

# Wiyot News

Volume 3, 08

March 2008

Edited by Linda C . Woodin

Wiyot Tribe

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## Annual Membership Meeting Notice

Tribal members are encouraged to attend the Annual Membership meeting to be held on April 5, 2008, 10 am at the Tribal Community Center. The Annual membership meeting is held the 1st Saturday in April each year. The highlights of the meeting will consist of Tribal elections for Tribal Chairperson and Staff Departmental reports. Nominations to participate in this 2008 election had to be submitted to the Tribal office no later than January 15th, 2008.

The nominations for the 2008 election for Tribal Chair are as follows:



Cheryl A.  
Seidner /Tribal  
Chair

Gail Green  
/Tribal Chair



## Diabetes on the Run

Two competing drug companies-Bentley and Nastech-are in the middle phases of testing nasal insulin sprays for people with diabetes. Early data indicates that insulin is absorbed more quickly when inhaled than when injected. Chemists at the University of California, Irvine, are developing a breath test to monitor sugar levels in diabetics.

The pinprick-free technique measures the level of methyl nitrates in exhaled air, which is much higher in hyperglycemic individuals. Scientists have successfully implanted monkeys with insulin-creating cells derived from the pancreas of a pig. Researchers at the Washington University School of Medicine in St. Louis predict they'll soon have the ability to cure diabetes in monkeys using this procedure; they hope to begin conducting human trials in the next few years.

## Reimbursement of Hunting and Fishing License

If you are seeking reimbursement for the hunting and/or fishing license expense, you must send a copy of the receipt and also a copy of the license itself .



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## Mark your Calendar

- \*March 8th  
Spelling Bee with Bill Weigle
- \*March 9th  
Daylight Savings begins
- \*March 10 and 24  
Business Council Meeting
- \*March 17th  
St. Patrick's Day
- \*March 20th SPRING



## Of Interest.....

### YOUTH AND TOBACCO ADVERTISING

#### WHY? HOW? WHAT NOW?

The tobacco industry has long known the effects of advertising on youth. There have been several studies that show a link between advertising and youth smoking, some of which were conducted by the tobacco companies themselves. Why might you ask would they conduct such a study? That's easy; so they can target youth in their media campaigns. Here is some more information on why the tobacco companies advertise to youth.

#### WHY?

Everyday about 1170 smokers die from tobacco use. Tobacco companies need to replace those smokers to maintain profits. They also need to replace the smokers who quit without dying. It is estimated that around 80-90 % of smokers begin smoking before the age of 18. If the tobacco companies don't get them before they turn the age where they can legally smoke they probably won't have them as customers as adults. Hardly anyone tries smoking for the first time once they've reached adulthood. It also happens to be that when youth start out on a particular brand they are likely to stick with that same brand as an adult smoker. The most popular brands used by smokers aged 12-17; Marlboro, Newport, and Camel and are also the most heavily advertised brands. Tobacco advertising is even more of a contributing factor to the use of tobacco products by teens than peer pressure. We know

some of the reasons why they advertise to kids, but how do they do this?

#### HOW?

\$12.4 billion dollars is spent on advertising and marketing each year in the United States of America on deadly tobacco products, that's \$34.1 million per day. A lot of this advertising is aimed towards our youth. The tobacco industry employs many different methods of tobacco advertising targeting youth. They place ads that will appeal to youth in magazines that have high youth readership, like Sports Illustrated. They market candy flavored tobacco products that are highly appealing to youth. They sponsor sporting and entertainment events. They have tons of promotional merchandise, some they give away for free. Or you can save up points from products that you have purchased to get what you want, like Marlboro miles. These promotions are enticing youth to smoke and to be a walking billboard for these manipulators. About 50% of youth who smoke have at least one of these promotional items, as do 30% of all youth aged 12-17. Tobacco companies also pay stores to heavily advertise tobacco products. Stores around schools or places known to be frequented by youth are the ones that they often times heavily advertise in.

These are but some of the ways

how the tobacco industry advertise their products to youth. Now that we know, what can we do?

