

Wiyot News

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June 2009

Edited by Linda C. Woodin

Wiyot Tribe

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www.wiyot.us www.wiyot.com

Beware...Tick Season is Here

WARNING!!! When taking part in outdoor activities take precautions to prevent tick bite-related illness, such as Lyme's disease.

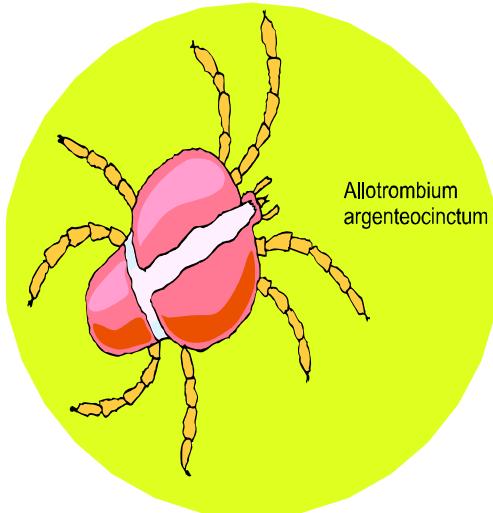
As the weather changes, take the steps to reduce the exposure to ticks when you go outdoors to hike, camp and take part in other activities.

Ticks are small, insect-like creatures that are found in grassy areas throughout California. They like cool and moist places. Ticks are often found in shaded grasses, shrubs and leaf litter. Spring is when the young tiny nymph form is active. While Lyme's disease is the most common tick-borne illness in California, tick bites can cause a variety of human illnesses. People may become infected with the bacteria that cause Lyme's disease when they are bitten by an infected western black-legged tick. This tick is the only one in California that transmits Lyme's disease and it will attach to humans and other animals, feeding on blood over several days. Early symptoms of Lyme's disease often include a spreading rash and flu-like symptoms such as fever and body aches.

Individuals who find a tick can bring it to the Humboldt County Public Health Lab for free testing. The tick must be whole, and in a container kept moist by a water-dampened piece of paper tower.

- Wear long pants and long-sleeved shirts. Tuck pant legs into boots or socks and tuck shirts into pants.
- Use a repellent known for use against ticks.
- Inspect yourself often for ticks while in tick habitat especially on the scalp.
- Stay on the trail
- Wear light-colored clothing so ticks can easily be seen

Additional information, including photos, is at www.cdph.ca.gov.



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Mark your Calendar

*June 8
Business Council
6:30pm

*June 21
Fathers Day
1st Day of Summer

*June 22
Business Council
6:30 pm



Of Interest.....

The Wellbriety Journey for Forgiveness

Media Release May 4th, 2009

Journey to heal historic Indian boarding school abuses, including a request for U. S. Government apology, set to begin May 16th at the Chemawa Indian School in Sale, Oregon and concludes in Washington, D.C. on June 24th, 2009. The 40 day, 6800 mile event will visit 24 historic Indian Boarding School sites to promote learning, emotional healing, and forgiveness of the harm done to American Indians during the almost 100 year boarding school era that began in North America in 1879. A petition will be presented in Washington to President Barack Obama on June 24, 2009 requesting an apology on behalf of the U.S. government for the abuses of Indian children during the American boarding school era. There are presently about 3000 signatures total.

It is now widely accepted that the historic and intergenerational trauma suffered by American Indians, First Nations people, and Alaska Native throughout North America has been propagated down the generations and is a major cause of today's social and health problems experienced by indigenous peoples. Afflictions such as alcohol and drug abuse, mental health issues, diabetes, chronic ill health, incarceration, poor job opportunities, and numerous co-occurring disorders have been traced to the culture cleansing and assimilation abuses of both missionary schools and government schools during the boarding school era, approximately 1879-1970.

There is a growing precedent for apologies to indigenous peoples by heads of state and other institutions.

- In February of 2008, the Australian government apologized to its aboriginal people for abuses to children during the Australian Stolen Generations period of the 19th and 20th centuries.
- In June of 2008, the Government of Canada apologized to its indigenous people for the abuses of its residential school era.

