

Wiyot News

Volume 5, 09

May 2009

Edited by Linda C. Woodin

Wiyot Tribe

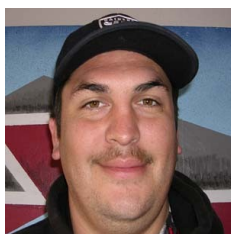
1000 Wiyot Drive, Loleta CA 95551

(707) 733-5055

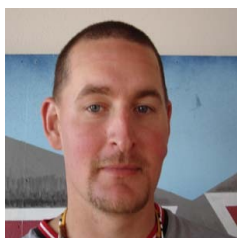
www.wiyot.us

www.wiyot.com

Election Result From the Annual Meeting



Brian Mead, who ran unopposed, is serving the Wiyot Tribe for another term of office in the position of Secretary. He will be seated at the May 11th Business Council Meeting.



Lenard Alan Miller, who also ran unopposed, is serving the Wiyot tribe for another term of office in the position of Councilperson at Large. He too, will be seated at the May 11th Business Council Meeting.

Housing Grant Update

The Housing Grant Committee has been formed and all applications need to be received by June 1, 2009 to be considered for homeowner grant.

If you don't qualify or the funding runs out this year, the program will repeat next year, so you can reapply.

This is a new program and is a one time only per household grant to repair, replace and or make something better for your house. Call or come to the Tribal Office and pick up an application.



**The Language
& Social Services
Dept's are pleased
to announce...**

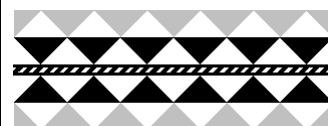
Language

BINGO!

**Tuesdays @ Elders'
Lunch 12 pm
Learn Wiyot
Language!
Win prizes!**

Inside this issue:

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Mark your Calendar

***May 10th**

Mothers Day

***May 11th**

Business Council

6:30pm

***May 25**

**Memorial Day Tribal
Office Closed**



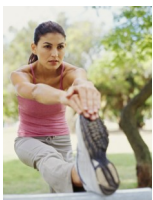
Of Interest.....

Energy in = Energy Out

No matter where you live, you can build more fitness into your life. While 60 minutes per day is recommended for weight loss, try to do at least 30 minutes of moderate intensity exercise every day for health benefits. You can do 30 minutes at one time..or 5 minutes at a time 6 times a day!

The Key is Move More!

- Climb stairs instead of using elevators
- Park at the far end of the parking lot instead of the closest spot
- Go for a short walk during your lunch break
- After school or work, go for a bike ride or play a ball game
- Walk the dog..don't let the dog walk you
- Put on some music and dance
- Join a gym...be part of a team
- Autumn Leaves...rake them up
- Snowy outside...shovel snow ..build a snowman
- Go ice skating or roller skating
- Take a walk and check for seasonal changes in your neighborhood
- Plant a garden



Spring Cleaning

by Fiscal Dept Manager,
Sue Ingersoll

Anyone who is thinking of doing Spring house cleaning this is a reminder about the once a year \$30.00 per household dump reimbursement that the Tribe offers. Also the Tribe reimburses \$50.00 once a year for Chimney cleaning. Save your receipts and send them to the Tribal Office.

Water Trivia

by George Buckley, Water Operator

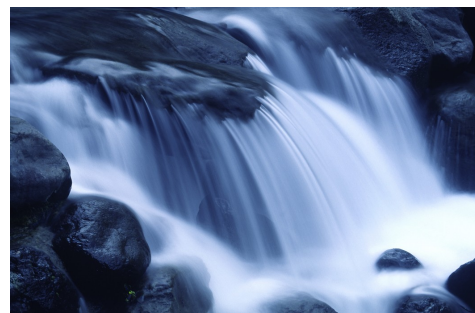
How much water is there on earth?

