



# Wiyot News

Volume 11, 09

November 2009

Edited by Linda C. Woodin

Wiyot Tribe

1000 Wiyot Drive, Loleta CA 95551

(707) 733-5055

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

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

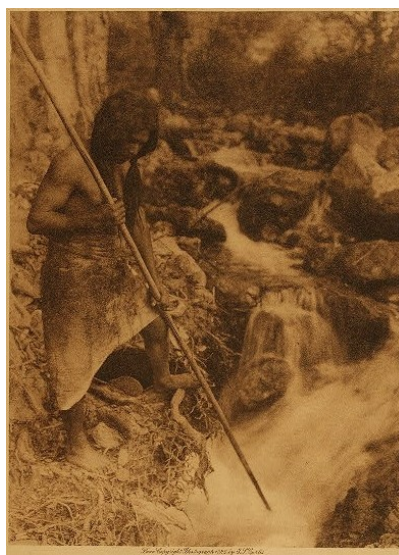
## Freshwater Creek

By Ben Brown, Registrar

The County is currently installing a new fish ladder for juvenile salmonids on Freshwater Creek. The project will include interpretive signage discussing the restoration project and the history of that particular area, beginning—of course—with the Wiyot Tribe. While the majority of Wiyot villages were located on the Humboldt Bay, there were many important settlements along the creeks that fed the bay, including Goumeyoudadag on Freshwater Creek. Nearly half of the interpretive signage is dedicated to discussing the traditional Wiyot management practices of basket making, acorn gathering, and hunting/fishing techniques.

Freshwater Creek is a fairly unique area as it drains through a redwood forest, creating an environment which supports many natural resources such as redwood, hazel, maple, spruce root, and maidenhair fern. Redwood, in particular, was extremely valuable as it was used to make salmon sticks for cooking salmon, planks for building houses, and for dugout canoes—important for transportation, fishing, and a valuable trade commodity to inland tribes who did not have access to redwood. In addition, hazel sticks, spruce root, and maidenhair fern are necessary resources for creating baskets.

Baskets were an essential component of everyday life for the traditional Wiyots as they were used for such things as cooking, fishing for eel, caps to wear, storage, and for carrying babies around.



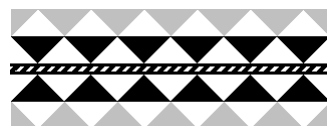
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## November Disbursement Coming up

The November RSTF disbursement is coming up and this is a reminder to be sure we have your correct address for mailing. If you need to make a change please fax the change to us at 707-733-5601 or mail it to the Wiyot Tribe 1000 Wiyot Dr., Loleta, CA 95551

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### Mark your Calendar

**\*November 11**

**Veterans Day**

**\*November 21**

**Elders Thanksgiving  
Table Bluff Commu-  
nity Center**

**\*November 26 and 27**

**Tribal office closed**

**Thanksgiving holiday**



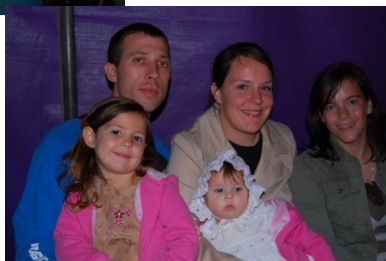


## Of Interest.....

### Tribal Members Sharing



Pierce Family

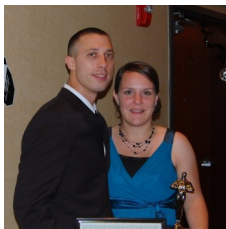


Fred Pierce is a Wiyot Tribal member who wanted to share his family life with other tribal members.

He and his wife live in Monroe City, Missouri near Hannibal and Mark Twain County. They have been married 7 years and have three children-all girls: Peyton is 13, Breesa is 4 and Nataly who is almost 1.

Fred is a Technical Sergeant in the Air National Guard and a aircraft mechanic on the C-130. He serves overseas quite a bit, completed a deployment earlier this summer, and will be heading to Germany for the month. Fred is almost finished with his bachelors in Business Management from Columbia College, works at JC Auto Parts as an auto dismantler and loves hands on mechanic work.