- More recently, on April 29, 2009 Pope Benedict XVI expressed his sorrow at the anguish caused by the deplorable conduct of some members of the Church in the Canadian Residential School System and offered his sympathy and prayerful solidarity for healing, according to a Vatican communiqué released on April 30.
- Most recently, on April 30, 2009 U.S. Senator Sam Brownback of Kansas re-introduced the Native American Apology Resolution, which offers an apology from the United States government to American Indians. Companion legislation was also introduced in the House by Representative Dan Boren of Oklahoma, according to an April 30th news release

To prepare local indigenous communities for the coming of the **Wellbriety Journey for Forgiveness**, 12 Historical Trauma workshops were held across the U.S. in April of 2009. Attendance, enthusiasm and healing experiences were strong at each event. Hundreds availed themselves of the opportunity to prepare for the coming of the Journey to their communities. For example, on April 18 over 100 participants attended the Historical Trauma workshop in Mt. Pleasant, Michigan, site of the former Mt. Pleasant Indian Industrial School, which operated from 1893 to 1933.

Everyone, American Indian or otherwise, is encouraged to express their solidarity with the request for a U.S. government apology by signing the online petition for Apology for Abuses at US Indian Schools, available by visiting www.whitebison.org. The **Wellbriety Journey for Forgiveness** is sponsored by White Bison, Inc., an American Indian non-profit organization. The Journey is being funded by grassroots efforts. All those believing it is time for the US government to step up and make an apology to its indigenous people are invited to help fund this historic event by contributing at the website and also signing the petition.



...Of Interest

Tribal Office needs your Help

Please help us get in touch with the following people:

Charlene Cody

Amanda Moon

Terry Lange

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

Highway Clean-up

Adopt -a-highway with the Cal-Trans organization asks that you and your crew work your 2 mile stretch once every 3 months (of course, weather permitting).

We had a very small crew this time, worked efficiently, thus and therefore got the job done. There will be another opportunity for you to volunteer to help keep that stretch of highway clean of debris.....June, July and August are coming up and we'll need to plan one cleanup during that time, and some training, if you're new. So if you want to participate call me, Linda 733-5055 and I'll put your name on the list.



Jamie Orr,
Steve Wilson
Linda Woodin
Marilyn Wilson
(Not pictured)

Men's Camp

Men's Camp has wood for sale. Full cords or half cords are available.

For more information, please call Ted Hernandez, cell # 599-0888 or Alan Miller, cell number 496-8834.



Water Trivia Facts

by George Buckley

1. How much water is used to flush a toilet?
2. How much water is used in the average five-minute shower?
3. How much water is used on the average for an automatic dishwasher?
4. On the average, how much is used to hand wash dishes?
5. How much does one gallon of water weigh?

See page 14 for answers



Council Contact Numbers

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Alan Miller

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Congradulations Samantha Haney on graduating from high school Class of 2009. She plans on going to college and joining the Coast Guard in the near future.



Cultural From the Ground Up...

Cultural Department and Tribal Historic Preservation Office June News

The department has been working on activities for the Wiyot summer youth program. We are excited about several opportunities for Wiyot to re-learn the old ways, including dances, regalia, games, and stories. Please contact the tribal offices for more information, or the cultural department at cultural@wiyat.us. Program begins June 15th and will run until school starts in the fall.

The department has also submitted several grant proposals. We are waiting for the results which could potentially provide major funding for language, repatriation, and the Heritage Center.

No word yet on the Marina Center DEIR. According to the City of Eureka, responses to the Tribe's comments may take months more. I am keeping track of the progress, even if seen as a thorn in their side. As you know, there was a village site(s) in the vicinity of the Balloon Track that could be damaged by any ground disturbing construction.

The Tribe is talking with the Forest Service, Blue Lake Rancheria, and Bear River Band of Rohnerville Rancheria about the future of the Humboldt Tree Nursery site.



The Preserve America grant project is moving forward, with a storyline that spans the history of Tuluwat. Once we have the concept drawings, they will be available for council and general membership comment. We will be including the post contact history, natural history, and the old ways and legend.

Elder's Summer Gathering is July 25th on the South Spit. Please mark your calendars and plan to share Wiyot culture, stories, and community. The Tribe will provide the main dishes, dessert is pot luck!

