



# Wiyot News

Volume 10, 09

October 2009

Edited by Linda C. Woodin

Wiyot Tribe

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(707) 733-5055

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

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

## October 3, 2009 Semi-Annual Meeting

The Wiyot Tribe will be having the Semi-Annual Meeting on October 3rd, 2009, 10:00 am at the Table Bluff Reservation Community Center. All tribal members are encouraged to attend.

## Wiyot Day October 3rd, 2009 After Semi-Annual Meeting

Wiyot Day was postponed September 12, 2009 and has been re-scheduled for October 3rd, 2009. There will be some vendor tables, staff displays, including free items, a language raffle, Brush Dance demonstration, and stick game demonstration, buffet and fireworks in the evening.

Please come and celebrate the day and if you are interested in being a vendor please call Linda at 707-733-5055.



## October 30<sup>th</sup> 2009 Wiyot Country Boys and Girls Club Presents:



## Annual Club Halloween Party October 30<sup>th</sup> 2009 3-5:00 pm

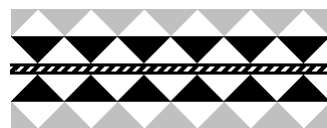
**Calling all Guys and Ghouls  
and their fiendish friends and  
family!**

**Games to include a cake walk,  
costume contest, musical chairs,  
and contests for spectacular  
prizes.**

**Parents Be Warned: This night  
Club will be closing at 5pm.  
Please make sure that cos-  
tumes are age appropriate and  
allow range of motion kids to  
participate in club games.  
If any parents would like to vol-  
unteer, please contact Jessica,  
Aron or Michelle at 733-5055**

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### Mark your Calendar

**\*October 3  
Semi-Annual Meeting  
and Wiyot Day Cele-  
bration**

**\*October 15  
Commods**

**\*October 5  
Wiyot Parent Com-  
mittee 10 am**



## Of Interest.....

### State Fair Contest

Lindsey Duclo Abernathy competed in the State Fair and she entered her chocolate cupcakes in the Poppy's Baby Cakes contest. She placed first and won \$50.00 and a C & H Sugar apron. Lindsey is 12 years old and in the 7th grade at Arden Middle School in Sacramento.



(Photo submitted by Donnell Duclo)

Lindsay also placed 3rd in the State Fair's Jr. Chocolate Passion contest, sponsored by Guittard Chocolate. (above photo on the right "2009 Lindsey cakes")

She received \$75.00, 10 lbs of Guittard chocolate, an apron and a rosette.

Donnelle Duclo entered the adult competition and received an award of merit, 10 lbs of chocolate, an apron, and a rosette. In yet another contest, Donnell placed 3rd in the King Arthur Flour Baby Cakes contest and received a \$150 gift card for King Arthur's products.



(Photo on left  
Donnell Duclo)

(Photo on right is  
Donnell Duclo and  
Lindsey Duclo Abernathy)



### Receptionist

### Trainee Position

If you are interested in learning the functions of a receptionist, 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)



## ...Of Interest

### 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

### 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.

### Bureau of Land Management

The Bureau of Land Management needs a responsible volunteer to open and close the entrance gate at the South Spit Cooperative Management Area. The stipend is \$15/day. The gate opens 1 hour before sunrise and closes 1 hour after sunset.during black brandt hunting season (November), the gate opens at 4:00 am.

This position begins October 1, 2009. Please contact our office at 825-2300 if you are interested in this position.

Contact Lynda Roush, Field Manager if interested.

### Available at the Tribal Office

If you're interested in a new addition of "1001 All-Natural Secrets to Pest Control" by Dr. Myles H. Bader (hardbound) and " Solutions to a Healthy Lawn and Garden" by him as well, (paperback) we have 2 copies available.

The set is \$17.00.  
Call Linda at 733-5055 for more information.



### 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 # 496-8834.



### 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...

### Food Program Drawing Winners

There is a weekly drawing every Friday. To Participate you need to eat breakfast, lunch or snack here at the club. Prizes were donated by Huber Enterprises.