- A. 93 million cubic miles
- B. 117 million cubic miles
- C. 252 million cubic miles
- D. 344 million cubic miles

According to the LennTech, a water treatment company based in Rotterdam, the total amount of water on earth has a volume of 344 million cubic miles. Of this 315 million cubic miles is seawater, nine million is ground water, and seven million is frozen in ice caps. The planet's lakes and streams account for 53,000 cubic while an additional 4,000 cubic miles of water is atmospheric moisture.

MORE:

It can take the equivalent of a human lifetime for groundwater to traverse one mile.



Source: U.S. Geologic Survey



...Of Interest

Tribal Office needs your Help

Please help us get in touch with the following people:

Tracy Johnson
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

Digital TV Transition

The digital television transition has been **postponed to June 12, 2009** to give households more time to prepare for the Digital TV transition. A television receiver with only an analog broadcast tuner will require a converter box to receive full power over the air broadcasts with an antenna because of the Nation's transition to digital broadcasting. Analog-only TVs should continue to work as before with satellite and cable TV services, low-power TV stations, gaming consoles, VCRs, DVD players, and similar products. Information about the DTV transition is available from www.DTV.gov or 1-888-DTV-2009 and information about subsidized coupons to digital-to-analog converter boxes.

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.



California Pow Wow's Coming Up

- Modesto, CA April 19th, Modesto Jr. College 209-575-6700
- San Jose, CA, May 2, San Jose City College 408-288-3788
- Mariposa, CA, May 9-10, Mariposa Fair grounds 209-742-2244
- Oroville, CA May 23-24, Plumas Ave School 530-532-1611
- Marysville, CA June 6, Yuba College 530-749-6196
- Friant, CA June 12-14 Table Mountain 559-822-2890
- Chico, CA June 27-28 530-891-9447
- Sacramento, CA Aug 14-16 O'Neil Park 916-421-0657
- Redding, CA Sept 11-13, Shasta District Fairgrounds 530-515-1056

Council Contact Numbers

Gail Green

Tribal Chairperson
Cell 845-0440

Ted Hernandez

Vice Chair
Cell 599-0888

Brian Mead

Secretary
Cell 407-6662

Leona Wilkinson

Treasurer
497-9304

Joycelyn Teague

Council Member
Cell 599-6852

Sharon Thurman

Council Member
Cell 502-6189

Alan Miller

Council Member
Cell 496-8834



Cultural From the Ground Up...Library Too..

Would you like to take a walk?

The Wiyot Environmental and Cultural Departments are once again offering to take interested staff and tribal members out to Tuluwat. Please leave a message at the tribal office 707-733-5055 and we will set up times with you.



Library Policies

by Marilyn Wilson, Librarian

Borrowing Privileges:

In order to borrow library materials you need to fill out a card with your name, address, telephone number, and last four digits of your social security number. You will be asked for photo i.d. if we don't know you. These cards will be kept on file in the library. The signature of a parent or guardian is required in order for a minor to obtain library borrowing privileges. The library does not limit the borrowing privileges of a minor. If you wish to limit your child/ward's reading, we suggest that you accompany him or her to the library and help select the materials borrowed.

Loan Period and Overdue

Materials: Adults may check out up to five books at a time, children may check out three at a time, and two videos may be borrowed at a time. Books may be kept for three weeks, and videos and cassettes may be kept for one week. Books may be renewed for an additional three weeks if they have not been requested by another person. Renewals may be made by calling the library at 733-5055.

The library does not charge fines for overdue materials. However, we encourage you to return your materials on time to avoid suspension of your borrowing privileges. Notices will be sent one week after materials are due, and library borrowing privileges will be suspended two weeks after materials are due. You will be charged for the materials one month after it was due.

Lost, Stolen, Damaged and

Unreturned Materials: You will be responsible for the cost of replacement or repair of any type of library material that is lost, stolen, or damaged while checked out to you. If you are a victim of fire or theft, you may be able to claim the cost against your insurance policies. Charges for unreturned, lost, stolen, or seriously damaged materials will include the replacement cost of the item plus a processing fee of \$5.00. Under certain conditions a refund may be made if the lost material(s) is found and returned within three months. The processing fee is NOT refundable—even if the material is found

later and returned. Selection of library materials is a thoughtful, deliberate process. Therefore, we cannot and do not, accept replacement of library material by a user unless it is exactly the same title in exactly the same format and edition.

