



THE DA'LUK

Vol. 1 Issue 4
November, December

A Message from Chairman Ted Hernandez

Ha'wa'lou Tribal Citizens,

First of all, I would like to inform everyone that we could not hold our Semi –Annual meeting on October 3, 2015. We did not have enough for a quorum we were off by three citizens which prevented us from having the meeting that day. I cannot stress how important it is to get the citizenship here to participate with all the meetings of the Tribe. These meetings serve as a platform for you to express your concerns and ideals on the future development of our Tribe. Your opinion is valuable. During the month of October we hired our new Office Manager Sarah Caligiuri. Let's give Sarah a big warm welcome to our beautiful tribe. Feel free to contact Sarah at office@wiyot.us . Sarah will also be making sure that the monthly News Letter gets out to everyone so that you are aware of the

happenings and upcoming events of the Wiyot Tribe.

The month of November was a great month, we had our annual Thanksgiving dinner on Nov 21. The Tribe also did some voluntary at the Inter-Tribal Elders Gathering on Nov 14. It was rewarding to see many of our elders and youth at this event having a great time. The event honored many elders and veterans from all the tribes within the area. I would like to give a big "Thank You" to NCIDC and to the volunteers for all their hard work in creating another successful Elders Gathering. It is very important that we remember our elders and veterans and all the values they bring to our Tribe. I ask for all the youth out in our community and surrounding communities to take the time to say, "thank you" to your elders and veterans. Let them know how much you care. I would also like to wish everyone a happy

Thanksgiving with all of your families.

Since this is the December issue- On behalf of myself, Wiyot Tribal Council and our Staff, we would like to wish all of our Tribal Citizens a MERRY CHRISTMAS and a HAPPY NEW YEAR.

Juwaksh

Ted Hernandez

Chairman





Announcements From Council Support:

Enrollment

Dear Wiyot Tribal Members,

On Monday October 26th the Wiyot Tribal Council approved Councilman Alan Miller to begin service as Enrollment Coordinator. If you are in need of enrollment services, please contact Councilman Miller directly at:

Alan Miller Enrollment

Telephone: (707) 601-4941

Gmail: Wiyot79@gmail.com

Council also approved biannual Enrollment Committee Meetings during the months of June and December. Thank You For Your Attention,

Wiyot Tribal Administration Office

Where Are You?

We have been getting back newsletter and RSTF checks due to incorrect addresses. We need the following Tribal Citizens correct information. Please contact the Tribe ASAP.

Atwell, Justin

Norman, Robyn

Owen, Michael Jr

Staggs, James

Sovereign, Natasha

ARTICLE CONTENT

PLEASE SEND PICTURES AS ATTACHMENTS.

THANK YOU!

Committees

WE WOULD LIKE YOUR INPUT!

- **SHOULD NON-TRIBAL MEMBERS SERVE ON COMMITTEES?**
- **WHAT COMMITTEES SHOULD HAVE TRIBAL MEMBER'S ONLY?**
- **WHAT COMMITTEES WOULD YOU LIKE TO SEE?**

FOR QUESTIONS AND COMMENTS PLEASE EMAIL MADISONF@WIYOT.US

Announcement From Natural Resources Dept:

Volunteer Interviewees sought for Wiyot Cultural Plant Use Project!!

The Natural Resource Department is Seeking Tribal members and elders to interview about important cultural-use plants and harvesting practices of the Wiyot

people. This history project will help the Department to prioritize the conservation of important plant species and communities for present and future generations of Wiyots. Many threats, such as development, grazing, and invasive species negatively impact native plant communities. Help us protect these sacred and cultural plants and places by sharing your

personal knowledge! All information will be kept

confidential and is for Tribal use only.