Although the economy has somewhat tanked up in Humboldt, there are some Timber Harvest Plans that need more careful oversight. I will be out in the field more often this summer as a result. Although villages were on the waterways, the interiors were used for seasonal gathering and for trade routes. There were also prayer places inland.

Museum staff is designing new display cases for regalia and larger baskets (such as baby baskets and eel traps). These will be custom built to fit our space, and are funded by the IMLS Museum grant. Later this summer, we are planning an exhibition on Indian Island – past, present, future.

A reminder that cultural committee meets before the first council meeting of the month. Next meeting is June 8th at 5:30 p.m.



...Cultural From the Ground Up

New Enrollees to the Wiyot Tribe

Hope Atwell, Daniel Stephenson-Ramirez, Zennon Zacha, Alan Stephenson III, Hayden Winkler and Donivan Mead

These new enrollees were accepted at the May 11, 2009 Business Council Meeting.

Tribal certificates, newsletters and other information were sent to each new member.

WELCOME



WELCOME



WELCOME



Flag Day Etiquette

On June 14th, you will see a great number of American flags displayed on homes throughout the country. It's especially important now and should always be.

The flag should be displayed with the stars at the top, except when it is hung upside down as a distress signal. The flag should never touch anything beneath it.

When the flag is displayed all present should face the flag and salute, private citizens with their right hand on their hearts and military people with the conventional salute.

I pledge allegiance to the Flag of the United States of American and to the Republic for which it stands, one Nation, under God, indivisible ,with liberty and justice for all.

We'd like to hear from you!!

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

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

The Community Center and Tribal Office is located at 1000 Wiyot Dr., Lodi, CA 95551. You can email Linda if you would like to submit something for the newsletter; linda@wiyat.us or call 707-733-5055.





Language...

Wiyot Seasons & Time Words

by Lynnika Butler, Language Program Manager

According to Gladys Reichard's field notes, the Wiyot traditionally measured the year from one fall—the time when salmon are caught—to the next. The Wiyot word for 'year' reflects the importance of salmon in Wiyot life: *goutsayóuwilh valhak* or *goutséyóuwilh velhúk* (two slightly different pronunciations) means 'salmon come once'. Here is how that phrase breaks down:

goutsa- (<i>goutse-</i>)	-youw-	-ih	valhak (velhuk)	
'be one'	'come'	'it/he/she'	'salmon'	

This phrase illustrates two major differences between Wiyot and English. First, the part of the phrase that means 'it comes once' is all one word in Wiyot (*goutsayóuwilh* or *goutseyouwilh*), while English needs three words to communicate the same information. The other big difference is in the order of words and

word parts: in English, 'salmon' would be the first word in the phrase ('salmon come once'), but in Wiyot it is the *last* word. If we translated the Wiyot literally, without changing the order of the word parts, we would get 'once comes it the salmon', which is almost exactly the reverse of English word order.

Although there are Wiyot words corresponding to English 'spring/summer/fall/winter', these and other words for times of year (not surprisingly) refer to events or changes in the natural world, such as what was being hunted or harvested at that time of year.

Just by looking at the words for seasons of the year, we can get a glimpse of the traditional Wiyot diet, which featured salmon (*valhuk*), eels (*gou'daw*), berries (*va'daw* 'salmonberry' and *vou'gulh* or *vou'gulh* 'huckleberry'), and acorns (*ga'muk*).

Karl Teeter, in one of his interviews with Della Prince, also records Wiyot names for days of the week, but these are quite different from the seasonal terms, and were almost certainly created after

Goutsayóuwilh Valhak (The Year)	<i>gugátruruk / gudawágruk</i>	spring	'when everything is young'	
	<i>vughurnuk</i>	spring / summer (?)	'when it starts to get warm'	
	<i>lhá'warr</i>	summer		
	<i>bikla</i>	summer	'the halfway season'	
	<i>hanuguhuvughurnuk</i>			
	<i>{word unknown}</i>	Apr.-June	'salmonberry time'	
	<i>lhávun</i>	fall		
	<i>{word unknown}</i>	Aug.-Oct.	'acorn time'	
	<i>{word unknown}</i>	September	'huckleberry time'	
	<i>{word unknown}</i>	~December	'salmon nearly all gone'	
	<i>béwú'n / bawut</i>	winter	'time of catching eels'	
	<i>{word unknown}</i>	~Jan.-April	'eeling time'	