#### WHAT NOW?

If no new youth started smoking the tobacco companies would go bankrupt, they would eventually have no one to sell their deadly products to.

### TRIBAL SECOND HAND SMOKE POLICY

Congratulations to our local Tribes and Rancherias who have stepped up to the plate to protect their workers, tribal members, and clients from second hand smoke. Most of our local Tribal governments in Del Norte and Humboldt County have made their buildings and worksites smoke free. Casinos however are not smoke-free although most casinos do have smoke free areas, rooms and events. Second hand smoke kills tens of thousands of non-smokers every year. The U.S. Environmental Protection Agency has classified secondhand smoke as a class A carcinogen. Carcinogens are known substances to cause adverse health effects and there is no safe level of exposure to them. Some of the adverse health effects are lung cancer,



## ...Of Interest

(continued from pg. 6)

cervix cancer and death. Second hand smoke is when a person who is not smoking breathes in the smoke exhaled by a smoker when they are smoking as well as the smoke from that burns from the cigarette itself. Second hand smoke can cause non-smokers to have many of the horrible problems that smokers endure from smoking such as cancer, heart disease, COPD, bronchitis and asthma. Around 53,000 people who are non smokers die each year from second hand smoke exposure related illness. That makes second hand smoke exposure the 3<sup>rd</sup> leading cause of preventable death in the U. S.

Children are also at risk for the adverse effects of second hand smoke. Children exposed to second hand smoke have higher rates or incidences of ear infections, bronchitis, pneumonia and allergies. Unborn children risk birth defects, learning difficulties and low birth rate. Children are also influenced by seeing adults smoke.

Local Tribal Governments can do more to protect us from possibly lethal second hand smoke. Support your tribal governments in instilling doorway policies for tribal buildings so that people don't have to walk through the smoke. Support smoke-free tribal events and smoke-free Playgrounds and parks.

### Hand Washing

Disease causing germs can remain active for days on hard surfaces. The things you touch link you to scores of people and the germs they carry.

Hand washing effectively removes the germs you pick up during the course of a normal day. Unfortunately, soap and water are only available in restrooms.

Germs are everywhere. Use hand sanitizer when you are not able to get to a restroom to wash your hands. Use it to break the chain of transmission and kill the most common germs that may make you sick.

With the colds and flu germs running rampant, it is now more than ever important to take time and wash your hands. You can in fact stop the spreading of germs 80% by washing your hands especially after you cough or sneeze, you shake someone's hand, after using the coffee pot or water cooler, before you eat, after going thru the mail, touching money or machines of common use and before you go home for the day.



### Tribal Member Makes Hats



SUBMITTED

#### Handmade hats

Velva Angell, a Humboldt Grange No. 501 member, knits hats for premature babies at St. Joseph Hospital in Eureka. Last month, Angell, left, delivered 25 hats to Kim McNew, a registered nurse in the St. Joseph Childbirth Unit. "The nurses said that Humboldt Grange is the only organization that knits these hats," said Fern Miller, secretary of Humboldt Grange No. 501. "We are very pleased to be able to contribute to the community with something so cute and simple as these hats."

Velva Angell, knits hats for premature babies and gives them to hospitals.