Contact the Tribe's Botanist, Adam Canter if you are interested in participating in this project. Thanks!
Email: adam@wiyot.us
Phone: 707-972-0065

Ashen Tzon, Tzon Sua Wiyot ~ Thank you, I am happy to be here with you. A message from our new Office Manager

My name is Sarah Caligiuri, I belong to the Western Shoshone Yomba Tribe from Newe Segobia (Central Nevada). I am honored to be here and to be of service to your Tribal community. My current undertaking includes facilitating the daily functions of the Community Center, including developing a new management

system for the office, ordering inventory and team building as well as website maintenance and personnel matters. I graduated from Humboldt State University with a B.A. in Native American Studies and I am currently earning my Masters of Juris Prudence in Indian Law. Some of my past projects include working

with Shoshone Tribal Youth on garden projects, water shed research, traditional food tending and gathering and cultural development. Thank you so much for having me here with your community and for the warm welcome.

Abashai (See you later)

Sarah Caligiuri
office@wiyot.us

Health and Human Services Department

Gou'wil da lalouluwuk "Taking Care of People"

MICHELLE VASSEL

SSI/SSP Recipients and Quarterly payments



SSI/SSP recipients are required to claim all RSTF quarterly payments. This income counts against the SSI/SSP resulting in a reduced income the month following the disbursement. Failure to report the income can result in an accrued overpayment which may cause a long-term reduction in income in the form of a period of

suspension or reduction of monthly income through a payment plan. There is a way to avoid this reduction in income and make this income benefit SSI/SSP recipient. The tribe operates a Fixed Utility payment program that allows the tribe to pay non-essential utilities such as gas, cell phone, cable and or satellite bills on the tribal members behalf. This payment does not count against the SSI/SSP recipient and allows the RSTF funds to benefit the tribal member. If you or your loved one is interested in signing up for these programs contact the tribal office and request a RSTF fixed Utility

program form prior to the next RSTF distribution.

Free meals for children

The Wiyot Tribe provides a free snack to all children ages 0-18 during the school year from 4:30-4:30 pm Monday – Friday during the school year. All of the meals are based on the USDA requirements. The menus are posted and are also sent out in the Wiyot Tribes monthly newsletters. During the school months the Tsek Houdaqh program offers the Kids in the

Kitchen program. Youth are able to help prepare, set up, serve, and clean up a snack. For questions or information contact Michelle. (707) 733-5055

Upcoming Scholarship Deadlines

H. D. "Timm" Williams Memorial American Indian Scholarship

This scholarship is a memorial to Mr. "Timm" Williams for his dedication and service to the American Indian who is seeking a career in a health related field. It is the UIHS Board of Directors' intention that this scholarship will provide monetary funds to support and off-set college costs.

SCHOLARSHIP ELIGIBILITY: Must be an American Indian "Eligible Beneficiary" client registered for services at UIHS; Have acquired a High School diploma or equivalent General Education Diploma (GED State certified); Plan to attend a two (2) year or four (4) year college / university as a full-time student in academic calendar year, in which the scholarship is awarded; Have an overall GPA of 2.0 or better; Application must be turned in by the deadline in April of the academic calendar year applying; Applicants are only eligible to receive a one-time scholarship; See attached application requirements for more details.

Cheryl Yarbrough Memorial Scholarship

The purpose of the Cheryl Yarbrough Memorial Scholarship is to assist with the initial tuition fees for American Indian applicants who enter into an Accredited Medical Assisting Program. Applications are accepted year round. Applicants must provide proof of acceptance into a Medical Assisting Program and must do provide support for one applicant from Del Norte County and one applicant from Humboldt County.

Applicants must be a high school graduate/GED, an American Indian, be registered for services at UIHS, reside within Humboldt or Del Norte Counties, desire a career in medical assisting.

For an application for either of these scholarships contact the UIHS Scholarship Committee

(707) 825-5000 or
<http://www.unitedindianhealthservices.org/about-uihs/scholarships>

Michelle Vassel

Tsek Houdaqh "Where the Children are at"

Tsek Houdaqh the Wiyot Youth Center operates daily from 11 am to 5:30 pm Monday through Friday. We are inviting toddlers to our Toddler Time Program which focuses on pre-school aged children Monday through

Thursday from 11:00 am to 1:00 pm. The program will focus on preschool topics including learning the alphabet, counting, story time, singing songs as well as Wiyot language and culture. Our school age program operates Monday through Friday after school from 3 pm to 5:30 pm. The program includes an after school snack, tutoring, physical activities, crafts, games, cultural activities, and Wiyot language. During holiday breaks the youth center is open from 8 am to 4 pm. The center has a number of activities planned for the school breaks. For more information please contact Fawn at (707) 733-5055 ext. 117 or email her at fawn@wiyot.us.



