



WIYOT NEWS

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September 2009

Edited by Linda C . Woodin

Wiyot Tribe

1000 Wiyot Drive, Loleta CA 95551

(707) 733-5055

www.wiyot.us www.wiyot.com

Elders Gathering

July 25, 2009

The Elders Gathering was held again at Betmet, the weather was perfect, the food was abundant and delicious, the sharing was with everyone and the Brush Dance demonstration was awesome. The girls were wearing traditional regalia for the occasion and the men had their regalia for the demonstration as well. Pictured to the right are the girl dancers: left to right are;

Michelle Hernandez, Elizabeth Hernandez, Jacqueline Markussen, Keri Evenson, Pilar James, Helen Evenson, Shanah James, Aubrey Sherman, and Wanda Hernandez.



Pictured below are the girl dancers with the men dancers. The men dancers from left to right are: Brandon Volin, Frank Evenson, Gary Markussen (Cultural Teacher), Alan Miller, Matt Hernandez, Ted Hernandez, Alan Miller, Chad Markussen, Charlie Markussen Michael Markussen and Scrigon Stokes.

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Mark your Calendar

- *September 3
Loleta Chamber at the Center & Indian Taco Sale
- *September 7
Labor Day/Tribal Office Closed
- *September 12
Wiyot Day
- *September 25
CA Indian Day/Native American Day



Of Interest.....

Energy Partners Program



Once again PG&E is offering an energy partner refrigerator swap-out. If your refrigerator is older than 1992 and you haven't participated in this program for the last seven years, you are eligible.

For more information call AI at 845-8820.

Annual Senior Wood Project

The Sheriff's Work Alternative Program (SWAP) and the Humboldt Senior Resource Center have started their annual Senior Wood Project.

The project allows for the distribution of low-cost firewood to moderate to low-income senior citizens over the age of 55 whose primary source of heat is firewood. The program is operating Saturdays through Dec. 26th or until the wood is gone. The wood can be picked up behind the General Hospital Campus at 2200 Harrison Ave. in Eureka, at the SWAP wood lot. The wood is sold on a voucher system, according to income. Vouchers can be purchased at the following location:

Eureka Humboldt Senior Resource Center 1910 California St. Monday through Thursday, 9 am to noon and 1 to 2:30 pm. For more information about this program, or to find out the cost of the vouchers and/or which senior citizens may qualify for this program, call the Humboldt Senior Resource Center at 443-9747.

The Sunshine Vitamin

As many as 75 percent of Americans may not be getting enough vitamin D for optimal health, according to a new report in the *Archives of Internal Medicine*. Doctors have known for years that vitamin D is good for bones, but now researchers are finding that vitamin D often called the sunshine vitamin because your body produces it when exposed to the sun—may help ward off a whole host of illnesses, including cancer and heart disease. A Team of Harvard scientists recently discovered that among 18,000 men they've been tracking since 1993, those with the highest blood levels of vitamin D were the least likely to have heart attacks, while those with the lowest levels had the highest risk. Other studies have found that increasing vitamin D intake reduces the risk of colorectal cancer, hip fractures, and tooth loss and significantly increases muscle strength. Ironically, just as researchers are discovering the added importance of vitamin D, Americans are getting less and less of it. Average blood levels of the vitamin declined between 1994 and 2004, report University of Colorado researchers, in part because we've been told to cover up to avoid skin cancer.

Those over age 50 may be particularly susceptible to vitamin D deficiency because our skin's ability to produce the vitamin declines as we age, as does our kidneys' ability to convert vitamin D into its active form. Now some doctors are recommending 10 to 15 minutes of sun exposure a few times a week. Those who don't go out much should consider a 1,000-iu (international units) vitamin D supplement daily.

Are you getting enough???

See comparison **next page





...Of Interest

Tribal Office needs your Help

Please help us get in touch with the following people:

Charlene Cody

Amanda Moon

Tracy Johnson

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

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

Bingo

Reminders

Language Committee

Meetings

please attend!

Language Classes

(5:00 in Library):

1st & 3rd Mondays Every Thursday

Notice

I would like to hear from anyone who is interested in an off-reservation language class (in Eureka or Arcata).

Classes would probably be on a weekday evening.