Food Program Drawing  
Winner



Alex Lopez  
Won a Remote control Robot  
Donated by Huber Enterprises

Food Program Drawing  
Winner



Matt Hernandez  
Won a Stamp Making Kit  
Donated by Huber Enterprises

Food Program Drawing  
Winner



Sinoe Johnson  
Won a Lite Bright  
Donated by Huber Enterprises

Food Program Drawing  
Winner



Mauricio Johnson  
Won a Etch A Sketch  
Donated by Huber Enterprises

### FOR STEPHANIE

Grandfather, Great Spirit,  
God, and his son Jesus:

We thank you for bringing-  
Stephanie home

She has been gone for far too  
long

Now she must Rest

Bless her, Bless her, Bless her,  
Bless her, Please

But, all should know she is  
not gone from our Hearts,

Her Spirit will always remain  
with us,

Like the Eagle, the Red-  
woods, the River and the Set-  
ting Sun,

Her Spirit will always be with  
us, and amongst her People.

She comes from the Wiyot  
People,

Thus, we know she was  
Strong,

Like her Parents, her Grand-  
parents

And those Elders, who came  
before us all.

Tribal people have always  
held that all things have a  
Spirit,

I have a spirit, each of you  
have a Spirit,

The Trees, Birds and Animals  
have Spirits,

And they "visit" us, but we  
know not who they are.

Let us not forget her, but  
remember her, always in a  
good way.

I can remember still, the  
last time I saw her,

For she was smiling, and  
full of energy,

Little did I know that, it  
would be the last time I  
saw her.

As I contemplate that, I  
think about how I would  
be remembered

I know that none of us are  
perfect, yet we are good  
People.

Thus I will forever hold on  
to the memory of:

Her smile as she got in her  
car, and she said, "See you  
Unc."

That is how I will remem-  
ber My Niece Stephanie,  
Bless you.

**By: John W. John-  
son (Wiyot)**







## ...Of Interest

# Clinic schedule set for seasonal flu vaccinations

Seasonal flu vaccinations will be available at clinics throughout the county beginning Monday, Sept. 21.

The Public Health Branch of the Humboldt County Department of Health and Human Services will operate the clinics

### Sept. 21

Drive-through at Redwood Acres, Eureka  
9-11:30 a.m.  
3750 Harris St., Eureka

### Sept. 23

Drive-through at Rohner Park  
9-11:30 a.m.  
Park Street, Fortuna

### Sept. 23

Garberville Public Health Branch  
9-11:30 a.m.  
727 Cedar St., Garberville  
1:30-4 p.m.

### Sept. 25

Drive-through at McKinleyville K-Mart  
9-11:30 a.m.  
McKinleyville K-Mart parking lot

### Sept. 28

Arcata Community Center  
9-11:30 a.m.  
321 Community Park Way

with vaccinations available for a donation of \$7.

Seasonal flu vaccination clinics will continue operating through October, when H1N1 flu vaccinations are expected to begin.

### Sept. 29

Eureka Senior Resource Center  
1:30-4 p.m.  
1910 California St., Eureka

### Sept. 30

McKinleyville Senior Center  
9-11:30 a.m.  
1620 Pickett Lane, McKinleyville

### Oct. 1

Willow Creek Public Health Branch  
9-11:30 a.m.  
77 Walnut Way, Willow Creek  
1:00-4:00 p.m.

### Oct. 5

Christ Lutheran Church Fortuna  
9-11:30 a.m.  
2132 Smith Lane, Fortuna

For local H1N1 flu information, call the Public Health Branch of the Humboldt County Department of Health and Human Services at 707-476-4945, option 4.