As a dismantler, he takes cars apart and the parts are used for selling in the used autoparts and other parts are sold to mechanics all over the state.



Thanks for  
Sharing!!!

### Tribal Office needs your Help

Please help us get in touch with the following people:

[Tracy Johnson\\*\\*](#) [Charlene Cody\\*\\*](#) [Amanda Moon](#)

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

### Receptionist Trainee Position

If you are interested in learning the functions of a receptionists, are 18 years old and a Wiyot Tribal Member, there is an opportunity to learn skills associated with that position or fine tune skills you already have.

The Wiyot Tribe has a 3 month trainee position available as of December 2009. Some of the skills to be learned are typing, filing, answering the phone, receipting monies, data entry, being a team player and much more.

Please call Linda at 707-733-5055 for more information if interested or email her at [linda@wiyot.us](mailto:linda@wiyot.us)

### Proposed Art Auction

The Wiyot Tribe is proposing to have a Art Auction in the near future and we are looking to hear from those artists who would be interested in becoming involved. The monies generated would benefit Wiyot Sacred Sites and could also be done partially on consignment .

If interested please call Linda at the Tribal Office at 707-733-5055.



## ...Of Interest



Tribal Member, Lee Ann Duclo entered and won 1st Place in the **BEST PUMPKIN DESSERT RECIPE** contest held in Elk Grove. **CONGRATULATIONS Lee Ann!!!**

Here's the winning recipe:

### Pumpkin Cheesecake

#### Crust

2 cups graham cracker crumbs  
8 tablespoons butter, melted

#### Filling

3 (8oz) packages cream cheese, softened  
2 teaspoons cornstarch  
1 1/4 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
4 eggs, beaten

#### Topping

2 cups sour cream  
1/4 cup sugar  
1 teaspoon vanilla

**Directions:** Heat oven to 325 degrees F. In a food processor blend crumbs and melted butter until moist, but not wet. Press into the bottom and up the sides of springform pan. In a large bowl, using an electric beater, beat the cream cheese until smooth. Beat in brown sugar. Blend in pumpkin, cornstarch, cinnamon, and nutmeg. Slowly mix in eggs then pour into the prepared pan. Bake 55 minutes or until the center sets. Turn off oven and remove cake. In a medium bowl mix together the sour cream, 1/4 cup sugar and vanilla. Spread this over the top of the cheesecake and return to the warm oven for 30 minutes. Remove then let cool to room temperature before removing springform.

HMMMMMMMMMMMM sounds so yummy!!!

### Memorial/Celebration

Friends and Family are invited to a memorial/celebration for **Stephanie Lee Fowler** to be held on November 1st at the Fireman's Pavillion in Loleta from 2 to 6 pm.

Bring your favorite pot luck dish to share and fond memories of Stephanie.

For more information call Gail Green at 845-0440 or email her at [gail\\_green@netzero.net](mailto:gail_green@netzero.net) or Marilyn Wilson at 845-0058

### 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



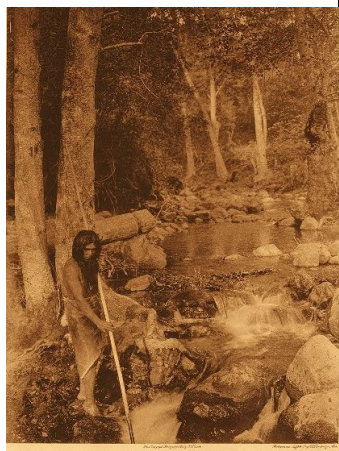
## Of Interest...

(continued from page 1)

**Horticulture**—the science and art of cultivating plants—was practiced throughout this area. For example, hazel was tended through burning; fields were burned to stop conifer encroachment and allowed the grass seed and acorn nut crops to spread and become more abundant, thereby attracting fauna which led to more easily accessible hunting grounds. Wiyots used similar techniques for nearly all plants of importance, verging on true agriculture with the planting and management of seed and nut crops.