## Environment Around Us...

Helpful Gardening Guide	Make it a Greener Spring Clean!	
<p>With March approaching and spring right around the corner, it is still not too late to sow seeds for onions, shallots, leeks, green onions, and peas. Also, March is the perfect time to start preparing to plant cilantro, dill, fennel, lettuce, broccoli, cabbage, cauliflower, kale, Brussels sprouts, radish, turnip, baby bok choy, spinach, chard, beets, and potatoes (as weather permits). Direct seeding is the recommended planting technique for potatoes, cilantro, radishes, spinach, and beets while transplanting is the recommended planting technique for the rest. Sow seeds in flats (3-5" of potting soil), cover with a thin layer of soil, pat gently and <b>keep moist</b> but allow to dry a little between watering. For leeks, green onions, cilantro, dill, fennel, lettuce, broccoli, cabbage, cauliflower, baby bok choy, radish, turnip, spinach, and peas, sow seeds in succession (every 1-3 weeks) for a continuous or extended vest of these crops., more dening and</p> <div data-bbox="213 1480 489 1797" data-label="Image"> </div> <p>For gar- tips in-</p> <p>formation, contact Tim in the Environmental Department.</p>	<p>Spring is right around the corner and accompanying the turning of the season is the urge to clean. Many would not hesitate to grab the Lysol and clean the counters or take the Clorox bleach and wash the whites without thinking of the potential risk you are subjecting yourself and others to. Cleaners, disinfectants, pesticides, etc. are produced to accomplish exactly as their name states, to clean, disinfect, and kill pests but the consumer must realize that they themselves are not immune to the effects of the product. Though household cleaners may be good for the aesthetic value of having a clean home, clothes, or body, these chemicals can have an impact on both your health and the environment.</p> <p>Dust, mold, stains, or whatever the mess may be, the majority of household products available on the shelves contain harmful chemicals to one's personal health. According to a five-year EPA study, the air in an average American home has chemical contamination levels up to 70 times (average 2-5) greater than outdoor air. The EPA maintains that half of all illnesses occurring in the United States can be attributed to chemical contamination of indoor air. In fact, a 1985 EPA report states that household cleaners are three times more likely to cause cancer than outdoor air pollution. Short or long-term exposure to such chemicals can have immediate to underly-</p>	<p>ing effects and may include: respiratory problems, asthma, liver, kidney, and central nervous damage, reproductive problems, increased risk of cancer, fatal poisoning, etc. Some key ingredients to avoid include: Phenol in air fresheners, dry chlorine in dishwashers (#1 cause of child poisonings), sodium hypochlorite in mold/mildew cleaners and laundry room products, triclosan in antibacterial cleaners, and hydrochloric acid in toilet bowl cleaners. These are just a <b>very few</b> chemicals in household cleaners that pose a serious risk to one's health and should be handled with care.</p> <p>The harmful effects that household cleaners may have on one's personal health can also have a devastating effect on the environment as well. For example, in 2000, household cleaners resulted in 10% of the toxic exposures reported to the U.S. Poison Control Centers. After using these products we rinse and flush a lot of these chemicals down the drain where they overwhelm the water treatment plant's ability to neutralize them and, consequently, are flushed out to contaminate the watershed. Many contain petroleum products which are slow to break down and end up in our creeks, streams, rivers, and eventually our oceans where further human and animal contamination can occur. By reading labels and buying a natural,</p>

## ...Environment Around Us

biodegradable product, you lower your exposure to potentially life-threatening chemicals while being environmentally responsible.

A "green" cleaner is an alternative that is safe for the environment and contains little to no "bad" chemicals. As a good start, begin by looking for the Green Seal or any products containing the words "natural" or "biodegradable." Also, do your research and follow these websites below for a complete list of "green" cleaners and to learn more about how to be more health and environmentally responsible when it comes to household cleaners:

<http://consumerlawpage.com/article/household-chemicals.shtml>

Top "10" Hazardous House Cleaners

<http://www.greenseal.org/findaproduct/index.cfm#cleaners>

Provides a list of certified "green" cleaners.

<http://www.worldwatch.org/node/1484>

Provides a good general discussion of the issues with links to additional resources

<http://waterquality.cce.cornell.edu/publications/>

<HouseholdCleaningSubstitutes.pdf>

A critical review of "alternative" cleaners

<http://www.watoxics.org/files/cleaningproducts.pdf>

A great 4 page PDF discussing the issues and suggesting alternative cleaners

<http://es.epa.gov/techinfo/facts/safe-fs.html>

<http://es.epa.gov/techinfo/facts/safe-fs.html>

Another comprehensive source that discusses the downside of the worst conventional cleaners and provides suggested alternatives. For more information, please call or visit the Environmental Department at 707-733-5055.