## More Workers Filing for Social Security

At a time when many people are trying to keep working, the Social Security Administration is bracing for an increase in early applicants as well as those of full retirement age and older. In July applications were running 7 percent higher than the predicted 15 percent increase for fiscal year 2009 according to the Office of the Chief Actuary. So, will these retirees further burden Social Security? Not much says Stephen Goss. Because early retirees will receive reduced monthly benefits for life. The increase in applications will not significantly affect the system's solvency.

(Article taken from September AARP bulletin)

## 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.





## Language...

### Yirrugou'wik

(My family = "my people")

Here are the Wiyot words for members of one's immediate family. Notice that Wiyot makes some distinctions that English doesn't, and vice versa: the same Wiyot word is used for 'brother' and 'sister', but 'uncle' and 'aunt' are different depending on whether they are on the mother's or father's side.

I haven't found words for maternal grandparents in any of my materials, so if you know what they are, I would love to hear from you!! Check out <http://www.wiyot.us/language> to hear how these words are pronounced.

Yil rrilibe'l  
(my first cousin)

Yibáqh  
(my paternal aunt)

Yil rrilibe'l  
(my first cousin)

Yigachk  
(my paternal uncle)

Yibijóuchk  
(my paternal grandfather)

Yidouk  
(my sibling)

Yidárr /  
Yidá'sh  
(my father)

Yirrugouchk  
(my paternal grandmother)

Yil  
(me)

Yirragá  
(my mother)

- green= female
- blue = male
- purple = either sex

Yil rrilibe'l  
(my first cousin)

Yijoul  
(my maternal aunt)

??  
(my maternal grandfather)

Yil rrilibe'l  
(my first cousin)

Yijak  
(my maternal uncle)

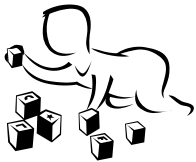
??  
(my maternal grandmother)



## ...Language



yirrouwayits  
(my dog)



hijá  
(baby)



tsek  
(child)

### 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 pre-  
ferred day/time!

[lynnika@wiyot.us](mailto:lynnika@wiyot.us)

**After a slow summer...**

# Language

# BINGO

# is back!

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

Introduction to Wiyot

Adult language classes in Arcata

We're gearing up for the start of the classes in  
January 2010

At Arcata High School

"Wiyot Tribal members can attend for free by apply-  
ing for education funding through Social Services  
(Michelle Vassel's office)"

Please contact me if you are interested in participat-  
ing. What would like to learn?

Contact me [lynnika@wiyot.us](mailto:lynnika@wiyot.us)



## Health...

### Plastics: The effect on your personal health and the world

(by Tim Nelson)

A good majority of people go about their daily lives unconcerned about how a certain product is made, how a certain food is packaged, and how that product can have a specific impact on their health and the world. One of the main contributors to the growing mass of pollution on the Earth and an important risk to personal health are plastics. Everyone knows the taste of water that has been sitting in the sun for a long period of time but, do you know why the water tastes that way? Plastics have their pros when it comes to uses such as health care but, this industry is one of the largest contributors to waste due to the inability to reuse certain items (i.e. syringes, IV lines, etc.). Unfortunately, plastics are vastly used for uses that could otherwise be replaced by healthier alternatives for both your body and the Earth. Making changes to your life after you have been doing things in a routine matter, is very challenging and requires a dedicated effort. Lots of talk and advertisement has been centered on the "green movement" lately but, how green is green? For example, to say that Ziploc bags can be reused over and over again is "green," sends mixed messages. Not to pick on one company, but take a step back and think of how many Ziploc bags you have used in your life...maybe in the hundreds, probably thousands! Now think of how many times you have truly reused those Ziploc bags...50-100 times at most. I am assuming these numerical figures so those of you who reuse Ziploc bags religiously, I apologize. Ziploc bags have their advantages as they are great when you have larger items (i.e. blocks of cheese) that would otherwise not fit in larger container, but they are outnumbered by the large amounts of disadvantages. For one, Ziploc bags contribute heavily to the current mountain of plastic in our local landfills. Second, this plastic when it degrades, leaves behind bisphenol-a and other by-products such as dioxin and other PCB's (polychlorinated biphenyls) which make the landfill hazardous to one's health and can potentially pollute groundwater sources nearby. Third, when brought up to a specific temperature, plastic

in Ziploc and water bottles) can "leach" these harmful chemicals listed above into the food/water source which, over time, can contribute to cancer.