Dying Baskets with Ferns

Youth and Elders Program

Winter Fundraisers

The Health and Human Service Program will be holding several fundraisers this quarter to benefit youth and elder programs. The youth program is offering a See's Candy holiday candy sale.



To purchase candy go to:

https://www.yumraising.com/secure/wiyot_tsek_houdagh_fund_rasier5/?h=Faw_Lop6012&c=ot6262#/bag The candy will be delivered to the Wiyot Tribal Office and will be available for Pick up December 2nd.

The Department will also be holding a fundraiser at the 10th Annual Holiday Craft Fair. We will be selling biscuits and gravy for breakfast and Indian Tacos after 11 am. Please help support the Tribes youth and elders programs by dropping by for something to eat and get some holiday shopping done while you are there.

Holiday Resources for Families in Need

There are a number of local holiday resources for families in need. These programs offer wish lists which are usually need based. Families in need must contact these programs directly. There are limited resources and the wish lists fill up fast. In addition to the resources listed below holiday resources can be found at schools and local churches.

- NCIDC has Holiday Food Boxes the beginning of December, usually the 1st week in December, on an individual/family basis. Families must be income eligible for the program. This program is NOT a first come first serve basis, but a wish list with the most needy getting served first. Call NCIDC at (707) 445-8451 for more info.
- The Salvation Army also offers Food Baskets and Toys for eligible families. To sign up contact (707) 442-6475, eligibility criteria includes, children under 12 years old, Social Security cards, Photo ID, proof of income and proof of address.
- Food For People offers Holiday Food Baskets to sign up contact 445-3166...you will need current photo ID for self and all family members, birth certificates, passport to services, medical card. St Joseph's Pantry in Fortuna has food baskets contact (707) 725-1148, this



Loleta

10th Annual Holiday

Craft Fair

Saturday December 12th

9 am-3 pm

Loleta Elementary School

Gym

700 Loleta Dr., Loleta



*Wiyot Youth and Elders
program*

will be selling

Biscuits & Gravy Breakfast

Beginning at 9 am

And

Indian Tacos after 11 am



Holiday Resources cont...

program serves persons in need living in Fortuna, Rio Dell and the Bridgeville area.

- The Fortuna Community Service Center also provides Food Baskets and Toys contact (707) 725-1166 x 206 for more info. This program fills up fast. Eligibility includes Picture ID Card for all members in home or medi-cal card, proof of income –paystub, 2 months utility bills, rent receipts.

Seeking Youth Carpentry Intern

PT, Temporary 24 hours over 3 days during the 2015/16 school year winter break; Educational

Stipend with opportunity to keep tools. Under the direction of the Assistant Cultural Director, the Youth Carpentry Intern will complete a living regalia case with the assistance of Blue Ox Mill Work Carpentry Staff. Must be a Wiyot youth currently enrolled in high school. Contact Michelle at michelle@wiyot.us or (707) 733-5055 to apply.

High School Scholarship

Council set aside \$2000 to assist high school students who are in honors/College prep courses in need of specialized equipment such as a graphing calculator.

Eligible students must be enrolled full-time in high school, a student in good standing who is enrolled in Gifted and Talented, Honors, College Prep Coursework. Students may apply by sending a written request, proof the equipment is necessary for the Course (course syllabus/letter from school) with an estimate of cost of the (from a reputable business), along with a current GPA/proof of enrollment to ATTN: High School Scholarship, 1000 Wiyot Dr., Loleta, CA 95551 or fax to (707) 733-5601.