Cultural Department and Tribal Historic Preservation Office

May News

By Helene Rouvier, THPO

Due to a scheduling conflict with the Fortuna Rodeo, the Summer Elders Honoring Gathering has been changed to Saturday, July 25th. Please mark your calendars with this new date! This will be a time to share food, language, culture, stories with our Wiyot elders. Please bring old photos, family histories, and your favorite dessert. The gathering will take place at the ancient village site of Betmet, on the South Spit, from 11 a.m. until 5 p.m. Overnight camping will be available. All tribal citizens, families, and staff are invited.

Archivist Maggie Nelson has been working with the tribe to establish a secure and sustainable Wiyot archives. We are incorporating space for these materials into the planning for community center growth.



...Cultural From the Ground Up

(continued from page 4)

This record of Wiyot history and culture is found in the letters, photos, scrapbooks, diaries, and memories of Wiyot people. Please hold on to all your family records, and consider donating them to the Wiyot Tribal Archives. For more information contact the cultural department at 733-5055 or cultural@wiyot.us. Hou' (thank you), Helene.

The Heritage Center recently acquired stone tools and a doll basket. We are now displaying these new cultural items in the big room of the cultural center. Thanks to Albert and Beverly James for their generous donation, and to Emil Pawlus and Leona Wilkinson for helping with the purchase of the doll basket.

The Wiyot Heritage Center is pleased to offer a workshop on Basket Care and Conservation to interested tribal members. This training will help care for your family treasures. You are encouraged to register and to bring basket(s) to use in the hands on exercises. There is no charge, but pre-registration is required by May 25th. If you would like to attend.

Please fill out the inserted form in this newsletter and send or drop off at the tribal offices, 1000 Wiyot Drive, Loleta, CA 95551 by Monday, May 25th.

Elders Ceremony

Save the date! Cultural committee is planning the **Third Annual Honoring Elders Summer Ceremony** to be held **July 25th, 2009** at the ancient village site of Betnet on the South Spit. All Tribal members and their families are welcome. Food, family, fun, and stories. This is a time of sharing and remembering, of taking the time to talk with and honor tribal elders.

For more information please call Helene Rouvier, the Cultural Director or Linda, Office Manager at the Tribal Office 707-733-5055



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., Loleta, CA 95551. You can email Linda if you would like to submit something for the newsletter; linda@wiyot.us or call 707-733-5055.





Language...

Grizzly Bears & Harmonicas

by Lynnika Butler

Did I get your attention? Good! Now, what do you suppose grizzly bears and harmonicas have in common? It turns out that in Wiyot, both words come from the same verb meaning 'to bite': kunábulilh 'grizzly bear' literally means 'he bites', and kanú'ba'y 'harmonica' means 'one bites it'. Of course, grizzly bears are native to this area, while harmonicas are not. That is what makes this example so interesting: it shows that Wiyot speakers used the same type of (native) word-building strategy for both traditional and introduced items.

When a language needs new words to talk about new concepts or introduced items, there are several different options. Sometimes the word is just 'imported' or borrowed from the originating language: for example, *sushi* and *tsunami* have been borrowed directly into English from Japanese, and 'Golden Gate' was borrowed in the same way (with Wiyot pronunciation!) from English into Wiyot. Other times, a native word used for a traditional item is applied to a novel one that is similar: the Wiyot word tshánats originally referred to a shell spoon, but later was applied to European-style teaspoons as well. But it seems that Wiyot's favorite way of naming new things was to create new (usually descriptive) words from the existing building blocks of the Wiyot language--as we saw with 'grizzly bear' and 'harmonica'.