...Language

contact with white people and their calendar. The day names given by Mrs. Prince are based on the numbers 1-7, rather than on any references to nature (the number stems are in bold):

Days of the Week in Wiyot

<i>dagoushipga'w</i>	Monday	(from <i>gouts-</i> 'one')
<i>dárritvéwi'gurr</i>	Tuesday	(from <i>rrit-</i> 'two')
<i>dárrikvéwi'gurr</i>	Wednesday	(from <i>rrik-</i> 'three')
<i>dána'véwi'gurr / dárra'méwi'gurr</i>	Thursday	(from <i>rriyá-</i> 'four')
<i>we'sagh</i> dáhulu véwi'gurr	Friday	(<i>we'sagh</i> = 'five')
<i>dukhlulouk</i> dáhulu véwi'gurr	Saturday	(<i>dukhlulóuk</i> = 'six')
<i>ha'luw</i> dáhulu véwi'gurr	Sunday	(<i>ha'luw</i> = 'seven')

If you would like to hear these words pronounced, you can find them on the Language page of the Wiyot Tribe's website (<http://www.wiyot.us/language>), or feel free to contact me by email (lynnika@wiyat.us) and I can either email you the audio files or put them on a CD for you. (Please note: whenever possible I take audio clips from original recordings of native Wiyot speakers, but if I am unable to find a word in the recordings I will record it myself.)

**BINGO ON TUESDAYS HAS BEEN SUSPENDED
UNTIL FURTHER NOTICE.
WATCH FOR FLYERS POSTED ON THE BULLETIN BOARD FOR START UP DATE.**



Reminders

Language Committee Meetings
please attend!

Language classes (5:00 in Library):
1st & 3rd Mondays Every
Thursday

Notice

I would like to hear from anyone who is interested in an off-reservation language class (in Eureka or Arcata). Classes would probably be on a weekday evening.

Please contact me with your preferred day/time!

lynnika@wiyat.us



Mark your calendars now, the Wiyot Elders program will be hosting an Elk BBQ and Medicare Part D signups on June 26th from 12-1 pm.





Health...

Preventing the Flu: Good Health Habits Can Help Stop Germs

There is no vaccine available at this time for the current outbreak of the Swine Flu virus, so it is important for people living in the affected areas to take steps to prevent spreading the virus to others, except to seek medical care.

Healthy residents living in these areas should take the everyday preventive actions listed in this article. People who live in these areas who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possible other symptoms, such as body aches, nausea, vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.

For Child Care providers it would be prudent to

- First and most importantly, remind parents and enforce policies for having ill children stay at home during their illness
- In addition, remind and inform workers not to come to work while ill.
- Review their plans for responding to a pandemic and make sure they are up to date.
- Know local/state plans for child care in the event of a mild or severe pandemic. This information may be available from state or local health authorities, child care licensing

agencies or resource and referral agencies.

- Develop and implement a system to track illness and absence due to illness among children and staff if one is not already in place. The system should be simple and easy to maintain but should record the number of persons with various illnesses by day or at least by week.
- Review and implement CDC Guidelines and Recommendations for Preventing the spread of influenza in child care settings

STEPS TO PREVENT THE FLU

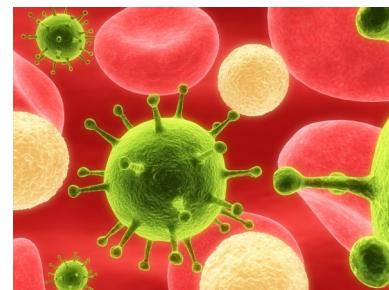
- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Wash your hands often
- Avoid touching your eyes, nose or mouth
- Practice other good health habits

Be sure to get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritiously.

The CDC has identified cases of swine influenza. A virus infection in people in California, Texas and Kansas with possible cases in New York. CDC is working with local and state health agencies to investigate these cases. It has been determined that this virus is spreading from human to human.