Freshwater Creek is also a slough access area in which canoes could travel some distance upstream to access semi-inland resources. Rivers and sloughs were very important for the Wiyot, not only for fishing salmon and eels, but also as highways, since canoeing was the easiest and fastest way to get around. Also, Wiyot houses always opened to the water.

The fish ladder and signage will be completed sometime in spring 2010. Please come down to Freshwater Park and see for yourself.



### Wiyot Tribe

#### Job Description

#### Wiyot Language Materials Project Assistant

**Position:** Project Assistant  
**Salary Range:** \$10 - \$12 per hour  
**Hours:** Part-time  
**Funding Source:** Language Program grant

#### Major Duties:

Under the direction of the Language Program Manager, this position will be responsible for the following and related duties:

- Input language data from a variety of printed sources into a language database
- Learn to use Fieldworks Language Explorer software
- Learn to read and interpret handwritten field notes and a variety of special symbols
- Use guides provided by the Language Program Manager to convert original documents' spelling conventions into standard Wiyot orthography
- Learn to use keyboard shortcuts to input special symbols from original documents
- Work closely with the Language Program Manager to ensure accuracy of work
- Perform searches, concordances, formatting & printing, and other database-related tasks as required

#### Position Requirements:

- General knowledge of Windows computers
- Good typing skills
- Ability to do tedious and repetitious work in a timely manner
- Ability to work without supervision after initial training period

#### Preferred qualifications:

- Interest in learning about the Wiyot language
- This position is ideal for a Tribal citizen

#### Work environment:

Work will be performed primarily in the Wiyot Heritage Center.

#### Application:

Applications may be picked up at the Tribal Office, or of the website: [www.wiyot.com](http://www.wiyot.com)  
Completed applications should be submitted to the Tribal Office.

➔ **Application deadline EXTENDED to October 30, 2009.**





## ...Environment Around Us

### New Drinking Water Well Nearly Ready to Deliver

*By Dylan Gray*

Since 2003, the tribal Environmental Department has been getting and using a series of US EPA Drinking Water Tribal Set Aside Grants to make some needed improvements to the existing community drinking water system. In 2004, we used the monies to install a backup generator that powers the water distribution system during power outages. In 2006, we had a geophysical study and electrotelluric sounding performed on the reservation to seek out the best potential sites for a new well. In 2008, at one of the sites selected from the 2006 study, we drilled and developed a 600-foot deep well that yields water from two separate formations. This year, we retrofitted the water storage tank piping to make it seismically stable, installed flush hydrants and gate valves at two points on the raw water transmission line on the reservation, installed a pump in the new well (drawing 15-20 gallons per minute), provided power to the well site, and connected the well to the existing raw water transmission line that leads to our treatment facility. We are very near to getting the new well ready to deliver water to the residents.

This is very exciting for a couple of reasons. The water quality from the new well is better than the water we have been drawing from our well situated down by McNulty Slough: this water has far less chloride and sodium (these are what make the water from the old well taste briny), and much less iron and manganese (which require green sand filtration). What this means is that, not only will we not need to filter the new water, but it should taste significantly better. The only task remaining prior to getting this improved water to the consumers is to replace a couple of chemical dosing pumps and install plumbing that bypasses our greensand filter in the treatment building. This will be done before the end of the year.

In the meantime (and in part causing some delay in getting the final work done to get the new well delivering), we are performing an emergency repair at our old wellhead. Our pitless unit has given out and we are changing the piping layout to do away with the pitless portion of the wellhead. This is taking some of the money we had set aside for water transmission line improvements off the reservation; since we need to keep the old well as a backup source of water, we will have to find additional monies to complete these improvements, which will take more time.

So far, the grant monies from US EPA and matching contributions from Indian Health Service for these projects have totaled nearly \$400,000. The Environmental Department is now seeking additional monies from the US Bureau of Reclamation and US Department of Agriculture to develop yet another well on the reservation so that it can eventually abandon altogether the old well by McNulty Slough.