### Vehicle Abatement Program with Eel River Disposal

Receive \$20 to drop off your vehicle at ERD!!! Here's how:

**When:** Ongoing

**What:** Vehicle Disposal Program

**How:** Drop-off at Eel River Disposal or Schedule a Pick-up

[Drop-off at Eel River Disposal and Resource Recovery Inc.](#)

Receive \$20 if delivered to ERD. Trash in vehicles will be weighed and a charge will be issued to the

customer.

#### Eel River Pick-Up:

\$70 charge per vehicle

\*If customer does not have a pink slip/bill of sale, a liability waiver MUST be signed and a photo of a picture ID is taken

\* Hazardous waste containers are available in the Table Bluff Reservation's maintenance shed for proper disposal of motor oil/filters and anti-freeze.

Please contact Eel River Disposal at 707-725-5156 or Tim in the Environmental Department at 707-733-5055 with any questions or concerns





## News and Notes from Social Services...

### Coalition for American Indians in Computing

The Coalition for American Indians in Computing (CAIC) program's goal is to recruit American Indian students into the study of computers. One of the program's foundational assumptions, confirmed by numerous discussions with Tribal representatives, is that students with such education and skill are well-positioned to be able to return to their communities and make meaningful contributions.



The program has two focuses. One, the CAIC Scholars program, focuses on American Indian and Alaska Native students enrolled at HSU and studying some aspect of computing. In addition to offering these students small stipends, the CAIC program attempts to support and nurture them as they progress from entry through graduation. Two, the CAIC summer program, offers a summer experience to American Indian and Alaska Native students who think they might be interested in studying computing at the college level. This coming July, will be year two of the summer experience. This program is free for participants. Applications and additional flyers are available online at [www.humboldt.edu/~caic](http://www.humboldt.edu/~caic). The application deadline is March 1<sup>st</sup>! If you need to speak with someone directly contact the program director at (707) 826-3380.

### Diabetes Lecture Series

Margaret Stevens, RN, CDE will be giving a 3 part series of lectures on Diabetes this month. The first Class on March 4<sup>th</sup>, will go over Diabetes basics, what you need to know. The next two classes March 11<sup>th</sup> and 18<sup>th</sup> will be advance courses in Neuropathy (nerve damage), heart disease (heart damage) and retinopathy (eye damage). Each class will run from 3-5 pm at the Rohner Grange. Transportation can be arranged by calling (707) 725-2221. Call to reserve your seat today (707) 442-7118.

### Want To Quit Smoking?

United Indian Health Services will now be holding Cessation classes at the Fortuna Clinic. The Smoking cessation classes will be held every Thursday. The classes will teach basic tobacco facts, how to create a quit plan, build a personal support network and master the first few days of quitting. If you are interested in a one-on one session or group, please contact Stephanie McQuillen-Weldon at (707) 825-5070.



### Free Nike Air Shoes

United Indian Health Service has launched a new Diabetes Awareness Program component...free Nike shoes! These shoes are exclusive, only available to American Indian People, not sold in retail stores (\$80-90 retail value), American Indian design and heritage cues to tie into cultural identity, and they are only available for a short time.

In order to receive the shoes for free you must be a UIHS Client, be diagnosed with diabetes, and complete 5 hours documented exercise and/or education with the Diabetes Awareness Program, and get fitted for the shoes. The Diabetes Awareness Program will be returning to Table Bluff several times per month and participation will count towards your five hours.

If you do not have diabetes but are a UIHS Client, you may purchase one pair of the shoes for \$50.00. Clients who choose to buy the shoes will be required to sign a New Year's pledge to be more active, and fill out a short assessment. For more info see the flyer in this newsletter or call UIHS Diabetes Awareness Program at (707) 825-5070.





## ...News and Notes from Social Services

### Wiyot Parent Committee

The Wiyot Parent Committee will meet on March 11, 2007 at 1:30 pm. Discussions will include the Boys and Girls Club of Wiyot Country spring and summer schedules. All parents of Wiyot or Table Bluff Reservation resident children are invited to attend.

