orlando is ready for 1<sup>st</sup>

grade in the fall.

#### Bishop Silk

Graduated from 8<sup>th</sup> grade at Loleta Elementary School. Mr. Silk transferred to Loleta Elementary school for his 8<sup>th</sup> grade year from Hupa. He received an award for most improved student. Bishop plans to continue his education at Fortuna Union high school.

#### Danielle Smalling

Graduated from Fortuna Union high school. Danielle was an honor roll student throughout her senior year. She received the H.D. "Timm" Williams Memorial Scholarship as well as the Willard & Donna Mullan Scholarship Awards. Danielle plans to attend College of the Redwoods in the fall to major in business and early childhood education. Danielle hopes to open her own licensed daycare facility one day.

#### Tyler Miller

Graduated from Loleta Preschool in June 2008. Tyler has mastered his ABCs and numbers and is ready to start kindergarten at Loleta Elementary in the Fall.



#### Joycelyn Hernandez

Graduated from home school preschool in Loleta, California June of 2008. Joycelyn worked really hard on her ABC's and has mastered her numbers, is working on social skills in school and at the Boys & Girls Club of Wiyot Country.

#### Mauricio Sanchez Johnson

Graduated from Kindergarten with a 4.0 GPA. He is reading and writing and participating in the Boys & Girls Club of Wiyot Country. He is an excellent citizen and exhibits great social behavior.



# Happy Birthday

Robert Albonico	Shelia Alcantar	Mataya Amen-Sherman
Trenton Anderson	Taryn Antal	Kelly Anthony
Gregory Atkins	Madison Ayala	Dustin Bainbridge
Johnetta Barnett	Cyrus Betzold	George Buckley
Johnny Christensen	Jeffrey Clayton	Jason Cox
Michael Cunningham	Leslie Detrick	Kaye Deyarmie
Nancy Deyarmie	Alana DiMarzo	Mariena DiMarzo
James Espinoza	Carol Ann Evenson	Jason Evenson
Linda Fiester	Monique Grado	Raymond Gustafson
Ayden Guyer	Eric Hefte	Harold Henry
Leslie Henry	Matthew Hernandez	Kylie James
Pamela James	Ramona James	Cole Johnson
Jeremiah Johnson	Sinoe Johnson	Christina Jones
Chazz Kangas	Brooke Keisner	Dorene Kolb
Linda Lange	Kerry Lauth	Catalina Lopez
William Mager	Tabatha McMahon	Lisa Mendoza
Debra Nicholson	Dennis Palmer	Janie Raymer
Tasheena Reyes	Louie Robledo	Kylie Roper
Rex Russell	Robin Shelledy	Frederick Sundquist Jr.
Taylor Tompkins	Theodore Tompkins	Hazel Vargus
Shane Weekly	Marilyn Wilson	

## Newsletter Options

In light of being resourceful and conserving our precious natural resources, we would like to be open to 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**



Joseph and Michelle Jones  
Has a new addition to their family  
**BROOKE ELIZABETH JONES**

Born May 27, 2008

5 pounds 11 oz.

19 inches

Congratulations!!!



# July 2008

**Sun****Mon****Tue****Wed****Thu****Fri****Sat****1****2****3****4****5**

Tribal office  
Closed  
Independence Day

**6****7****8****9****10****11****12****13****14**

Business  
Council

**15****16****17****18****19**

Elders Dinner  
at Blue Lake  
Casino

**20****21****22****23****24****25****26****27****28**

Business  
Council

**29****30****31**

# Change of Address Request Form

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

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

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

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

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

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

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

Signature \_\_\_\_\_

## Wiyot Tribe

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Loleta, CA 95551

Phone: 707-733-5055

Fax: 707-733-5601

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



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