## Environment Around Us...

### Wastewater System Improvement Project Complete!

This summer saw the completion of long sought-after improvements to the reservation's community wastewater system. Since the installation of the system in the early 1990's, design faults have resulted in less than optimal performance of the system, and led it on a path towards outright failure resulting in a serious public health risk.

Among the problems with the original system design is a drainfield intended for pressured distribution of treated effluent, but fed by gravity - this had resulted in very poor distribution of effluent into the leachlines. Another problem was the two 10,000-gallon septic tanks, which were cylindrical in shape, yielding a less-than-ideal volume-to-surface area ratio for biological breakdown of effluent prior to its flow into the drainfield; this can cause clogging of the field and had resulted in periods of excessively frequent tank pumping to remove solids. Finally, lack of a grease trap at the tanks had prevented requisite maintenance of the system and has caused severe clogging.

Using grant monies from US EPA's Waste Water Tribal Set Aside program and matching contributions from Indian Health Service, totaling \$260,000, all of these system shortcomings were addressed this summer. The tanks were replaced with rectangular tanks of the same size; a grease trap was installed in one of the tanks; a dosing siphon was installed in the second tank to pressurize the drainfield; several laterals of the drainfield were abandoned to increase the slope of the drain line and decrease the size of the drainfield; the remaining laterals were cleaned out and retrofitted with cleanout ports at the distal ends; the central manifold was replaced with an improved design, including cleanouts at the middle and lower end of the line; and an exclusionary fence was installed around the drainfield to prevent cattle from compacting the soils that receive the treated effluent.

### Meet the New Environmental Director, Stephen Kullmann

As the new Environmental Director, I would like to take a moment to introduce myself. I recently earned my Masters Degree at HSU in Environmental Systems, with an emphasis on renewable energy and energy efficiency. I have worked with many local Tribes on energy and environmental projects, including the Yurok, Karuk, and Blue Lake Rancheria Tribes, and I also worked at the Schatz Energy Research Center and Winzler & Kelly Consulting Engineers.

Coming from a diverse background, I have also been a CNC Machinist, San Francisco Bicycle Messenger, and Yoga Teacher, and earned my undergraduate degree in English at Rutgers University. I enjoy rock climbing and other outdoor activities and spending time with my wife and 3-year-old daughter.

I look forward to serving the Wiyot Tribe with ongoing projects such as the clean up and restoration of Indian Island, environmental education, and water monitoring activities as well as hopefully developing some more energy projects in the future.

*(by Stephen Kullmann)*





## ...Language

**Rescheduled for January 2010:**

### **Introduction to Wiyot** **Adult language classes in Arcata**

Unfortunately, the September class was cancelled because not enough people registered.

**\*\*\* We need at least 8 students to start a class! \*\*\***

If you live in Eureka, Arcata, McKinleyville, etc. and would like to learn a little Wiyot but can't come all the way to Table Bluff, this is your chance!

>>> Please contact me by December if you're interested <<<

*\*\*Wiyot tribal members can attend for free by applying for educational funding through Social Services (Michelle Vassel's office)!\*\**

#### Reminders

Language Committee Meetings  
please attend!

Language Classes (5:00 in Library):  
1<sup>st</sup> & 3<sup>rd</sup> 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](mailto:lynnika@wiyot.us)

**Winter is a great time for...**

# Language BINGO!

**Tuesdays @ Elders' Lunch**  
**Learn Wiyot! Win prizes!**



# Language...

## Under the Weather! (How to talk about being sick in Wiyot)

It's the time of year when people start getting colds, so I looked into my files and dug up some Wiyot words and phrases about the subject. I hope you will all stay well this winter, but just in case you don't, here are some expressions that you can practice while you're recuperating. I will post audio for these words on the language page of the Tribe's website to give you a better idea of how to say them.