### Toddler Time

Are you a parent of a young child? Would you like to introduce your child to other children in his/her age group? Would you like to help prepare your child for preschool and kindergarten by beginning to identify numbers and letters? Young children aged 0-5 and their parents are invited to drop into the Table Bluff Reservation library Tuesdays at 1:30 for Toddler Time. Toddler Time activities have been have been constructed to increase letter and number recognition, and enhance reading appreciation as well as prepare toddlers for entry into preschool. During the month of February Toddler Time will be held on February 5<sup>th</sup> and 26<sup>th</sup>. If you have any questions about Toddler Time, please contact Michelle or Jason at (707) 733-5055.



### Positive Indian Parenting

The Wiyot Tribe and Bear River Band of Rohnerville Rancheria are collaborating to provide Positive Indian Parenting Classes to local residents. The classes will begin in March and run through the month of April. The classes will be held each Wednesday at the Table Bluff Reservation Community Center from 12 pm to 2 pm.

March 5<sup>th</sup>

March 12<sup>th</sup>

March 19<sup>th</sup>

April 2<sup>nd</sup>

April 9<sup>th</sup>

April 16<sup>th</sup>

April 23<sup>rd</sup>

The Positive Indian Parenting model draws on the cultural strengths of Native American child rearing. The material in this curriculum has been developed through extensive consultation with tribal elders, Native social welfare professionals and parents. The classes are being offered during school hours, however childcare for children under school age will be provided and infants are welcome to attend with their parents. There will be eight two hour sessions containing information relating to traditional parenting, lessons of the storyteller, lessons of the baby basket, Harmony in child rearing, traditional behavior management, lessons of Mother Nature,

traditional parenting, and choices in parenting. If you are interested in attending the classes, need transportation, or would like more information contact Michelle or Jason at Table Bluff (707) 733-5055 or Karen or Julie at Bear River.

### Wiyot Tribe Joins

On February 11, 2008 the Wiyot Tribal Council voted to join the California Tribal TANF Partnership. California Tribal TANF Partnership (CTTP) is a social services provider for Native American Indian families throughout Northern and Central California. The partnership is a consortium of 27 other tribes and organizations, which operate tribal TANF programs for the Indian communities. CTTP's vision is to enhance and guide native participants through a path of education, wellness, harmonious families, and cultural awareness. They strive to help people become independent and to provide a better future for themselves and their families with respect, honor and integrity. Their mission is to strengthen our native participant's quest to lead fulfilled lives by confirming the wisdom and spirituality rooted within their culture and traditions. They strive to offer quality services to native people with respect and accountability .



## News and Notes from Social Services...

(continued from pg . 7)

by practicing and encouraging tolerance, recognition and support of cultural, individual and community needs. The CTTP Tribal TANF program utilizes federal and state funds to support a variety of temporary services to Indian families. An eligible Indian child must reside in the home and meet the financial eligibility criteria.

These temporary services include cash assistance, educational activities designed to increase the family self-sufficiency, welfare diversion assistance, and supportive services.

Once a family is determined to be eligible for Tribal TANF services, the following TANF assistance and services may be available to the family:

**Career Development Services** such as: job skills training; high school equivalency or GED training, technical skills training; employment or educational expenses; job search and readiness assistance; transportation assistance to and from training and childcare assistance.

**Life Skills Services:** Household budgeting and general banking; establishing and maintaining good credit; transportation and logistics basics; balancing work and family households; basic legal information; developing effective coping skills; physical health and wellness; Native American cultural/values; healthy and effective communication skills.

**Youth Services:** Teen pregnancy prevention; juvenile justice services; youth activities and cultural programs; physical maturation and development; abstinence until marriage; communication and sexual decision making; STD prevention and HEP C,

HIV and AIDS infections assertive skills. Refusal skills and negotiation skills life skills training; goal setting; individual and group counseling sessions; healthy relationships; learning from our tribal elders;

"Baby Think It Over" program. **Parenting workshops, Marriage Promotion and Counseling**, culturally relevant support services include assessment and referrals; public health awareness; domestic violence intervention and prevention; housing assistance and referrals; substance abuse treatment.