So what can you do to ensure that your personal health and the health of your planet are not under fire from chemicals that are unbeknownst to you? For starters, MINIMIZE the amount of packaged food that you purchase. This will ensure that the plastic is not degrading into your food/water upon transport and storage and it will keep a large amount of plastic out of our landfills. Some common sources of heavy plastic uses include water bottles. Again, water bottles have their advantages as they are useful during emergency situations where one needs to stock up a supply of water but, if used everyday, plastic bottles are an EXTREMELY wasteful product. Some better alternatives include metal bottles (companies like Sigg or Klean Kanteen are examples) that can be reused with tap water. If you are concerned about your tap water, Brita makes containers with filters or have filters that attach directly to your kitchen faucet. Lastly, since plastic bags are so often used for storage of leftovers, it is important to note that plastic and high temperatures DO NOT MIX. The high temperature from the food (which may contain fats that are at a higher temperature than the water-based ingredients) cause the plastic bag to essentially exude chemicals such as bisphenol-a, dioxins, and PCB's into the food source. Similarly, microwaving food in plastic bags causes similar chemical reactions to occur, which leads to chemicals in your food that will eventually enter your bloodstream upon ingestion. So, that plastic taste that you get from a drink of water that was left in the hot sun is a combination of PCB's, dioxin, bisphenol-a, etc...everything the body DOESN'T need! The solution: Let foods cool before placing into plastic bags or containers.

Never microwave foods in a plastic bag or container but instead pour into a bowl or onto a plate before microwaving. **Let foods cool before placing into**





## ...Environment Around Us

### plastic bags or containers.

Never microwave foods in a plastic bag or container but instead pour into a bowl or onto a plate before microwaving. For more information on recycling, pollution, and other solid/hazardous waste issues, please call or visit the Environmental department.

### The Wiyot Tribe's Community Garden Update *(by Tim Nelson)*

The community garden has been well on its way to providing great, nutritious fruits and vegetables to the residents on the reservation. So far early harvests, including fast-growing species such as lettuce, cabbage, zucchini, squash, chard, kale, carrots, radish, and broccoli have been harvested and used for community events such as elder's dinner, and tribal council meetings or given to residents. The department plans to continue harvests into the early fall months before the winter frost occurs. At the moment the department has harvested close to 450 lbs. of fresh vegetables and fruit! Upcoming arrivals, just in time for Halloween, include 3 different varieties of pumpkins (Jack o' lantern, sugar, and Jack-be-little pumpkins).

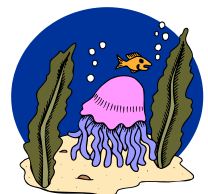
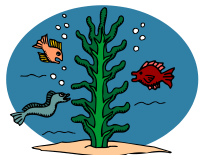
Volunteers are always welcome to come and help out or if you are interested, just stop on by and we will be happy to give you a tour. If you have any questions, suggestions, and/or would like to pick up some information, call or visit the Environmental department.

### A closer look at cyanobacteria (blue-green algae)

*(by Tim Nelson)*

Many of us enjoy Humboldt/Trinity/Del Norte County rivers for their beauty, wildlife, fish spots, swimming holes, and much more but now these days, there is a potential health risk that accompanies our visit. If you haven't heard of blue-green algae then now is the time to be sure that you are aware of the organisms' capability to cause detrimental health effects. During the hot summer months, newspaper articles contain headlines of "blue-green algae blooms" in a local river. Humans, dogs, and resident wildlife are falling ill due to the ingestion of high concentrations of blue-green algae in the water. Many are pointing fingers at the cause of the larger than normal algal blooms and in some regions much is being done to decrease the occurrence of cyanobacteria. As much as the human race owes their existence to this group of organisms, we should be aware of the health dangers they can impose.