Please contact me with your preferred day/time!

lynnika@wiyot.us

We'd Like to Hear from You

Live away from Wiyot country and want to share something about yourself or where you live? We'd love to hear from you.

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 at linda@wiyot.us or call (707)733-5055.

Wiyot Language Bingo has resumed! Join us every Tuesday at Elders' Lunch at Table Bluff Reservation.

Win prizes, learn some simple words, and find out what's happening with the Language Program.

(For the occasional times when Lynnika is away, notices will be posted in advance at the tribal office.)



Cultural from the Ground Up...

News from the Cultural Department

By Helene Rouvier, Cultural Director

Since the resignation of Cal Fire archaeologist Scott Mattingly, the department has been spending time in the hills on Timber Harvest Plans. Generally, I will try to visit plans that are located in areas of known cultural use and/or recorded sites. In addition, I look at the topography within the site boundaries. Areas of particular interest are ridge lines, mid slope and south facing terraces, and land near water resources. We continue to find sites in these areas, and are working with the foresters to insure that these areas are not damaged.

No news yet on the Balloon Track (Marina Center) project. I am also working with the Wave Connect Working Group and Marine Life Protection Act to insure that tribal interests and voice are heard. Although Recovery Act monies are starting to come through locally, the same regulations apply for cultural resource review and consultation.

Thanks to everyone who helped with the Elders' Gathering this year. We had a great turnout, weather, and food. This year we also worked with our youth to perform a demonstration brush dance. Thanks to Gary Markussen for all his help in teaching and bringing his dancers to the gathering. The Clarke Historical Museum also generously loaned several dance dresses and basket caps for the girls. All elders received (either in person or by mail), our certificate of appreciation, a language CD, and home canned jam. I welcome your comments on this celebration – what worked well, what you would like to see next year.

Cultural committee is completing the sign text and design for the Tuluwat interpretive trail. The final draft will go for council approval in September. This project is funded by a Preserve American grant. The next challenge is actually "building" the trail to be ADA compliant and with minimum impact to the site.

The area by the old dry dock and remaining buildings will require chemical mitigation of the

toxics soils, capping, and then adding fill soils. Any-one who is interested in seeing Tuluwat in person, please call me at 733-5055 and we can set up a time to walk out at low tide.

Ben is tackling our basket collection – cleaning, recording, photographing, etc. Some of our older baskets also required some intervention to eliminate mold problems (due to Humboldt County humidity). If you have baskets at home, feel free to bring them by and we can look them over for any problems and give you some advice on their care. Pests (moths and rodents), mold, and brittleness are the primary problems we see. It is also important to keep baskets out of direct light to avoid fading the colors. The basket below shows an example of proper storage. The box is made of archival "blue board," and the ethafoam rods stabilize the shape. The interior can be cushioned and shaped with a variety of supports, such as crushed acid free tissue paper, washed unbleached muslin, or rings made of ethafoam and cotton stockinette fabric. Always handle baskets with clean hands or wearing nitrile gloves and never pick up by the rim!





...Cultural from the Ground Up

Talking with Evelyn Horn

Early this summer we had the privilege of sitting down with Wiyot elder Evelyn Horn to relive some of her memories and share her stories. The following are excerpts from our conversation.

Born March 13, 1915, Evelyn moved several times during her childhood, but has spent most of her adult life in Humboldt County. Evelyn's grandmother Sarah Maguire (Gwenivere) and her family were from Table Bluff, and her daughter Rose (Evelyn's mother) was born on Table Bluff and grew up near the old landfill. Sarah's father Ed Coonskin was Wiyot (related to Ki-we-la-tah). Evelyn also talks about Uncle Ray and Uncle Wally whose father Charlie Gwenivere was her great grandfather. Evelyn doesn't remember Sarah's mother's name, but does remember learning that her great grandmother was a survivor of the 1860 Indian Island massacre. "She swam across the river. She was eight months along then, and she swam across the river."