California Tribal TANF Partnership services are available in the following **Northern and Central California counties:**

Del Norte County  
Siskiyou County  
Modoc County  
Humboldt County  
Trinity County  
Shasta County  
Lassen County  
Mendocino County  
Tehama County  
Plumas County  
Glenn County Colusa County  
Sutter County  
Yuba County  
Solano County  
Contra Costa  
San Joaquin  
Amador County  
Calaveras County  
Butte County  
Sonoma County  
Lake County  
Colusa County

Please note services are pending readiness in some areas.

### Together-Time Activities for parents and children- In the Living Room

Children are learning all the time, especially when they are playing. Learning for children is fun. Learning and playing with your children can be fun for you, also. Children are curious and eager to talk and play with you. This is the second article in the Together-time series of articles to help busy parents incorporate together time activities into their every day routines. Ideas for this series of articles stem from research from the U.S. Department of Health and Human Services, Administration for Children, Youth and Families Head Start Bureau.

The living room can be the place for both quiet and noisy activities. Your children will develop their social skills by learning how to be by themselves or how to be a part of the family group. Tell your child which items in the room are on the "Do Not Touch" list. There are activities to build both large and small muscles. The living room is a busy place.!

Talk to your child about sounds. Ask your children to point to the direction of the sound and to describe it. Ask your children to tell you about all the things that make loud or soft sounds such as the TV and the radio. Sing songs together,

## ...News and Notes from Social Services

old favorites, nursery rhymes etc. Use a wooden spoon or thick stick as a microphone.

Talk to your child about things., The names of all the furniture in the room, such as the lamp, table and couch. Tell your child stories about the their grandparents, family histories and when they were babies. Talk about things your children have made and your children's favorite TV shows.

Help your children to develop their big muscles. Encourage your children to help with household jobs—watering plants, sweeping, dusting, vacuuming. You and the children can imitate characters from a story of a TV show. Act out what these persons do. Help your children to find things around the house for dress-up or to add to the make-believe! Turn on music and march around the house. Or, if your family likes to dance, turn on the music and have fun!

Read to your children each day. Give your children a chance to imitate reading to you from magazines, books, and newspapers. Have a special place for books and magazines. Make a “booklet” with your children by helping them cut out magazine pictures and paste them on paper—a “house book” or “animal book.” Use other suggestions from your children. Ask an older child or other family member to read to a younger child and to you.

Talk about what it means to be a family member. Ask your children to name the members of your family and draw pictures. Discuss how members of the family help each other. Invite some older family members to tell stories. You may wish to write a story about your family or write down stories your children tell you about the family. Let your children know that they are an important part of the family. Give your children a place to store their special treasures. Find a place to display your children's “work,” such as hanging their artwork on the wall or a door.

### Free Tax Preparation for Low Income Taxpayers!

This tax season, California Indian Legal Services is again partnering with the Legal Aid Society of Orange County to provide free tax return assistance to low income taxpayers using I-Can!™ E-file. I-Can!™ E-file is an online program designed to allow eligible taxpayers to e-file or print out and mail tax returns. The service is available to most households with incomes under \$50,000. Tax return assistance will be available over the phone through CILS at 800-743-8941 or through a link on the CILS webpage at [www.calindian.org](http://www.calindian.org) beginning Thursday January 17, 2008.

The program helps qualified users claim the earned income tax credit, a special credit for low-income workers. The EITC is overlooked by many taxpayers, even though it can add thousands of dollars to their tax return. Many who qualify for the Earned Income Tax Credit don't know how to claim it or lose out on much of their return by paying high fees to commercial tax pre-

parers who promote high interest Refund Anticipation Loans. Even those taxpayers not eligible for the Earned Income Tax Credit may still be able to complete their tax returns using the I-Can!™ E-file service if their household income is under \$50,000.

CILS has helped ensure that the I-Can!™ E-file system addresses many specialized issues faced by Indian taxpayers, such as reporting Per Capita and Revenue Sharing Trust Fund distributions correctly and determining what income earned in Indian Country may be exempt from state tax.

Don't lose out on this great tax credit and don't pay commercial tax preparers to help you get it. Call CILS's office at (800) 743-8941.