Blue-green algae are classified as bacteria in the phylum Cyanobacteria. This group of bacterium occurs naturally in almost every environment. They can occur as planktonic cells or form phototrophic biofilms in fresh water and marine environments, they occur in damp soil, or even temporarily moistened rocks in deserts. A few are endosymbionts in lichens, plants, various protists, or sponges and provide energy for the host. Some live in the fur of sloths, providing a form of camouflage. Cyanobacteria blooms are highest in areas with optimal light, temperature, and nutrient (phosphorus/nitrogen) ranges and in areas with a lack of water turbulence. Specifically in the Humboldt, Trinity, and Del Norte counties, the optimal time for algal blooms to occur is during hot summer months when snowmelt and rain waters are absent and water levels are low. More specific, the areas of concern are downstream from dams where water levels are low/regulated and in "pooling" areas of the river. Other areas of concern include regions downstream from areas of high fertilizer use such as farm or rangelands. The increased addition of phosphorus and nitrogen present in fertilizer essentially "feeds" cyanobacteria growth. Currently there are no methods for eliminating blue-green algae in water but rather the solution includes reducing the amount of nutrients (primarily nitrogen and phosphorus) that lead to blue-green algae blooms.





## Environment Around Us...

(Continued from page 9)

Blue-green algae should not be given a bad name based on the effects they have on human health. In reality, humans have everything to give to cyanobacteria! It is believed that blue-green algae were the earliest forms of life to convert our reducing atmosphere into an oxygenic atmosphere. In other words, these organisms were the first to undergo oxygenic photosynthesis which led to the extinction of oxygen intolerant species and the evolution of more specialized organisms with specialized parts (i.e. chloroplasts in plants). So just as an organism can benefit the human species (i.e. penicillin from mold), this same organism can have negative effects as well. Cyanobacteria are a prime example of good/bad for the human species.

The health risks associated with blue-green algae include, but are not limited to, nerve, liver, and cell damage. Blue-green algae release neuro-, hepato-, cyto- (i.e. similar to venom in a snake), and endotoxins that can potentially cause long-term damages or fatality. Some of the signs associated with blue-green algae poisoning include weakness, staggering, difficulty breathing, rash, convulsions and death. If you have concerns about whether or not algae in a river is cyanobacteria, treat it as blue-green algae and stay out of the water. If you think you may have come into contact with blue-green algae, immediately exit the water and rinse with clean water and soap (if available). If symptoms persist after a few days, consult a physician as you may have blue-green algae poisoning.

For more information, or to ask questions, about any water quality issues, please contact the Environmental department.



### Wiyot Elders Menu October 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Beef Barley Soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	6 Spaghetti w/ meat sauce Green Beans Fruit in fruit juice 1% milk 100% fruit juice	7 Chicken Fried steak Mashed potatoes & Gravy/ Corn Fruit in fruit juice 1% milk 100% fruit juice	8 Ham Slices Macaroni & Cheese Broccoli Fruit in fruit juice 1% milk 100% fruit juice	9 breakfast burritos Raisins Fruit in fruit juice 1% milk 100% fruit juice	10
11	12 Roast turkey & gravy Cornbread stuffing Peas & carrots Fruit in fruit juice 1% milk 100% fruit juice	13 beef stroganoff Green beans Fruit in fruit juice 1% milk 100% fruit juice	14 BBQ pork riblets 50/50 rice corn Fruit in fruit juice 1% milk 100% fruit juice	15 Veg. Medley soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	16 English muffin sand. Raisins Fruit in fruit juice 1% milk 100% fruit juice	17
18	19 Vegetarian lasagna Green beans Fruit in fruit juice 1% milk 100% fruit juice	20 chili con carne Cornbread Fruit in fruit juice 1% milk 100% fruit juice	21 split pea soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	22 Swiss steak Mashed potatoes Broccoli Fruit in fruit juice 1% milk 100% fruit juice	23 chicken noodles Mixed vegetables Fruit in fruit juice 1% milk 100% fruit juice	24
25	26 chicken & rice soup Whole wheat crackers Sandwich-cooks choice Fruit in fruit juice 1% milk 100% fruit juice	27 enchilada casserole Corn Fruit in fruit juice 1% milk 100% fruit juice	28 lemon chicken 50/50 rice Peas & carrots Fruit in fruit juice 1% milk 100% fruit juice	29 beef stew Biscuit Fruit in fruit juice 1% milk 100% fruit juice	30 pancakes & sausage patties Hash browns Fruit in fruit juice 1% milk 100% fruit juice	31