Evelyn remembers her grandmother Sarah well. "She was short lady, she was short and nice." She also took care of Evelyn. "My mother and I used to come over here and visit at the old reservation. My mother used to have a house down by Martha Sherman, and she gave it to my grandmother and two uncles, and my uncles would say 'sister is going to sleep here tonight, I don't know where she is going to sleep, she's going to sleep with grandma'... At Ferndale, we had to come over on a ferry...over at Cock Robin Island. They took about three cars over each time they went across. They pulled themselves across with a rope... all I know about mama, was she used to be in the office, her and Martha Sherman and Hazel James were in the (tribal) office, like you guys work now ...she worked there for about six years I think. We would go down to the old reservation and have picnics. They would have picnics every Sunday down there down on the old reservation...."

Evelyn was born and raised in Ferndale, and talks about her first cradle being a shoe box, she was so

small. She also remembers being told to put down the ax as a toddler or she would cut off her big toe. She didn't put down the ax, and did cut off her big toe, and remembers the doctor in Ferndale being able to save the other toe. But she didn't cry at all...

At six, Evelyn lived with her paternal uncle Joe Belotti for four years in Round Valley, and her mother worked picking hops. Moving back to the coast, Evelyn was sent to Hoopa Boarding School at age 10. She remembers the trip from Arcata: "we went by horse and buggy, six horses (over Liscomb Hill)...we left Arcata at 5 o'clock in the morning and we got to Hoopa about 6 o'clock that night...it took us a whole day to get there." Evelyn would start her day early, "I would get up early, go out and ring the bell at 6 o'clock in the morning...we had a great big building. There were about 160 kids. Just girls alone, they had the boys on the other half...it was just regular school, that's all. They didn't talk about tribes at all."

Then Evelyn decided she wanted to be with her brothers at Sherman Boarding School. "I came home and my brothers came home from Sherman on vacation, and they were going to go back down, and I cried and cried and cried, and said I wanted to go too, so my Dad had to stay over and go to Eureka to get me clothes.... So then he took us to Fernbridge and put us on the train there, and Ed Somerville, he is the one who took care of us on the way down, Somerville from Weott."

The trip took three days, and the train ride cost Evelyn's father \$300 for each of his children. Evelyn stayed at Sherman from 1925 until 1935, except for summer vacations. "At Sherman I was old enough to take (work), they had laundries, you could either take laundry work or take cooking or whatever you wanted...I took all of them. Every year we had to go half a year on one and half a year on another. And I was the head officer then when I graduated...I was head officer with 23 people under me...In the morning we would go to school and in the afternoon we would work, and then the following morning we
(continued on page 12)



Language...

What's in a Name? Interesting Wiyot Place Names

Sometimes a name is just a name; but often names have a story behind them, especially the names of places. Wiyot is no exception! While some traditional place names like *Bi'murr* ('South Jetty') and *Wigi* ('Humboldt Bay') simply refer to a particular location, other names are actually meaningful phrases that can be translated. In some cases, the reason for the name seems obvious, but in others it is mysterious (at least to me—if you know the story behind a traditional place name, I would love to hear it!).

The first list below gives the English names for some familiar places in Wiyot territory. In the chart that follows, I have listed the traditional Wiyot names that I have found, along with their English translations. See if you can use your knowledge of the area to guess which English name matches each of the Wiyot place names! (Answers are on the next page.)

A. Arcata	G. Field's Landing	M. Shelter Cove
B. Blue Lake	H. Humboldt Hill	N. Trinidad
C. Carson Mill	I. Indian Island	O. Where Jacoby Creek enters Humboldt Bay
D. Eel River Slough	J. Little River	
E. Eureka area	K. Port Kenyon Creek	
F. Eureka (waterfront)	L. Scotia	

Wiyot place name	Literal translation	English name?
1. Miplhaqh	'in the blackberries' (?)	
2. Jurou'jiji	'you sit down and rest'	
3. Moupraqh	'in the redwoods'	
4. Raqlhirilh hulumou'lilh	'wolf's house'	
5. Goudini	'one is way up and looks back'	
6. Dudiqhoughuk	'as far as the Hupa language comes'	
7. Dugutswayuwilk	'curved land'	
8. Plhetgushuwedi'	'white rock standing in water'	
9. Shi'wak dulidin	'spirit comes ashore'	
10. Twutgugu'w	'where they stop and hoist a sail'	
11. Buday'waqh	'at the creek'	
12. Wiya't luguw	'connection to Eel River'	
13. Shirougdumi	'where old lady is sitting'	
14. Lash gulubouwashwi	'strawberries made that trail'	
15. Plhutgasamuli'	'small rocks'	



...Language

1. I
2. F
3. E
4. H
5. A
6. B
7. N
8. L
9. M
10. G
11. C
12. D
13. O
14. K
15. J



Place name quiz answers



Map of Wiyot place names

(M is south of map)

(map © CICD; reproduced with permission)



Coming in September:

Introduction to Wiyot

Adult language classes in Arcata

In collaboration with Humboldt County Adult Education, I will be holding introductory Wiyot language classes for about 8 weeks this fall. I will send out a mailing when I know the exact time and place.