Elders Lunch and Bingo

Elders please join us every Wednesday from 12-1 pm for lunch and Bingo.

December Elders Menu	
2nd	Clam Chowder, Salad, Buns, Baked Apple Turnovers.
9th	Spaghetti, with Meatballs, Salad, Garlic Bread, Mixed Berry Trifle
16th	Beef Stew, Salad, Bread, Snickerdoodle/ice cream/peaches
23rd	Pork Sandwiches, salad, Holiday Tree Brownies
30 th	Chicken Soup, Crackers, Pineapple Upside down Cake

Save the date:

- 12/2/15: Wiyot Parent Committee December 2nd at 11 am
- 12/12/15: Loleta 10th Annual Holiday Craft Fair- Wiyot Youth and Elder program fundraiser, Biscuits and Gravy breakfast, and Indian Taco Sale Saturday December 12th, Loleta Elementary School Gym.

Free E-Waste and Battery Disposal



**"THERE'S A BETTER WAY TO DISPOSE OF
YOUR OLD ELECTRONICS."**

**STEPHEN KULLMANN, NATURAL
RESOURCES DIRECTOR**

Are old electronics filling up
your house? Don't know how
to get rid of old batteries? You
may know that throwing
alkaline batteries and old

electronics in the trash poses a
danger to soils, waterways,
fish, and wildlife; but it's hard
to find the time to take them
to a proper facility.

The Wiyot Tribal Natural
Resources Department will
accept e-waste and alkaline
(not car or boat) batteries for
disposal at any time, but we
are also holding a special
collection event the week of
December 7-11.

What is permitted:

- Alkaline and
rechargeable
batteries

- Electronics (anything
that plugs in or has a
circuit board.

What is NOT permitted:

- Household chemicals
- Garbage
- Recycling

Please see our separate article
regarding compact fluorescent
bulbs (CFLs). Just bring items
by the Natural Resources
Building or main office
building, and call with any
questions. Thank you for
helping us help you protect
Wiyot Natural Resources!

Keep Mercury Out of Our Fish---

Proper disposal of CFLs



**STEPHEN KULLMANN, NATURAL
RESOURCES DIRECTOR**

We all know that compact
fluorescent bulbs, the curly
light bulbs known as CFLs, help

reduce our energy bills, last
longer than regular
incandescent bulbs, and
reduce our carbon footprint.
Yet CFLs contain trace
amounts of mercury and
should not be thrown in our
regular garbage. When
mercury is not disposed of
properly it can end up in our

water supply and in the fish
we eat. Mercury can have
many harmful effects,
including damage to the brain,
central nervous system,
immune system, kidneys, and
heart. Pregnant women and
young children are especially
vulnerable. So taking care to
properly dispose of CFLs is not

CFL Disposal conti...

only the law, but helps protect our future generations.

By the way, while CFLs do contain a tiny amount of mercury; generally the electricity they save prevents a much larger amount of mercury from entering the environment through electricity generation.

Below is a partial list of places that accept disposal of used CFLs and fluorescent tubes in Humboldt County. Also, the Wiyot Natural Resources Department will accept unbroken or properly bagged CFLs at the Table Bluff Community Center. Call ahead to schedule a drop-off.

Trinidad: 101 True Value Hardware- 400 Patricks Pt Drive
McKinleyville: ACE Hardware, 2197 Central Avenue

Willow Creek: ACE Hardware, 39168 Hwy 299

Arcata:
Hensel's ACE Hardware, 884 9th St
Sunny Brae ACE Hardware, 86 Sunny Brae Center

Eureka:
Pierson Building Center, 4100 Broadway
Schafer's ACE Hardware, 2760 E St
Humboldt Waste Management Authority's "Household Hazardous Waste", 1059 W Hawthorne St (Open first Saturday of the month 9am-2pm)

Redwood Coast Energy Authority, 517 5th St (Open Mon- Fri 9am-5pm)

Scotia: True Value Hardware, 115 Main St

Ferndale: Nilsen's, 1593 Market

Redway: True Value, 100 Murrish Lane

Broken CFLs

If a CFL breaks, there is no need to panic. You want to do as much as possible to reduce exposure to mercury while cleaning it up. First,

have all people and pets leave the room and open a window or door to provide ventilation. Be careful that this does not allow wind to spread the dust, however. Also turn off household heating/air conditioning central air systems.