Mexico has reported increased levels of respiratory disease including reports of severe pneumonia cases and deaths. The swine

influenza viruses identified by CDC from cases in Mexico are similar to swine influenza viruses from patients in the United States, however the limited number of patients identified thus far in the US have not been severe, with only one hospitalized person. However, the CDC is concerned about these cases in the US and the World Health Organization are concerned about continued spread of this new virus. Right now, there is no vaccine for this new virus and the current seasonal influenza is thought to be unlikely to provide protection against this new strain.





...Environment Around Us

Helpful Gardening Guide

By Tim Nelson

Planting Schedule

June is the month to plant early spring seedlings such as bok choy, artichoke, zucchini, squash (winter/summer), cucumber, melons, parsley, celery, sunflowers, cilantro, dill, fennel, lettuce, broccoli, cabbage, cauliflower, kale, Brussels sprouts, spinach, chard, beets, peas, onions, green onions, leeks, potatoes, tomatoes, peppers, and tomatillos. If sowing seeds, use flats with 3-5" of potting soil, use a finger to make holes to desired seed depth, place seed(s) in, cover with a thin layer of soil, pat gently and **keep moist** but allow to dry a little between watering.

To date, the Wiyot Tribe Community garden has been planted with broccoli, cauliflower, zucchini, cucumbers, chard, kale, beets, carrots, lettuce, purple cabbage, brussels sprouts, sugar snap peas, bush and pole beans, and Indian corn. Upcoming plantings will include crookneck squash, green cabbage, celery, eggplant, leeks, red and white onions, hot and sweet peppers, potatoes, pumpkins, strawberries, sunflowers, tomatoes, basil, cilantro, dill, oregano, parsley, rosemary, sage, and thyme.

For more information regarding planting schedules and techniques, please call or visit the Environmental Department.

Ticks! Avoidance, removal, and disease prevention

Now that the colder winter and spring months have passed, the approaching summer months

provide temperature gradients that allow a wide range of species to be active. Insects, reptiles, birds, and mammals, which were once migrated or bedded down for the cold months, have since returned and are extremely active, building up a fat storage for the upcoming winter and producing offspring in the hopes to further the survival of the species. In most cases, these animals go about their existence without impeding on the lives of humans, but in some cases, humans are a source for which survival may be dependent upon.

Survival of a species is dictated by many factors but a top priority for all species is the availability of a food resource. In the case of ticks, blood is the main food resource as the animal extracts valuable proteins needed to help progress from egg, larval, nymph, and adult phases. Ticks are extremely adaptive as they use a wide range of species as their "hosts." In general, a tick must have a different host for each life stage, explaining the cause for human diseases such as Rocky Mountain spotted fever rickettsia and Lyme's disease. Both diseases are commonly found in wild animals so humans may be infected by the vector (tick) after it has fed on an infected animal. Whether humans, deer, cats, dogs, etc. are chosen as a tick's host, the selection is usually made by the tick's ability to attach itself to an animal passing through their habitat. Ticks are usually found in natural areas that have tall grasses, shrubs, logs, or leaf litter though they can be present in and around buildings. Most often when ticks are in search of a blood meal, the species will move from a low-lying spot (i.e. leaf litter, around buildings) to tall grasses and shrubs where they can attach themselves to a host. Once on a host, a tick will search for a warm (blood flowing) area and attach itself using barbed mouth parts and a self-produced "glue" to reinforce these inserted appendages. Females can feed until they are 100 times their normal size whereas males will feed less.

In California, there are several ticks that one may encounter, including:

(continued on page 10)



Environment Around Us...

Ornithodoros coriaceus (the Pajahuello tick)

Otobius megnini (the spinose ear tick)

Argas sanchezi and **Argas persicus** (poultry ticks)

Dermacentor albipictus (the winter tick)

Dermacentor occidentalis (Pacific Coast Tick)* - One of the most widely distributed ticks in California

Dermacentor andersoni (Rocky Mountain Wood Tick)

Dermacentor variabilis (American Dog Tick)* - The most important vector of the Rocky Mountain spotted fever rickettsia in the eastern U.S. and is also able to transmit the bacteria which causes tularemia (hunter's disease)

Ixodes pacificus (Western Black Legged Tick)* - The putative vector of the Lyme disease spirochete and the equine granulocytic ehrlichiosis rickettsia in California

Rhipicephalus sanguineus (Brown Dog Tick)

*Tick varieties that are most commonly found on the Pacific North Coast. For more information on ticks in your region, contact your local Department of Environmental Health.