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

Please contact me if you are interested in participating!

What would you like to learn? lynnika@wiyot.us



Environment Around Us...

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 the total amount harvested has topped 250 lbs. but the goal is to beat 2007's record of 370 lbs. The department plans to continue harvests into the early fall months before the winter frost occurs. Upcoming arrivals to look out for include: Brussels sprouts, purple and green cabbage, pumpkins (in time for Halloween), tomatoes, broccoli, red and white onions, pole beans, cauliflower, and leeks.



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. Many thanks go out to the tribal youth and staff for their help and especially the Environmental Assistant Richie Green for his hard work and dedication throughout the summer months. If you have any questions, suggestions, and/or would like to pick up some information, call or visit the Environmental department.



Have you calculated your “water footprint” today?

If you have paid attention to basic environmental issues these days then you have probably heard the term “carbon footprint.” A carbon footprint is defined as “the total set of GHG (greenhouse gas) emissions caused directly and indirectly by an individual, organization, event or product (UK Carbon Trust 2008). What you eat, what kind of car you drive, the types of jeans you wear and how much carbon output came from making those jeans, etc. go into your total carbon footprint. But, have you ever heard of your total “water footprint?” Can you think of some of the activities that you do everyday that may expend large amounts of water? Showers, dishes, and flushing the toilet are all activities that go into your total water footprint but, how about the car you drive, the food you eat, the clothes you wear, or the products you use? It's easy to think locally of the impact you might be having on our very limited water supply but to think globally offers some challenges.

Did you know that the average person in a developed country (i.e. United States) “eats” 800 gallons of water everyday? That may be hard to fathom seeing that the vast majority of us drink ~1 gallon of water each day but the word “eat” is a reference to your total water footprint. Many would be surprised to hear that it took 720 gallons of water to make the cotton T-shirt on your back! According to Mother Jones (Jul/Aug 2009), below is a list of everyday consumer products and the amount of water that went into the production:





Environment Around Us

Products	Water consump-	
Microchip	8 gallons	Locally (Humboldt County), the population is estimated to be ~130,000 residents so if we were to assume that all residents owned, consumed, or used one of the above products we would have a total of (drum roll...):
Apple	18 gallons	6,509,490,000 gallons of water consumed locally! That is one small county (not Los Angeles County) under the assumption that everyone has
Pint of	20 gallons	one computer, iPod, etc, drinks a small cup of coffee, a can of soda, eats one chicken, drives one small car, etc! It's
4 oz. wine	32 gallons	unbelievable because we eat, own, and use a lot more than that in our lifetime. It is also
16 oz. Diet Coke	33 gallons	scary to think about the amount of water under your feet in aquifers and the
4 oz. cof-	37 gallons	amount of water being consumed daily. Nationally, the
7 oz. orange juice	45 gallons	United States has a population of 305 million people! So if we run the numbers under the same assumptions that everyone owns, consumes, or uses of the above products we get a total of: 15,272,265,000,000 gallons of water consumed nationally! Globally, with a population of 6.777 billion people, the amount of water consumed is: 339,344,721,000,000 gallons
Diaper	214 gallons	
1 lb.	467 gallons	
1 lb.	599 gallons	
Ham-	634 gallons	
Cotton T-	719 gallons	
Ream of white pa-	1,321 gallons	
1 lb. beef	1,857 gal-	
Pair of leathers	2,113 gallons	
Pair of jeans	2,866 gallons	
Midsized car	39,090	
TOTAL	50,073 gallons	

where the water came from.

Some companies applaud and support growers who use lesser amounts of water due to the fact that the company may not be around in 10, 20, or 30 years due to non sustainable practices. Through continued efforts to conserve the most precious life source our planet has to offer, farmers, producers, and ultimately the consumer can ensure that we lower our overall water footprint.