Use a damp paper towel to carefully clean up the bulb and powder, and place everything in a sealable container such as a ziploc bag or tupperware. Store the container in an area where it won't be knocked over or disturbed and bring it to a disposal site as soon as possible. Wash your hands thoroughly afterwards.

PLEASE SEND PICTURES AS

ATTACHMENTS.

THANK YOU!

Wiyots and County to Aid Coastal Checkerbloom

(Reprinted from the Fall 2015 issue of Dalingtonial)



Adam Canter, Botanist, Wiyot Tribe Natural Resource Dept.

The coast checkerbloom (*Sidalcea oregana* ssp. *eximia*) is a CNPS rank 1.B1 plant (endangered in Calif. and elsewhere) which is only known from about ten

populations in northern California and around Coos Bay, Oregon. A genetic assessment of eleven known checkerbloom populations (many documented by Joseph P. Tracy in the early

Checkerbloom Continued...

1900s) along the coast from Cape Mendocino to the Oregon border was conducted by the U.S. Fish and Wildlife Service (USFWS) in the 1990s, which resulted in most populations being lumped into the Siskiyou checkerbloom (*Sidalcea malviflora* ssp. *patula*). However the populations sampled at Table Bluff and above Rio Dell fell into a distinct genetic group, along with a third distinct group from McKinleyville. This data suggest that the Table Bluff coast checkerbloom is indeed a unique and possibly exceptionally rare plant.

The North Coast Chapter of CNPS along with now-retired USFWS rare plant botanist Dave (Kim) Imper initiated and conducted monitoring of the Table Bluff population in the past, which has been observed to have significantly declined since 2003 (D. Imper. *Darlingtonia* Spring 2007: 6-7). A brief inventory of the population in June of 2015 found only 14 flowering plants. Paying close attention to the population as it was flowering this year, I noticed that the right-of-way and some of the habitat had been mowed by Humboldt County Dept. of Public Works during the peak of the flowering period. Dave Imper's 1999 Sensitive Plant Report for

coast checkerbloom lists some very practical management recommendations, including periods to limit mowing (Mar-Aug).

Having concern over potential impacts from the mowing, I contacted Humboldt Co. Director of Environmental Services, Hank Seemann, who very promptly sent Environmental Analyst Todd Becker out to meet with me to look at the population and right-of-way. A solution was quickly found, where permanent markers will be placed outside a buffer along either edge of the population, marking it as a sensitive plant site, and coordinating with the roads department to limit mowing within the buffer to Sept-Feb. Seasonally appropriate mowing appears to help this genus, and it is surmised that one reason the Arcata Airport population of Siskiyou checkerbloom is so healthy is "that the routine mowing, necessary to control vegetation around the runways, also serves to maintain the open conditions needed for the checkerbloom, an early successional or "pioneer" species, to grow." (D. Imper et al. *Darlingtonia* Spring 2011: 1, 11). We also discussed how the Wiyot Tribe Natural Resource Department could help with restoring the population by thinning out encroaching coastal scrub of

California blackberry (*Rubus ursinus*) and sword fern (*Polystichum munitum*) during the dormant season. Restoration efforts could be assessed by re-instating annual monitoring!

Checkerblooms have a reputation for being hard to key to species, and possibly it is due to the seasonal nature of many of the diagnostic features. The coast checkerbloom differs from the Siskiyou in having a dense, un-interrupted inflorescence in a panicle. The Siskiyou checkerbloom inflorescence is more head or spike like, is interrupted, less dense, and more open. Fruits of the coast checkerbloom are smooth, while the Siskiyou's are rough and pitted. The calyx of the coast checkerbloom has un-branched bristles, while the Siskiyou generally has forked or stellate hairs. Easy enough?