Proper removal of ticks is extremely important in order to avoid leaving remains of the tick (i.e. head) in the skin which can cause infection. In order to prevent transmission of diseases, remove a tick upon immediate discovery! Here are some steps from the California Department of Health Service (DHS) for proper tick removal:

- Use tweezers to grab the tick as close to your skin as possible.
- Pull the tick firmly, straight out, away from the skin (do not jerk, twist or burn the tick).
- Wash your hands and the bite site with soap and

water after the tick is removed and apply an antiseptic to the bite site.

See your doctor if you develop a rash or flu-like symptoms within 30 days after a tick bite.

For more information visit <http://www.dhs.ca.gov/> or call (916)552-9730 or your local health department

As previously stated, ticks are a known vector for diseases that are potentially very harmful to human health. Lyme's disease is caused by a spiral-shaped bacterium (called a spirochete), *Borrelia burgdorferi*. There are three stages to Lyme's disease:

Stage I involves a rash and flu-like symptoms within 30 days of infection. Blotch-like lesions or a characteristic bulls-eye ring will form at the bite site which can be from 1-18 inches in size. Fatigue, headache, muscle aches and pains, and general discomfort are related symptoms

Stage II includes cardiac and neurological symptoms such as encephalitis (inflammation of the brain), radiculitis (inflammation of the nerve roots), and Bell's palsy (transitory facial paralysis).

Stage III is distinguished by arthritic problems that may appear as long as two years after the rash.

Symptoms of Rocky Mountain spotted fever caused by a bacteria-like microorganism, *Rickettsia rickettsii* and Ehrlichiosis include headache, fever, chills, aches, pains, and sometimes nausea. These symptoms are usually accompanied by a rash that starts on the wrists and ankles. Because Rocky Mountain spotted fever is easily cured with antibiotics, **a person exhibiting any of these symptoms 2 to 14 days after a tick bite should consult a physician at once**. If left untreated, Rocky Mountain spotted fever can cause death.

For more information on tick avoidance, removal, and disease prevention, please call or visit the Environmental department at 707-733-5055.

...News and Notes from Social Services

Society of American Indian Government Employees	Youth Program Coordinator SAIGE P O Box 7715 Washington, DC 20044-7715 youthtrack@saige.org Or more information about SAIGE visit website at www.saige.org	Financial Aid
<p>SAIGE strongly promotes the value of diversity in the workplace, and in doing so, provides Native American students an opportunity to learn about careers within the Federal Government.</p> <p>Through our Youth Program Native students are offered the opportunity to meet and network with American Indian and Alaska Native government employees. They can gain valuable insight into government work environments and learn how Native employees can play a positive role in enhancing the delivery of programs and services. They can also learn about enabling their respective federal agencies to better fulfill their trust responsibility and honor the unique federal-tribal relationship.</p> <p>One of the goals of the Society is to encourage Native American youth to realize their potential, to provide leadership in their community and schools, to continue their education, and ultimately, to seek a career in the government sector.</p> <p>The Youth Program is open to Native students who are 18-25 years old and enrolled in good standing at an accredited high school, vocational school, college or university. Students must be interested in gaining a professional degree and pursuing a career in government.</p>	<p style="text-align: center;">Tutoring</p> <p>Jessica Miranda continues to provide after school tutoring during the Month of April. She tutored 98 children in Science 12 times, in Language Arts 60 times, in Math 36 times, in History 13 times, in penmanship 19 times. There were 14 tutoring days offered during the month of April, JOM served an average of 7 children per day.</p> <p style="text-align: center;">LIHEAP</p> <p>The fiscal year 2009 allocation for the Wiyot Tribe for LI-HEAP funds is \$19,793.81. All of this funding was expended on April 21st, 2009. There are no additional LIHEAP funds at this time.</p>	<p>Newsletter articles have gone out in January, February, March, April and May reminding college students of financial aid deadlines and recommending application to a number of scholarships including the two the Wiyot Tribe operates.</p> <p>CR Quick Start program to get them enrolled. The Club has partnered with CR to put on 4 CR workshops specific to the Native American and were held this month and in April at Fortuna High and East High.</p> <ul style="list-style-type: none"> • CR Students Stories of Why they chose College • Financial Aid, CR & Other Applications-Complete your FAFSA on line. • Math & English Placement Exam or Ability to Benefit Exam (ATB for those who will not graduate) • CR Orientation, advising, registration, EOPS/CARE/CalWORKs apps. & Financial Aid Follow-up May 12th 

News and Notes from Social Services...