Below are several more Wiyot words for items introduced by white settlers, along with their literal meanings (as far as I have been able to figure them out). To hear how some of these words sound, you can click on the underlined ones (if you're reading online) or visit the language page of the Wiyot website (<http://www.wiyot.us/language>).

Agriculture & food

sugar	<u>goutsrróul</u>	'good-tasting'
pea	<u>hiwa'gurrughutsk</u>	'little round thing'
peach	<u>wúladítik</u>	'round fuzzy thing'
pig	<u>bou'chóulhilh</u>	'he has a pointy nose'

Tools & implements

scissors	<u>baghúghúni</u>	'thing that is crossed at the front end'
button	<u>lhvútgúni</u>	'round thing that is pushed through'
handkerchief	<u>gachwáyichanuwelh</u>	'it wipes the chin'
nail	<u>tvedgulóu'wul</u>	'small thing that goes through with an instrument' (?)
scythe	<u>tvuplhayóu'wulh</u>	'what one uses to go through hairlike objects [grass]'
fork	<u>tvutsguróuwulh</u>	'instrument that goes through really small things' (?)

...Language

(continued from page 6)

Musical instruments

violin	<u>tsouwuliyu'n</u>	'one bows it'
whistle	<u>gougoutsurouy</u>	'the one that whistles'
guitar	<u>wouda'lhabdoununi'</u>	?? This one is a mystery! I'll let you know if I solve it.

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@wiyot.us

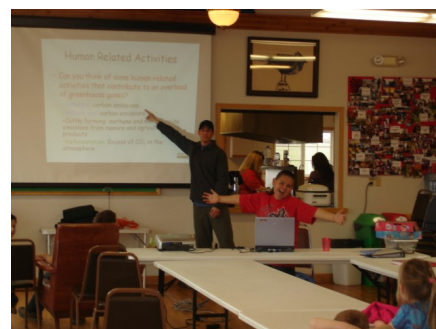


Mark your calendars now, the Wiyot Elders program will be hosting an Elk BBQ and Medicare Part D signups on June 26th from 12-1 pm.



Tim Nelson

Giving a presentation to the Boys & Girls Club participants





Health...

FAT FINDINGS

Three common sense steps can help you incorporate good for you fats into your diet.

1. Substitute good for you fats from plant-bases fats, when possible. For example, use canola oil in place of butter for sautéing vegetables.
2. Enjoy sensible portions of lean cuts of beef and pork as well as low-fat dairy to keep saturated fats in check.
3. Employ nuts, seeds, olives, and flavorful oils with beneficial fats as a garnish instead of a main ingredient to manage calories.

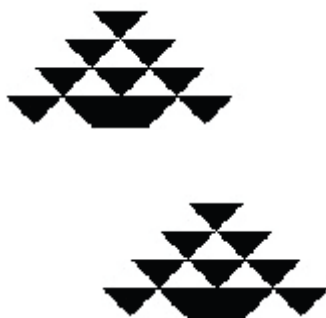
Limelight Blueberry Muffins

1 3/4 cups all-purpose flour, 1 cup sugar, 2 teaspoons baking powder, 1/4 teaspoon salt, 1/2 cup light sour cream, 1/3 cup canola oil, 1 teaspoon grated lime rind, 2 tablespoons fresh lime juice, 1 teaspoon vanilla extract, 2 large egg whites, 1 large egg, 1 (6oz) container plain low-fat yogurt, cooking spray, 1 cup fresh blueberries

Directions:

Preheat oven to 350, combine flour, sugar, baking powder, and salt in a large bowl
Combine sour cream and next 7 ingredients (through yogurt) in a bowl, stir with a whisk. Add sour cream mixture to flour mixture, stir just until moist. Spoon batter evenly into 12 muffin cups coated with

Cooking spray. Sprinkle blueberries evenly over tops of muffins. Bake at 350 for 25 minutes or until muffins spring back when touched lightly in center. Cool in pans, 10 minutes on a wire rack; remove from pan. Serve warm. 12 muffins 225 calories each.