<b>Ha'tsi'tsurr</b>	This one is my favorite, because it sounds like the thing it describes: to sneeze! à Sounds a little like "hot-seat-sud"
<b>Wusaqh</b>	Have a fever: this comes from the word <i>wus</i> ( <i>vus</i> ), meaning 'fire'. à Sounds a little like "wuh-sock-wh"
<b>Huqhaw</b>	Have a cold. à Sounds a little like "huck-wow"
<b>Haqhudurr</b>	Cough. à Sounds a little like "hock-what-ud"

With just these four words and some 'add-ons', you can make a lot of different Wiyot sentences.

**Yil** is the word for 'I' in Wiyot; **kil** means 'you' (and **-ut** is added at the end of a verb in 'you' form).

<b>Yil huqhaw.</b>	'I have a cold.'	<b>Kil huqhawut.</b>	'You have a cold.'
<b>Yil wusaqh.</b>	'I have a fever.'	<b>Kil wusaqhut.</b>	'You have a fever.'

To make a question, just add the little word **ya**:

<b>Kil ya huqhawut?</b>	'Do you have a cold?'
<b>Kil ya wusaqhut?</b>	'Do you have a fever?'



To talk about something that you're doing continually, you can add **-wulh** at the end:

<b>Yil ha'tsi'tsurrwulh.</b>	'I keep sneezing.'	<b>Kil ha'tsi'tsurrutwulh.</b>	'You keep sneezing.'
<b>Yil haqhudurrwulh.</b>	'I keep coughing.'	<b>Kil haqhudurrutwulh.</b>	'You keep coughing.'

You can make questions out of these **-wulh** forms too, the same way as above (add **ya**):

<b>Kil ya ha'tsi'tsurrutwulh?</b>	'Do you keep sneezing?'
<b>Kil ya haqhudurrutwulh?</b>	'Do you keep coughing?'

I also found the Wiyot word for pneumonia, which hints at how dangerous it was to get sick in the old days:

à **Gouwil giyagigechoumilh** 'man never escapes it' = pneumonia

So try not to get sick, but if you do, **Migoumalugh!** ('Get better as soon as possible!')





## ...News and Notes from Social Services

### Boys & Girls club Activities

The club has been busy with a flurry of activity the last two months. Every Monday the boys participate in Men's Camp programming which has been focused on teaching brush dance and stick games with Men's camp leaders Ted Hernandez, Alan Miller and Gary Markussen. These lessons culminated in a group trip to Brush dance at Sregon where many of the tribes girls and boys were able to brush dance. September 26<sup>th</sup>, the Wiyot



Stick Game demonstration Wiyot Day

boys Stick team participated in the Smith River Stick game tournament. The teams won 3<sup>rd</sup> place and 2<sup>nd</sup> place in age 9-11 age bracket, 3<sup>rd</sup> place in 12-14 age bracket (of which  $\frac{3}{4}$  of the team was made up of 9-11 year olds playing kids twice their size), and since we only had one player aged 16 he played with the adults and took 2<sup>nd</sup> place playing with

the Yurok adult team. Great work guys you made us all proud!

The club has also began offering Vachurr Wimouthwilh [Girls will be women] cultural programming on Wednesday evenings lead by Michelle Hernandez. The first six weeks has been working with Lyn Risling to construct hair ties.

The Boys & Girls cultural programs both participated in a California Indian Day presentation at Loleta school and Wiyot Day celebration immediately following the Semi-Annual meeting. Lead by their cultural mentors the Boys & Girls shared their knowledge with the community by providing a demonstration Brush dance and stick game.



Boys getting ready at California Indian Day at Loleta



Girls prepare for California Indian demonstration Wiyot Day



Brush Dance demonstration Wiyot Day

The Outgoing club manager Aron Boetcher teamed with volunteer Samantha Haney reignited teen night with a showing of the "Princess Bride" while teens made soda floats and ate popcorn. A record number of teens turned out for this event which will be held monthly on the third Thursday of the month. The next teen night will be themed 80's Karaoke.