Young checkerbloom basal leaves were known to be eaten as a raw or steamed green by native peoples in northwest California (Kat Anderson pers. comm.) The Wiyot Tribe is appreciative of the County's enthusiasm and willingness to listen to our concerns and excited about helping with the stewardship of this rare native plant.

A Message from Wiyot Cultural Department



Ha'wa'lo

The Wiyot Cultural Department has been focusing on a range of projects these last few months. These projects are proactively elevating Wiyot cultural development, cultural restoration, honoring our ancestors as well as our ancestral home. We have been working on inputting data on the Marine Life Protection Act (MLPA) for our Marine Protection Areas (MPA). We also have been cataloging new artifacts that have been returned to the Tribe, which is part of our Institute of Museum and Library Services (IMLS) grant. The Tribe is still in the process of repatriating certain items from museums to bring back home. We are continuing to obtain grant funding to create a bigger facility to hold our collection and as well to hold cultural classes. We look

forward to maintaining and recreating a safe space to hold our Sacred items.

The Wiyot Cultural Department is also working with the Department of Health and Human Services to create programs for our youth during the winter break. One of these projects will involve five of our youth to participate in building a living regalia case to hold some of our dance regalia. We will be partnering with the BLUE OX trade school where they will teach the youth how to use carpentry tools while building this case. The dates for this will be Dec 28-30, it will be a first- come first-serve process. If you have any youth that are interested or have any questions, feel free to contact Assistant Cultural Director Ted Hernandez or HHS Director Michelle Vassel at the Tribal office (707)733-5055 or email ted@wiyot.us

or michelle@wiyot.us.

Another upcoming project includes introducing our Table Bluff youth and Bear River youth to 3D printing techniques to document some of our recovered artifacts. We will be traveling to HSU to learn this technique. For this project we are looking at the date of Dec 21 as of now.

We are also setting up regalia classes, dance protocol classes and other classes that might be of cultural interest to our youth. We have not forgotten about our adults, the Cultural and Health and Human Service departments have come together to start a Fatherhood and Motherhood Wiyot Chapter. This program helps us to be better partners to each other and better parents towards our children. In this program, we use traditional practices that was taught to us by our ancestors. If you have

Cultural Message Cont...

any questions feel free to contact Michelle Vassel.

In conclusion, the Cultural department is open to

receiving your ideals and interests to further develop this department to serve your cultural needs.

Hou'

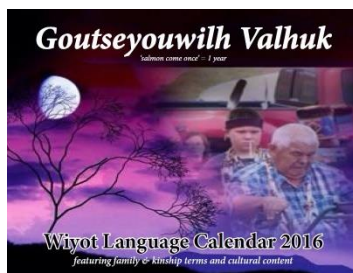
Ted Hernandez

Assistant Cultural Director

Soulatluk Houdawik (Wiyot Language News)

LYNNIKA BUTLER

LANGUAGE PROGRAM MANAGER



2016 Wiyot Language

Calendar: Thanks to the contributions of several tribal members and partial funding from Humboldt Area Foundation, we have a 2016 Wiyot language calendar available for sale. All enrolled tribal elders will receive one free calendar; anyone else who would like a calendar for themselves or to give as a Christmas gift can buy a copy for \$10 by contacting me at

lynnika@wiyot.us. The 2016 calendar features photography by tribal members and Wiyot language vocabulary around the theme of family, with words for mothers and fathers, children, grandparents, siblings, and other family relationships. For the first time, the language calendar also includes QR codes, which you can scan with a smartphone to hear Wiyot words pronounced.

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Wiyot Word of the Day: As a reminder, be sure to check out the Tribe's Facebook page to read about & listen to the Wiyot Word of the Day. Each week has a theme, such as colors, numbers, greetings, birds, food, etc., with a Wiyot word relating to that theme presented each day. (And since Facebook posts last

forever, you can scroll back to August to see any vocabulary you may have missed!)