All through the winter you promised yourself that when warm weather came, you'd start walking. Well, Spring is here and warmer weather coming. 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 table, 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 sessions 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.

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 better yet, **it's fun and free.**



...Environment Around Us

Helpful Gardening Guide

By Tim Nelson

Planting Schedule

With May approaching and spring finally upon us, it is about time to begin planting some delicious produce. May is the month to directly seed beans, edamame, snap beans: pole or bean, sweet/ grain corn, sorghum, and millet. 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.

Remember, it is not late to plant early spring seedlings such as bok choy, artichoke, zucchini, squash (winter/summer), cucumber, and melons, parsley, celery, and sunflowers, cilantro, dill, fennel, lettuce, broccoli, cabbage, cauliflower, kale, brussels sprouts, spinach, chard, beets, peas, onions, green onions, leeks, potatoes, tomatoes, peppers, and tomatillos. For more information regarding planting schedules, please call or visit the Environmental Department.

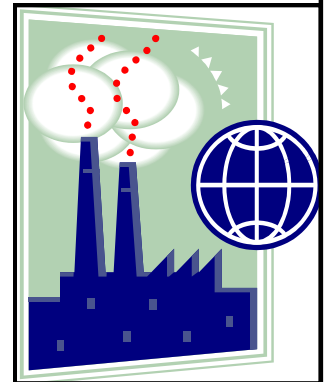


Outdoor Air Quality Presentation with Boys & Girls Club

By Tim Nelson

This month Wiyot Tribe's Environmental department and Language Program gave a lecture to the Boys & Girls Club of Wiyot Country on the subject of Outdoor Air Quality. During the lecture the tribal youth learned about the top 2 major air pollutants that play a significant role in damaging air quality. Along with the environmental lesson, the Language program introduced new Wiyot words such as smoke, hot, fire, sun, etc. that the youth picked up on very quickly. With this information, the tribal youth knows where these pollutants originate from, how to reduce the quantities, and some important health tips in order to stay healthy especially during the hot summer months when air quality is at its worst.

Starting with a quick overview on the composition of our air and how our bodies interact with our atmospheric environment, the kids learned about pollutants, specifically the top two threatening our air quality, ozone and particulate matter. Ozone plays an important role in sequestering greenhouse gases in order to maintain proper air temperatures on Earth, protect life (i.e. plants and animals) from the sun's very harmful ultra-violet radiation (UV) rays, etc. This specific ozone occurs naturally in the highest part of the lowest atmospheric layer (troposphere) and stratosphere but the ozone that is harmful to life on Earth is more commonly called ground-level ozone, or SMOG. Smog, is created when polluting sources (i.e. emissions from cars, factories, power plants, etc.) emit pollutants that are then "cooked" by the sun. This cooked by-product then looks like a fog line but is actually human created ozone. Particulate matter, on the other hand, consists of particles (mainly soot and dust) which are generated when anything is burned (soot) or when fine, minute solid particles are suspended in air (dust).



Environment Around Us...

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So, how do we measure for air quality? Scientists and researchers use highly sophisticated measuring instruments to gather air samples and quantify both ozone and particulate matter (PM_{2.5}) into a numerical figure. Referencing the Air Quality Index (AQI), these numerical figures will be paired with a color and some health advisory tips.