## News and Notes from Social Services...

(continued from page 9)

Girl Scout troop #70060 has moved to Wednesdays at 2 pm to accommodate the Loleta Girls Basketball team practices. Go cougars! The troop will hold a badge ceremony on Tuesday November 17<sup>th</sup> at 5 pm. Parents and community members are encouraged to attend. Daisy girl scouts lead by Natissha Mitchell, Melinda Ramirez, and Samantha Haney have working towards a number of petals. The Brownies, lead by Rose Hernandez have completed a number of Tryits. Cheryl Seidner and her Juniors have been working on photography. The Caddettes, Seniors, and Ambassadors lead by Michelle Vassel and Michelle Hernandez are completing their first Journey and a Badge towards animal care. Girl Scout troop #70060 is open to new members and volunteers please call Michelle at (707) 733-5055 for more information. The club is considering organizing a Boy Scout troop to coincide with girl scouts. We are looking for parents that may be interested in volunteering for Boy Scouts. Please contact Michelle for more information.

Power hour continues to operate daily to provide a supportive atmosphere to complete their homework. Jessica is available for tutoring if your child needs additional support.

Toddler time is open to preschool aged children on Monday, Wednesday, Thursday, and Friday from 12:30 to 2 pm. Toddler time provides pro social activities to young children to stimulate reading readiness, social skills, and physical activities.

Please note the club will be closed on November 26<sup>th</sup> and 27<sup>th</sup> and will operate from 9-3 November 23-25<sup>th</sup>.

*(Submitted by Michelle Vassel Social Services Director)*

### Food Program Drawing Winners

**Allie Wyland**  
**Won a Stamp Set**  
**Donated by**  
**Huber Enterprises**



**Tyler Miller**  
**Won a Bop It**  
**Donated by Huber Enterprises**



**Mauricio Johnson**  
**Won a \$50 Gift Card to Target**  
**Donated by Huber Enterprises**





## ...News and Notes from Social Services

### Hardy Soup for Fall

#### Robust Beef and Potato Soup

##### Ingredients:

1 1/4 pounds beef stew meat, trimmed of fat; 1 1/2 tablespoons vegetable oil; 1 large onion, chopped; 1 celery stalk, chopped; 8 ounces mushrooms, thinly sliced; 1 carrot, peeled and diced; 1 garlic clove, minced; 6 cups low-sodium beef broth; 3/4 cup canned crushed tomatoes in puree; 1/3 cup dry red wine; 3/4 teaspoon salt; Coarsely ground black pepper; 1/2 teaspoon dried thyme; 1 – 1 1/2 teaspoons Worcestershire sauce  
2 large russet potatoes, peeled and cubed

##### Directions:

Cut stew meat into bite-size pieces. Heat oil in a large stockpot over medium-high heat. Add meat and brown on all sides.

Transfer meat to a bowl. Add onion and celery to pan, adding more oil if needed. Cook, stirring. Over medium heat 5 minutes. Stir in mushrooms, carrot and garlic. Cook stirring 3 minutes. Add remaining ingredients except potatoes; add beef and bring to a simmer partially covered for 20 minutes; add potatoes and return soup to a simmer; cook another 20 minutes till potatoes are



### Wiyot Parent Committee

Future Parent Committee Meeting Dates and times are as follows:

November 2 6:00 pm  
December 7 10:00am  
January 4 6:00 pm  
February 1 10:00am  
March 1 6:00 pm  
April 5 10:00am  
May 3 6:00 pm  
June 7 10:00am

The Wiyot Parent Committee will meet on November 2nd at 6pm. Under discussion will be the fall and winter break schedule.

### Chimney Cleaning

With the coming of winter we will all be having more fires in our fireplaces to keep warm. If you need to have your chimney cleaned, do so and submit your receipt to the tribal office for a \$50.00 reimbursement.