Wiyot Story: Curlew:

The following story was told by Jerry James to the linguist Gladys Reichard in 1922, and tells the story of how Curlew sacrificed his life to save his people from starvation. (This version has been shortened and edited slightly for clarity; please contact me if you would like a full copy of the story in Wiyot and English.)

Guroush (Curlew)

Long ago, the tide did not run out because the wind blew only from the southeast. The people were starving [because the tide was high and they could not dig clams], so they

Guroush (Curlew) cont...

decided to go buy **rradughu'n** (wind from any direction).

Guroush (Curlew) was the one who went. Along the way, he was given sea plants which he took [to pay for wind].

He arrived at

Dagachuwayawik (Trinidad Cove). He said, "I come **wik hut** (from the south) to see about some wind. I came because the tide does not run out. I will give you **pijoul** (dried kelp), **gutsoulighulhwat** (live kelp) and **pishoudulhwat** (giant kelp) to buy wind. They told him, "Go back homeward; when you get halfway there,

look back and you will see."

He saw it and was glad.

He went on, and the wind began to get stronger. It blew him away **rrak hut** (toward the south). He did not get up again. It blew him through the air and against a rock. He was blown through it and died. The wind went on. It came **shwuri lugaw'** (southeast). The tide went out, and the people began to dig **houlhi** (clams). Eventually they learned that he had died.

(This story demonstrates a belief that the tide was controlled by the wind.

Lhugayughu'n (southeast wind) prevented the tide from

*going out—probably indicating that Curlew's people lived on the south coast of Cape Mendocino—while **rradughu'n** (wind from any other direction) blew the tide out. The rock where Curlew died is just off the coast about 3 miles south of Cape Mendocino. Its Wiyot name is **Guroush Datwalheli'** or **Gurou'sh Da'lhvalhuli'**, meaning 'where Curlew was blown through'. This site was known in English as Devil's Gate at least into the 1920's, and can be seen on the 1921-22 Belcher Atlas at <http://library.humboldt.edu/humco/holdings/sheet4.pdf>.)*

Please Join us for a
Jolly Good Time

Table Bluff Community Christmas with Santa



December 19, 2015
Table Bluff Reservation
Community Center
Santa will arrive
promptly at 12 noon
Santa Photo Booth,
finger foods

Christmas comes but once per year...let's get
together for some holiday cheer.



Table Bluff Transportation Monthly Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
1 st Week		Fortuna UIHS 1 PM	Clothing Closet 1 pm -4 pm	Fortuna UIHS 10 am	No Appointments
2 nd Week		Fortuna UIHS 1 PM	2 nd Week Dental Potawot 10-11 am	Fortuna UIHS 10 am	No Appointments
3 rd Week		* Fortuna UIHS 1 PM	WIC Appointments Fortuna	Fortuna UIHS 10 am Loleta Food Pantry 2:30 pm	No Appointments
4 th Week		Fortuna UIHS 1 PM	4 th Week Dental Potawot 10-11 am	Fortuna UIHS 10 am	No Appointments

**When making a Dental Appointment at Potawot or Medical Appointments at the Fortuna UIHS clinic you must let them know that you are receiving tribal transportation to get the appropriate time slot. UIHS has priority scheduling for Table Bluff Reservation Transportation Clients. We are partnering with Potawot to be able to serve higher number of clients. Please respect UIHS and Wiyot Tribal Transportation by using the priority scheduling and canceling appointments 24 hours or more in advance, failure to do so will result in loss of service.*

***No Tribal Transportation appointments will be accepted after 2:30 pm , appointments cannot be scheduled for more than 4 hours, and Tribal Transportation is not available on Friday*

**** In order to receive Transportation services you must be an enrolled Tribal member, Spouse, Child or Authorized Representative (attending with Tribal Member) and live on or within 5 miles of Table Bluff.*

*****When making appointments please contact the Health and Human Service Assistant directly (707) 601-8648. Please have the date/ time of the appointment, location and estimated length of appointment available when scheduling. Leaving a message does not constitute an appointment. The HHS Assistant must review the transportation calendar and will confirm or deny the appointment with you directly.*



Products such as toilet cleaners, drain cleaners, and antibacterial cleaners should only be used by adults due to their toxic chemicals. When improperly handled, these can cause blindness, irritation of the skin and throat, and poisoning.