This is an example of what you may see:

AQI Numbers and Colors	Health Indicators
0-50 (green)	Healthy
51-100 (yellow)	Moderate
101-150 (orange)	Unhealthy for sensitive groups
151-200 (red)	Unhealthy
201-300 (purple)	Very unhealthy
301-500 (maroon)	Hazardous

Because of the potential to emit very high amounts of soot, fires (forest or campfires) can potentially be very harmful to your health based on your exposure time. Just because you cannot see the fine, minute particle of soot, it does not mean that you are not inhaling large quantities of the harmful pollutant. This is why it is very important to limit your exposure to fires of any kind as high amounts of soot and carbon monoxide are emitted. Specific dangers of soot to one's health include:

- ✦ Asthma
- ✦ Lung cancer

Cardiovascular problems

Smog, or ground-level ozone, emitted by polluting sources such as cars, factories, and power plants then cooked by the sun can also cause problems similar to particulate matter. These include:

- ✦ Coughing, throat irritation and an uncomfortable

sensation in the chest

- ✦ Susceptibility to respiratory infections
 - ✦ Compromised lung function harming the breathing process which may become more rapid and more shallow than normal
 - ✦ Inflammation and damage to the lining of the lungs
 - ✦ Aggravation of asthma
 - ✦ Reduction in agricultural yields
- Interference with photosynthesis and suppression of growth of some plant species.

If at anytime you are outside and notice any of these symptoms, consult a parent, teacher, guardian (children) or you may need to consult a physician (consider heavily if you have a sensitivity like asthma or lung disease). Remember, the months where air quality is at its worst is in the summer months ahead of us so exercise precaution when going outside on bad days and check your local AQI score to find out more.

For more information on Humboldt County's local AQI you may call the hotline at (707) 443-3093 or on the Web at <http://airnow.gov/index.cfm?action=airnow.local> for other area's AQI scores.

Also, to pick up more information relating to air quality or other environmental issues, call or visit the Environmental department.





...News and Notes from Social Services

Position Available	Wiyot Parent	
<p>P/T, year round; \$8-9.00 per hour with employee benefits. Under the direction of the Social Services Director, the Social Service Assistant will assist the Director to provide services to tribal families.</p> <ul style="list-style-type: none"> Transporting clients to appointments Assisting clients to complete forms Maintaining case files Scheduling Opening the Center/setting up and cleaning up for social service events/workshops/groups <p>High school diploma or GED required. Possess a valid California Driver's License, and automobile insurance. Must work well with other staff, and be courteous to Tribal members and visitors. Knowledge of Wiyot or other Native American cultures is needed. Must be able to complete a background check, DOJ fingerprinting and TB test before beginning work. Pre-employment and random drug testing required.</p> <p>Applications can be obtained on line at www.wiyot.com or at the Tribal Office at 1000 Wiyot Dr., Loleta, CA 95551.</p> <p>Deadline: June 1st, 2009</p> <p>Any questions feel free to call 707-733-5055 for Michelle or Linda .</p>	<p>The Wiyot Parent Committee will meet on May 4th, at 6 pm. The committee will be making recommendations to council regarding Table Bluff Reservation playground equipment, use of Child Care Development Fund Recovery Act Funds, and continue discussions of summer activities and Table Bluff charter school. Please note a meeting of the Minor's Revenue Sharing Trust Fund meeting will immediately follow the Parent committee meeting (May 4th @ 7 pm).</p> <p>Notice</p> <p>All tribal youth and elder programs will be closed for Memorial Day May 25th and during the week of June 1st through the 5th to get geared up for summer. Parents effected by this closure may use the Boys & Girls Club of Loleta during this week. Frozen meals may be available to elders upon advance request. Please contact Michelle for more information at (707) 733-5055 or by email at: michelle@wiyot.us.</p> <p>Wiyot Girl Scout Troop</p> <p>Cheryl Seidner has graciously offered to be the leader for a new Girl Scout troop. As such, the tribe has applied to form a new troop.</p>	<p>An informational meeting will be held on May 7th, 6pm at the Table Bluff Reservation community center. Girl Scouting is for every girl, everywhere—where today's girls can become tomorrow's leaders. Membership in Girl Scouts is open to girls ages 5-17; women and men over 17 can join as adult members.</p> <p>Most girls join a local troop or group for fun and friendship, but they also find out about building character and self-esteem and serving their communities—the core qualities of Girl Scouting. In Girl Scouts, girls find a safe place to grow and share new experiences, learn to relate to others, develop values, and contribute to society.</p> <p>The Girl Scout program is based on the needs and interests of girls. All members:</p> <ul style="list-style-type: none"> Share the Girl Scout Promise and Law Pay national dues of \$10.00 Follow safety guidelines <p>Learn more about what girls do:</p> <ul style="list-style-type: none"> Girl Scout Daisy, grades K-1 Girl Scout Brownie, grades 2-3 Girl Scout Junior, grades 4-5 Girl Scout Cadette, grades 6-8 Girl Scout Senior, grades 9-10



News and Notes from Social Services...