MENUS ARE SUBJECT TO CHANGE WITHOUT ANY NOTICE



## ...News and Notes from Social Services

### Positive Indian Parenting Classes 2009

Positive Indian Parenting focuses on the inner strengths that all parents possess and sharing those strengths and wisdom with others. Two Feathers encourages group participation and wants to thank everyone for sharing their experiences and their stories.

**October 1st** is **Harmony in Child Rearing**

**October 8th** is **Traditional Behavior Management**

**October 15th** is **Lessons of Mother Nature**

**October 22nd** is **Praise in Traditional Parenting**

**October 29th** **Choices in Parenting**

Class location will be at:

**Two Feathers Native American Family Services**

**2355 Central Ave., Suite C  
McKinleyville, CA 95519**

Classes are on Thursday's for eight weeks from 1pm to 3pm. Transportation available for 8 participants and class size is limited to 12 participants. Childcare and a snack will be provided. Registration required prior to attendance and may be faxed to 839-1726. For more information, please call 839-1933.

### Wiyot Parent Committee

Future Parent Committee Meeting Dates and times are as follows:

October 5th 10:00am

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 October 5th, 2009, at 10 am. Under discussion will be transportation, the Table Bluff Playground, the fall schedule and the annual Halloween party.



### 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...

**Happy Halloween**



October 30th, 2009 Wiyot Country Boys and Girls Club presents: The Annual Club Halloween Party 3-5:00 pm. Calling all Guys and Ghouls and their fiendish friends and family! Games to include a cake walk, costume contest, musical chairs, and contests for spectacular prizes.



### HICAP

HICAP or Health Insurance Counseling and Advocacy Program has Free Individual Counseling and Help in Understanding:

- Medicare
  - Medicare problems
  - Medicare Supplements
  - Medicare Part D
  - Medicare Fraud
  - Tricare
  - Long-Term Care Insurance
- In Humboldt County call 707-444-3000, 434 7th St in Eureka, CA  
In Del Norte County call 707-464-7876, 550 East Washington Blvd., Suite 200 Crescent City, CA  
Toll Free: 800-434-0222  
Website: [www.alaa.org](http://www.alaa.org)

### 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!!!

Elders interested in receiving frozen meals please contact Michelle at (707) 733-5055.

### Wiyot Girl Scouts Troop #70060

The Wiyot tribe recently started a new girl scout troop #70060. Funds raised through the sale of Nuts and Magazine will be used to fund girl scout activities. Girls scouts will meet every Tuesday at 4 pm. If you are interested in ordering nuts or magazines, complete the order form that is included as an insert of this newsletter or contact Michelle or Jessica at 733-5055.



### Wiyot Family in Chico saddened by loss



A Wiyot family living in Butte Valley lost their head of household on August 22, 2009. Enrique

Quintana born October 28, 1974, husband and father of four drowned when his inflatable boat capsized in One-Mile Pond in the Oroville State Wildlife Area. According to his family, Quintana loved to fish and play soccer, but the number one love in his life was his family. Quintana, a ten year employee of Raley's was described by his boss as a "very loving and caring individual" and "good father."