Annual  
Meeting  
April 5, 2008  
10 am  
Community  
Center



# Happy Birthday

Lindsey Abernathy	Dianne Janese Albright	Corinne Alton
Karli Anagnost	Matthew Atkins	Stewart Atwell
Timothy Black	Robert Branchini	Mariah Buckley
Lois Chastain	Suzanne Christensen	Andrew Clark
Ramona Clark	Kathryn Crellin	William Frank IV
CaCindra Friend	Gabrielle Hale	Delores Hilton
Evelyn Horn	Albert E. James	Hazel James
Leo James	John W. Johnson	Mark Johnson
Mauricio E. S. Johnson	Christopher Keisner	Evan Kingsley
Kelcee Leaton	Fawn Lopez	Roxanne McKenzie
Brian Mead Jr.	Cody Meyers	Lenard Miller
Lilly Nicholson	Michael Pagua	Jo Val Penunuri
David Preston	Tiaira Prater	Wayne Pullis
Anthony Purdum	Eugene Raymer	Jackie Richardson
Nakai Rios	Monique Rodriguez	Naomi Santos
Wilber Seidner	James Stagg	Aaron Stephenson
Tammara Sundquist	Barbara Webster	Hilanea Wilkinson
Leona Wilkinson	Jacob Woodhurst	

## Newsletter Options

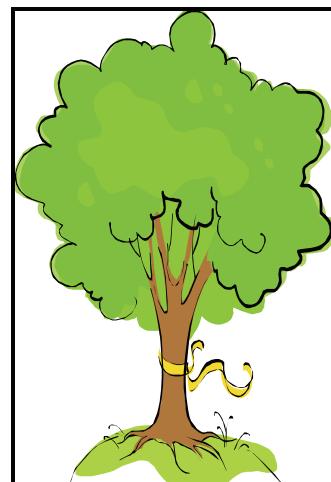
In light of being resourceful and conserving our precious natural resources, we would like to open receiving the Wiyot Tribe Newsletter by EMAIL.

On the back of the newsletter you are reading now, there is a change of address form which has been updated to include an email address.

If you'd like to help in "saving a tree", just fill out the form and be sure to include your email address and mail it back to us or EMAIL your

Address to me....

**Linda@wiyat.us**



## Get a Free Tree

California residents are eligible to receive five free crapemyrtle trees for becoming a member of the Arbor Day Foundation. The free trees are part of the nonprofit Foundations' Trees for American campaign. These crapemyrtles are small flowering trees that boast perfect, six-petaled flowers of pink and red, with leaves that change from summer green to autumn red, orange and yellow. The trees paid at the right time for planting April 30 with enclosed planting instructions. The 6 to 12 inch trees are guaranteed to grow or they will be replaced free of charge. Members will receive a subscription to the Foundation's colorful

**Plant a Tree  
for  
posterity**

mer green to autumn will be shipped post- between Feb 1 to structures. The 6 to grow or they will be also receive a sub- bimonthly publication,

which also includes information about tree planting and care.

To receive the free trees, send a \$10 membership contribution to : Five Crapemyrtles, Arbor Day Foundation, 100 Arbor Ave, Nebraska City, NE 68410 or call them at 1-888-448-7337

**March 7 is Arbor Day**



# March 2008

**Sun****Mon****Tue****Wed****Thu****Fri****Sat****2****3****4****5****6****7****8**Toddler Time  
1:30pmPositive Parenting  
12-2Prize Day  
Arbor Day  
(plant a tree)Wiyot Spelling  
Bee with  
Bill Weigle 10 am**9****10****11****12****13****14****15**Daylight Saving  
Time begins

Business Council

Toddler Time  
1:30 pmPositive Parenting  
12-2Teen Night 7-10  
pm**16****17****18****19****20****21****22**Toddler Time  
1:30 pmPositive Parenting  
12-2

Spring Begins

St. Patrick's Day

**23****24****25****26****27****28****29**

Easter

No School all  
week

Field Trip

**30****31**

Business Council

# 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: [wiyat@wiyat.us](mailto:wiyat@wiyat.us)



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