Employment

The Native American Caregiver training was completed on May 2nd, 2009. Tribal members who completed the training, James Michael Paguia and Deanne Meyers. They will be eligible to receive caregiver referrals from the Native American Caregiver database.

Summer Activities

In June the Environmental Department will be partnering with the Youth Activities Program and Boys and Girls Club to plan the other summer environmental education activities and field trips. The California Coastal Commission's Whale Tail Grant was awarded to the Tribe. It will be used to expand the knowledge of the youth through the environmental education, other topics of water quality, environmental stewardship and earth science .

Three skills that will take you Far

When you hear the word "work," you might associate it with sitting at a computer or cutting the grass. Yet, there are three aspects of work that few consider.

The power of listening

To do it right, you have to pay attention and make appropriate eye contact. And you have to be thinking at the same time, not of something else but about what you are hearing. What's more, even if you think you have something to add, you can't interrupt. You have to wait your turn to comment or to ask a question.

The importance of admitting

Admitting that you don't understand is basic to getting more information. It works in conversations but admitting that you will need help with a job or project is even more important. Some people won't admit to making a mistake. They are afraid that it will hurt their perfect image, bring more work or invite future blame. While pretending to be infallible, however, they may not learn or grow.

The virtue of thanking

Thanking someone for a favor or extra help shouldn't be work; it should be an automatic response. The one who should be thanked will notice if you don't do it.

Stories abound about people finding money, returning a wallet, or saving someone's life, and not a word of thanks was given.

Sometimes people are embarrassed or self-conscious of the fact that they needed help, lost something or needed to be rescued. That shouldn't keep them from showing appreciation.

Simple courtesy requires a thanks for little things.

A note, email, or gift is better for a big thing like saving your life, literally or not.

Library News

by Marilyn Wilson

Maggie Nelson, who was hired by the tribe to start the process of creating an archive for the tribe. Maggie had met with all the department heads to decide what will be kept. We had also discussed the possibility of enlarging the library. We took some of our children to Borders to pick out a book that they would like to see added to the library.

I had added numerous books and DVD's to the library. *Pirates of the Caribbean I, II, III Spiderman 2, and 3; The Devil Wears Prada, Chocolat, and The Sentinel*. Some of the books that were picked out were *The Tales of Beedle the Bard, The Darwin Awards, Frozen Fire, Stone Heart, The Sneetches*, and other stories by Dr. Seuss, also *Oh, the Places you'll go*, by Dr. Seuss and others.

With summertime coming around the corner , it will be a great time to start checking out books for reading enjoyment.

Remember books can take you all over the world without having to get in an airplane.



...News and Notes from Social Services

Protect your teeth from acid in food and drinks

The acid in food and beverages can cause tooth enamel to erode. Saliva helps to restore it, but it goes only so far. To minimize the damage, dental authorities at the Mayo Clinic recommend:

*Consume fewer acidic products between meals, including citrus fruits, regular sodas, fruit juices, wine, tart candies and anything containing vinegar.

*Eat or drink these products with a meal. Food neutralizes acids and helps to eliminate them from your mouth.

*Avoid consuming acidic foods and drinks before going to bed. Saliva production decreases when you sleep.

*If you must have a regular soda during the day, drink it through a straw to minimize the contact with your teeth. Never hold the liquid in your mouth.

*Neutralize acid with a bit of cheese, water or fluoride mouthwash.

*Wait to brush your teeth. After an acidic item, wait 30 minutes to brush. Brush with a fluoride tooth paste 30 minutes before or after consuming acidic items.

*Sugarless gum stimulates saliva.