He was the loving husband of Katheryn Quintana (Wiyot), and father of Yolanda, Maribel, Enrique, and Angelina and son in law of Karen Rodriguez (Wiyot). Family and friends will be accepting donations to assist the family. Donations can be made to: Diana Santos, 511 South McDowell Blvd, Petaluma, CA 94954

*(write up submitted by Maura Eastman)*







## ...News and Notes from Social Services

### Obituary

#### Stephanie Lee Fowler

Stephanie Lee Fowler was born on January 15<sup>th</sup> 1973. A Wiyot tribal citizen, she was raised in Humboldt county by her mother on Table Bluff Reservation. Stephanie was a graduate of Loleta Elementary school and Fortuna high school. She was smart and creative as reflected in her poetry and had a smile that could light up the room. She loved the beach and collecting sand dollars was a hobby she enjoyed. Stephanie had six children that filled her life with love.



She spent many years working in the community for her tribe, Humboldt Rape Crisis, and Hospice. Stephanie was loved by many and would want people to remember the good times that were spent with her. She was preceded in death by her parents Lois James and Bud Neilson. She is survived by her common-law husband Bert and her six children Kirsten, Joshua, Jocelin, Kaitlin, Tyler, Taryn, her grandparents Albert and Beverly James, her sister and brother Christina and Curtis, her many aunts, uncles, cousins, and friends. Plans for a memorial are underway.



Our Sincere Condolences  
to the children and family of  
Stephanie Lee Fowler.  
She will be sorely missed.



Open Monday-Friday Noon  
to 6pm  
Except Holidays

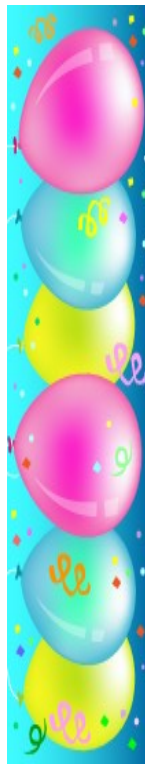
Happy   
Halloween

TRICK OR  
TREAT!



# Happy Birthday

Carlo Branchini	Bodhisifa Brown	Jessica Buckley
Michael Chaney	Cassandra Chastain	Maggie Davis-Clayton
James Earhart	Jocelin Fowler	Wanda Hernandez
Beverly James	Pilar James	Damon Johnson
Robin Kelsey	Casey Kingsley	Carol Anne Klingsporn
Kelly Kovacovich	Joyce Lavender	Francis Lippincott
Sarah Sherman Lopez	Amy Madison	Matthew Madison
Alan Miller	Diana Holdner Morgan	Rebecca Sue Owen
Emil Pawlus	Anna Perez	Jose Rios
Vanessa Rios	Henry Roberts	Kenneth Robledo
Saydi Rodriguez	Irving Romero	Theodore Romero
Slvar Sovereign	Natasha Sovereign	Nathan Sovereign
Joyce Startare	Alan Stephenson III	Lisa Stephenson
Shari Sundberg	William Teague	Bailey Tompkins
Robert Tompkins	Carole Torres	Carrett Wheeler
Larry Wheeler		



## 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)



## Boys & Girls Club of Wiyot Country



A collection of favorite recipes  
Will be on sale at Wiyot Day  
October 3rd, 2009 Great for a gift  
\$10.00 each



## Welcome New Enrollees

As of August, we have added new enrolled tribal members.


They are: **Maddison Evenson, Makiya Page, Marrisa Stephenson, Ella DiMarzo, Gary Beauchamp, James Earhart, and John Earhart.**

## Welcome

## Welcome



# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Semi-Annual Meeting 10 am
4	5 Wiyot Parent Committee 10 am	6	7	8	9 Recycling	10
11	12	13	14	15 Commodities	16	17
18	19 Business Council 6:30p	20	21	22	23 Recycling	24
25	26	27	28	29	30 Halloween Party 	31 Halloween



**Wiyot Tribe**

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

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## 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 \_\_\_\_\_