(continued from page 11)

Girl Scout Ambassador, grades 11-12

How to Join

Joining Girls Scouts is simple. Call Michelle or Jessica at (707) 733-5055

Scholarship Season is here

If you are interested in attending college next fall now is the time to get started on Scholarship applications. The following are a few scholarships that may help to get you started:

Wiyot Higher Education Scholarship

Wiyot Tribal members attending a 2 or 4 year college or university full or part time in 2009/10
Deadline August 1, 2009
Contact Michelle Vassel, michelle@wiyot.us, (707) 733-5055.

BIA Higher Education Grant

Wiyot Tribal members attending a 2 or 4 year college or university full or part time in 2009/10.

Deadline: Prior to the start of classes

Contact Michelle Vassel, michelle@wiyot.us, (707) 733-5055.

for more information on how to find and apply for scholarships to attend college.

Elder's lunch served daily

The Wiyot Elder nutrition program serves free lunch Monday through Friday to anyone over the age of 50. Drop in and enjoy a hot meal with friends on any weekday. Join us on Tuesdays and participate in a game or two of Language Bingo with fabulous prizes!!!

Please note that all tribal youth and elder programs will be closed on June 1st through 5th, 2009 to get geared up for summer. Elders interested in receiving frozen meals during that week please contact Michelle at (707) 733-5055.

Support our Troops



The Wiyot Tribal Council recently began a program to support our tribal members.

The program will send care packages to tribal members serving in Iraq or Afghanistan. If you know of any tribal members serving in the War on Terror, please send their name and APO/FPO Address to ATTN: Support our Troops, Wiyot Tribe,

Loleta, CA 95551 or email to michelle@wiyot.us.

See's Candy Sale

See's candy still available at a discounted price of \$2.50 per item. Easter bunnies, chocolate and peanut butter filled eggs are available. Call Michelle at (707) 733-5055 for questions and more information.

Native American Care-giver Training

The final installment of Native American Caregiver Training will be held on May 2nd at 10 am. A number of tribal members have participated in this training which was hosted by the Wiyot Tribe at the Table Bluff Reservation Community Center. The training prepared individuals to work as caregivers for Native American Elders. Upon completion of the program, the caregivers are entered into a Native American Caregiver database which will be used for referrals to Native American elders in need of care giving services. For more information please contact Michelle at (707) 733-5055 or email michelle@wiyot.us





...News and Notes from Social Services

Low Income Energy Assistance Program

Additional Low Income Home Energy Assistance program (LIHEAP) funds have been approved. Tribal member's households who previously reached their ceiling may be able to reapply. This funding is to provide assistance to low-income households in meeting their home energy costs, particularly those with the lowest incomes and highest energy needs. Priority is given to tribal members who are elders, disabled, and families with young children. Applicants must complete an intake, a responsibility statement, provide proof of income for the entire household for the last 30 days, and an energy statement or an estimate from a firewood vendor(s). Energy assistance payments are made to the energy vendor on behalf of the client household for no more than the amount due on the energy statement. No payments can be made to the LIHEAP client. The system of energy payments to the vendors will vary with the type of vendor(s) and their location within the state.



The maximum benefit per year was \$600 per household and has been increased to \$1,200 (October 1, 2008 through September 30, 2009) and will be available as funding lasts.





California Indian Manpower Consortium, Inc.