Open Monday-Friday

Noon to 6pm

Except Holidays

The Boys & Girls Club of Wiyot Country operated 22 days during the month of April. The club averages 25 children per day during the month. The club has been offering a variety of physical activities, arts & crafts, cultural, language and other programs between the hours of 3pm to 6pm..

The club sold See's Easter Candy for the 2nd quarter fundraiser. Easter candy chocolate eggs and bunnies are still available for sale at a discounted price until sold out.



Food Program

The Wiyot Child nutrition program provided 698 meals to the Table Bluff site over 22 operating days averaging 35 children per day. The program also served 1100 meals to the Loleta site averaging 50 children per day.

The elder's nutrition program operated 22 days during the month of March and averaged 12 meals served per day.

Summer Protection

To avoid mosquito bites and bee stings use repellents

Wear loose clothes, light up with tiki torches or citronella oil, use a fan, don't disturb bees hornets or yellow jackets, skip the Hawaiian shirt because bees are attracted to bright colors, keep food covered , and if stung, watch for allergic reactions such as hives or difficulty breathing.

Get medical help Immediately.

Happy Birthday

Celeste Anderson	Holley Anderson	Boden Atwell
Riley Atwell	Anthony Bainbridge	Janyce Berens
Dean Bruner	Elaine Butler	Raymond Christensen
Carol Claus	Mark Conley	Quintin Donahue
Melva Duclo	Teresa Duncan	Jonathan Friend
Samantha Haney	John Hefte	Kiley Hefte
Ralph Horn	James Hosp	Forrest James
Re'lee James	Brandon Johnson	Raven Johnson
Tina Johnson	Wayne Johnson	William Jones
Angela King	Robert Lippincott	John Mager
Jorge Mendez	Michael Owen	Jackie Pessoa
Evander Reyes	Jadacia Rodriguez	Leonard Romero
Maelena Rowlett	Cheryl Seidner	Leanne Sinigiani
Brandon Sovereign	Stacie Stout	Emma Sundberg
Tamara Terry	Tommy Tompkins	Claire Vinson



Newsletter Options

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

Any feedback...

Email me, linda@wiyat.us

Native American Receipe Request

If you have a special Native American receipe that you'd like to share with others, and have published in our Youth Group Fundraiser cookbook. please email to linda@wiyat.us or mail to Wiyot Tribe c/o linda, 1000 Wiyot. Dr., Loleta, CA 95551 and we'll publish it for others to experience.



Water Trivia Answers

1. 2-7 gallons
2. 15-25 gallons
3. 9-12 gallons
4. 9-20 gallons
5. 8.34 pounds

How did you do?????

DTV COUPONS ARE STILL AVAILABLE

Go to www.dtv2009.gov or call 1-888-388-2009 and order your coupons. They are good for 90 days and are sent to you via first-class mail. They offset the price of a converter box which sells for about \$80.00.

Remember, the switch over is June 12 to digital tv after which if you don't have a converter box, your tv will cease to work.

**SO, DON'T DELAY
ORDER TODAY**



June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1	2	3	4	5	6	
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7	8	9	10	11	12	13
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Business
Council
6:30pm

14	15	16	17	18	19	20
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Flag Day

21	22	23	24	25	26	27
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Father's Day
Summer
Begins

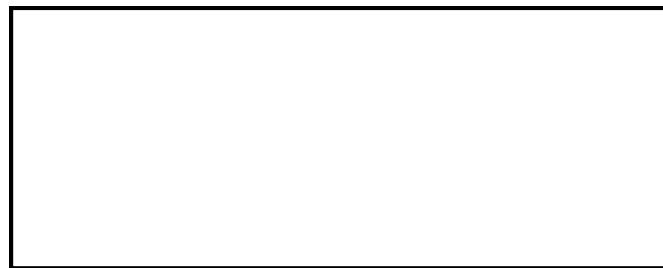
28	29	30
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Wiyot Tribe

1000 Wiyot Dr.
Loleta, CA 95551
Phone: 707-733-5055
Fax: 707-733-5601
Email: wiyat@wiyat.us



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

**Change of Address Request Form**

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

Name: _____

Address: _____ City _____ State _____ ZIP _____

EMAIL _____

Telephone# _____ Tribal # _____

Previous Names Used: _____

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

Signature _____