### Be Aware Drive With Care

IT'S ABOUT KIDS! IT'S ABOUT

**SAFETY! IT'S ABOUT CARING!**

**Did you know that national statistics show:**

- Speeding in neighborhoods is a primary concern of citizens throughout the U.S.
- Most speeders on your street live in your neighborhood.
- It is not unusual for speeders to be clocked in excess of 40 mph (and even 50 mph). Residential streets have a death rate (per miles driven) over twice that of highways. The new school year is beginning. Lots and lots of children will be walking to school for the first time. Please drive 10 miles per hour on the Reservation and look out for children walking to and from bus stops on Hookton, Copenhagen, and Indianola Reservation Road.







## News and Notes from Social Services...

### Healing the Body, Spirit and the Land

You are invited to a very special 5K Community Walk on Saturday, November 7, 2009 at 9:00am. The Native American River Walk will begin at the State Indian Museum at 2618 K St., Sacramento, CA and end at the future site of the California Indian Heritage Center in West Sacramento. The theme of the walk is: "Healing the Body, Spirit and the Land."

The 5K Walk is Free! Bring your children, friends and relatives. The first 250 registered participants will receive a free t-shirt and refreshments. Bus Transportation will be available to transport walkers back to the Indian Museum after the event.

We hope you will join the JUST MOVE IT! Campaign to promote physical activity for American Indians and Alaska Natives. For questions or to volunteer, please contact Cathy Carmichael at the Sacramento Native American Health Center, Inc. (916) 341-0575.



### Child and Elders Nutrition Program

The Elders Nutrition program serves food at the Table Bluff Community Center Monday through Friday from 12-1 pm. Every Tuesday is Elders Bingo with prizes. The Child Nutrition program will continue to serve free after school snacks to children aged 0-13 everyday from 3:30 to 4pm at Table Bluff Reservation Community Center, Cuddeback Preschool, South Fork after school program, and Loleta Preschool. Contact Trena Miller, Program Assistant for more information at (707)-733-5055

### Support our Troop buy Nuts and Magazines

The Wiyot tribe recently started a new girls scout troop, #70060. The Girl Scout Fall Product Sale not only provides an opportunity for troops to earn money for the beginning of the year, it is also an important learning opportunity.

While participating in the fall program this year, girls will set and achieve goals, improve their financial literacy, and learn about teamwork through activities based on this year's theme, **GSI: Girl Scout Investigators**. **Pre-orders**— Oct 2 to Oct 18, 2009, **Pre-order Deliveries**— Oct. 29 to Nov 5, 2009, **Direct to Public**

**Sales**—Nov 6 to Nov 22, 2009. Girl Scouts will be taking pre-orders from family, friends, and neighbors from October 2 through October 18th, with deliveries starting on October 29th. Look for Girl Scout booths starting November 6th.

If you are interested in ordering nuts or magazines complete the order form below or contact Michelle or Jessica at the tribal office (707)733-5055.

### Annual Table Bluff Reservation Thanksgiving

Once again the Tribe will host the annual Table Bluff Reservation Thanksgiving Feast on November 21st. The Tribe will provide turkey, mashed potatoes, stuffing, cranberries, and veggies. Community members are encouraged to bring a side dish or desert to share. Food will be served at 1pm. Families and community members are invited to attend. The tribe will be honoring community members who have donated their time, energy and funding to support the community at large.





## ...News and Notes from Social Services



Closed until further notice  
Call 733-5055 for information

**We'd like to hear from  
YOU**

Do 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](mailto:linda@wiyot.us) or call