Sacramento Field Office

738 North Market Boulevard
Sacramento, CA 95834
(916) 564-2892 / (800) 640-2462
Fax: (916) 564-2345 / TTY: (800) 748-5259
www.cimcinc.org

Serving Native Communities since 1978

CIMC Summer Youth Program Opportunities

Are you interested
in learning important
employment skills
and in getting a Job?

Communication Skills
Employment
Expectations
Leadership Skills
Resume Writing
Interview Skills
Teambuilding Skills

Eligibility Requirements:

- Ages 14-24
- Native American, Alaska Native, Native Hawaiian
- Reside in our CIMC WIA Service Area
- Low-income, unemployed, underemployed

Countries in CIMC WIA Service Area:

- | | | |
|-------------|---------------|--------------|
| • Alpine | • Placer | • Stanislaus |
| • Amador | • Sacramento | • Tuolumne |
| • Calaveras | • San Joaquin | • Yolo |
| • El Dorado | • Solano | |

CIMC is an equal opportunity employer/program. Auxiliary aids and services to individuals with disabilities are available upon request. Funding is provided by U.S. Department of Labor.



Open Monday-Friday Noon
to 6pm
Except Holidays

Memorial Day

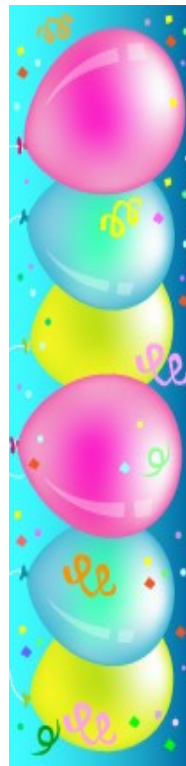
NOTICE

May 25th
The Tribal Office will
be closed and Youth
and Elder pro-
grams will be
closed also for the
week of June 1st
through the 5th



Happy Birthday

Joshua Abernathy	Alexis Anderson	Launnie Bainbridge
Ronald Beauchamp	Cody Black	Amelia Carpenter
Vincent DiMarzo	Kelly Douglas	Lee Ann Duclo
Alzada Duncan	Elsie George	Carolyn Goins
Jessica Greenburg	Joyce Hernandez	Ardith Huber
Erla Jadro	Shanah James	Eric Johnson
Sonia Johnson	Melissa Jones	June Kenison
Thomas Koontz	Natalie Kovacovich	Diane Letner
Patti Meraz	Natisha Mitchell	Michael Nunes
Judith Owen	Richard Pawlus	Frederick Pierce
Robert Raymer	Gia Rodrigues	Mariah Rodriguez
Brendyn Sheets	Hallister Stephenson	DeEtte Stewart
Rachelle Sutherland	Sharon Thurman	Bruce Tompkins
Brett Woodhurst	Hannah Woodhurst	



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@wiyot.us

Native American Recipe Request

If you have a special Native American recipe that you'd like to share with others, please email to linda@wiyot.us or mail to Wiyot Tribe c/o Linda, 1000 Wiyot Dr., Loleta, CA 95551 and we'll publish it for others to experience.



Clark Museum Presents

March-May 2009

Pine6 Needle Basketry

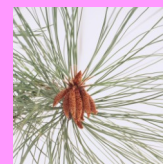
By Wiyot Tribal Member Lillie Johnston

Location: Clarke Historical Museum

240 "E" St. Eureka

*corner of 3rd and E

More pine needle baskets by Lillie are in Nealis Hall/Native American Room





May 2009

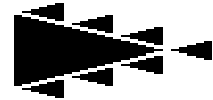
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Youth and elder programs closed May 25th and June 1-5, 2009					1	2
3	4 Wiyot Parent Committee 6pm Minors RSTF 7pm	5	6	7 Girls Scout Troop info meeting May 7th @ 7 pm	8	9
10 Mother's Dat	11 Business Council 6''30	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day Tribal office closed	26	27	28	29	30
31						

Wiyot Tribe

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



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



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 _____