**If you have a possible poisoning emergency, call
1-800-222-1222**

The American Association of Poison Control Centers will automatically direct you to the nearest poison control center

If you or someone in your home may have accidentally ingested a chemical, (by inhalation, by mouth, or getting it in your eyes) call the above number for emergency help. Always have the label handy, it's helpful for telling a healthcare provider what chemicals were ingested.

Storing and Using your Products: Always Read Labels!

By carefully reading labels, you can ensure that you're using appropriate amounts of the product, as well as how to properly store and dispose of it. You can also have an idea of the types of chemicals that are in the product, and decide if that's something you'd like to buy. Also important to keep in mind: there is no federal law that requires manufacturers to specify the amount of chemicals that are included in products .

Some safety measures when using household products:

- Keep out of reach of children
- Try to store them outside the house
- Make sure the room is well ventilated when using household cleaners
- Always use in their original container
- Childproof locks help keep young children out of cabinets
- Never mix cleaners together!
Combining chemicals may release gasses that are dangerous if inhaled.



Keeping Your Home Safe from Household Chemicals



Wiyot Tribe Natural Resources Department

Made possible with funding by Cal EPA

Common household products such as cleaners, air fresheners, and insecticides contain toxic chemicals that can hurt our health. Those most vulnerable are children and pregnant women. The effects of many of the chemicals found in these products isn't very well understood. The Toxic Substances Control Act, passed in 1976, is the federal statute through which the Environmental Protection Agency (EPA) governs what chemicals we are exposed to. However, thousands of chemicals have been deemed safe without the studies to prove it.



Making your own cleaners is easy!

Here are a couple of ideas...

Making your own cleaners at home is simple. It saves money, and they contain no toxic chemicals!

Some common ingredients used are:

White vinegar-because of its acidic nature, vinegar is great for cleaning around the bathroom and kitchen.

Baking soda-baking soda is very basic (the opposite of acidic) making it very useful for cleaning around the home.

Olive oil-olive oil can be used for polishing

Rubbing (isopropyl) alcohol- because it evaporates quickly, rubbing alcohol is great for cleaning windows.

Lemon- the citric acid in lemon makes for a great cleaner with a pleasant smell.

Tea tree oil- 1-2 tsp. and water of this essential oil can be used as an all-purpose cleaner.

Finding Safer products for your home

Organizations such as the Environmental Working Group have resources that can help you find safer products to use at home. More information can be found on their website: http://www.ewg.org/guides/cleaners/content/top_products

Are Natural Products Always Best?

Not always! There are no federal regulations that prohibit companies from labeling their products as “green” or “natural” even if that’s not always the case. These labels can be misleading, because even pine and citrus based products can produce toxic fumes. Government regulations only require that active ingredients be listed on product labels, therefore, products can contain a host of other ingredients that the consumer is unaware of.

The Link Between Asthma and Household Cleaners

Asthma is a chronic respiratory condition that affects millions of people. Many of the chemicals used in conventional household cleaners can make asthma symptoms much worse.



Inhalers are important to help control asthma symptoms

Children from low-income families are especially at risk for asthma. Studies show that Native American children are 80% more likely to have asthma than non-Hispanic white children. Furthermore, children under the age of 5 have the most hospitalizations for asthma attacks. These alarming figures add to the urgency of keeping homes and schools safe from household chemicals.

For More Information

The WNRD staff is happy to help with any questions you may have. Give us a call at (707) 733-5055

More information on asthma:

Green Cleaning, Sanitizing, and Disinfecting

http://www2.epa.gov/sites/production/files/documents/ece_curriculumfinal.pdf

•Cal EPA Indoor Air Quality

<http://www.arb.ca.gov/research/indoor/indoor.htm>

•US EPA Asthma

<http://www.arb.ca.gov/research/indoor/indoor.htm>