707-733-5055



### Wiyot Elders Menu

November 2009

Breakfast Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Salisbury steak 50/50 rice Mixed vegetables Fruit in fruit juice 1% milk 100% fruit juice	3 Chicken sandwiches Whole wheat bun Corn Fruit in fruit juice 1% milk 100% fruit juice	4 Roast beef w/ gravy Mashed potatoes Green beans Fruit in fruit juice 1% milk 100% fruit juice	5 Sweet & sour pork 50/50 rice Peas & carrots Fruit in fruit juice 1% milk 100% fruit juice	6 White beans Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	7
8	9 Beef Barley Soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	10 Spaghetti w/ meat sauce Green Beans Fruit in fruit juice 1% milk 100% fruit juice	11 Chicken Fried steak Mashed potatoes & Gravy/ Corn Fruit in fruit juice 1% milk 100% fruit juice	12 Ham Slices Macaroni & Cheese Broccoli Fruit in fruit juice 1% milk 100% fruit juice	13 breakfast burritos Raisins Fruit in fruit juice 1% milk 100% fruit juice	14
15	16 Roast turkey & gravy Cornbread stuffing Peas & carrots Fruit in fruit juice 1% milk 100% fruit juice	17 beef stroganoff Green beans Fruit in fruit juice 1% milk 100% fruit juice	18 BBQ pork riblets 50/50 rice corn Fruit in fruit juice 1% milk 100% fruit juice	19 Veg. Medley soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	20 English muffin sand. Raisins Fruit in fruit juice 1% milk 100% fruit juice	21
22	23 Vegetarian lasagna Green beans Fruit in fruit juice 1% milk 100% fruit juice	24 chili con carne Cornbread Fruit in fruit juice 1% milk 100% fruit juice	25 split pea soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	26 Swiss steak Mashed potatoes Broccoli Fruit in fruit juice 1% milk 100% fruit juice	27 chicken noodles Mixed vegetables Fruit in fruit juice 1% milk 100% fruit juice	28
29	30 chicken & rice soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice					

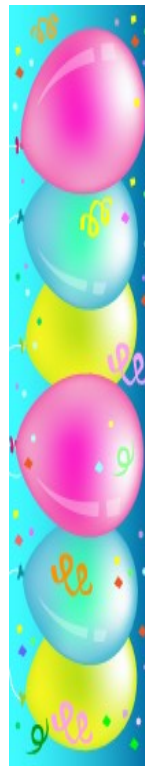
MENUS ARE SUBJECT TO CHANGE WITHOUT ANY NOTICE





# Happy Birthday

Albert Atwell	Suzanne Atwell	Baily Beauchamp
Rina Boivin	Aarika Brown	Eric Brown
Levi Clark	Steven Comarsh	Kelly Cook
Deon Crawford	Tiffany Fuentes	Colleen Guido
Bobbi Gunn	Richard Henry	Elizabeth Hernandez
Anthony James	Angeleah James	Scott Johnson
Eugene Kathman	John Keisner	Jill Kovacovich
Matthew Lange	Katherine Lippincott	Wesley Mager
William Mager	Brian Mead	Hailey Mead
Virginia Miller	Alicia Morgan	Christine Nicholson
Robyn Norman	Carol Pastori	Hugh Preston
Rosa Pullis	Gayle Ransom	Bruce Raymer
Cairo Rios	Marilyn Rocha	William Rossig
Justin Scriven	William Sundquist	Phyllis Thayer
Diane Wilson		



## 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](http://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](mailto:linda@wiyot.us)

Great for Christmas Gifts or any occasion



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Wiyot Country**



A collection of favorite recipes  
Will be on sale at Tribal Office  
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\$10.00 each



**New  
Baby Girl  
Born  
September  
9th  
2009**

**Maya Kathleen Calderon-Stephenson**  
**7 lbs. 5 oz**  
**18 inches long**  
**To Momma, Lisa Stephenson**  
**Congratulations!!!!**

**30**

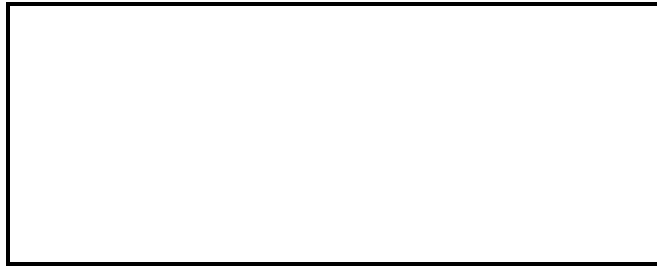
**Wiyot Tribe**

1000 Wiyot Dr.

Loleta, CA 95551

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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 \_\_\_\_\_