For more information on your total water footprint, please call or visit the Environmental Department.



The Great Pacific Garbage Patch

By Tim Nelson

Would you be surprised to know that there is a mass of floating plastic and debris in the Pacific Ocean twice the size of Texas? The mass itself has been referred to as an "island" but in reality, it consists of large amounts of debris that have been carried far and wide by oceanic and wind currents. Clearly human impacts have been the cause of the enormous Pacific garbage patch, but many questions have been posed. How did it get so massive in the first place and where is the garbage originating from? Are there any harmful impacts that this garbage patch can have?

In 1988, researchers in Alaska first made the prediction to the formation of the Eastern Garbage Patch when they noticed large amounts of plastic floating in the North Pacific region. They soon discovered that the majority of this plastic was collecting in regions governed by oceanic currents. Similar research in the Sea of Japan led the researchers to hypothesize that large amounts of plastic would soon end up in regions where oceanic currents made stable waters. One such region was the North Pacific.



Environment Around Us...

The North Pacific region of concern consists of the regions between the coast of California and Japan (including the Hawaiian Islands). This convergence zone is driven by oceanic and wind driven currents that bring debris from as far as the Alaskan and the South American regions. All this debris is eventually captured in the middle of the convergence zone, which reside just north of the Hawaiian Islands and spans far and wide. Recent estimates range anywhere from 0.41% to 8.1% the size of the Pacific Ocean! To make matters worse, the weight of the debris is estimated to be at least 100 million tons!

The source of this pollution is said to be 80% land-based and 20% from ships at sea. This debris contains everything from fishing nets, plastic bottles, caps, etc. which eventually degrade at a much slower rate than biodegradable material. As plastic biodegrades, it breaks into smaller pieces of plastics until it eventually reaches its molecular form. Once in the molecular form, it resides in the water column just below the surface. In one such study, it was determined that plastic particles were seven times denser than the zooplankton population in the region. Organisms such as filter feeders take in this "plastic polymer soup" thus bioaccumulating (storing) plastic in their bodies for other organisms in the food chain to take in upon predation. Physically removing waste such as plastic bottles from the ocean is very beneficial but it's what we cannot see (molecules) that can be the most harmful.

The impacts to the wildlife, ocean ecosystems, and affected regions can be seen in the bodies of washed up avian species, blood samples of mammals, and marine ecosystems. Bird species that live on the open ocean (i.e. Black-footed and Laysan albatross) ingest large amounts of plastic while hunting for fish. Young albatross that are unfamiliar with their prey can mistakenly consume large amounts of plastic and eventually die. Recent necropsies of deceased albatrosses that have washed up on shore have contained large amounts of plastic (i.e. plastic caps/pieces) in the individuals' stomach. Similarly, blood samples from mammalian species (i.e. filter feeders like

whales) have shown elevated levels of toxins. When plastic degrades, small amounts of dioxin are released into the environment. Dioxin is a very harmful chemical that can cause respiratory, central nervous system, and reproductive damage if ingested/inhaled in specific quantities. Along with dioxin, plastic molecules can absorb organic pollutants such as other PCB's, DDT, and PAH's. When ingested, these chemicals can lead to hormone disruption as the endocrine system views them as estradiol. Lastly, the garbage patch poses some serious dangers to our marine ecosystems as invasive species from one region latch on to the plastic debris and float long distances to colonize a region where they would never spread to under regular circumstances. Invasive species cause large amounts of damage to ecosystems including the extinction of native species and result in economical damage into the billion of dollars.





...Environment Around Us

The Great Pacific Garbage Patch has been gaining more popularity in the recent years. Charles Moore, one of the early discoverers of the ever increasing garbage patch, has been a part of the motivated team of researchers and scientists that are determined to come up with a solution to the clean up. Since the majority of the debris lies beneath the ocean surface, there in lies the challenge. Efforts from net tow clean up to basic dives go a long way in the big picture but the smaller, molecular debris will be an issue. A hundred or so researchers, scientists, and clean up crews cannot be the solution to the problem because it teaches nothing to the human population rather than we will clean up your mess. Individual responsibility (i.e. purchasing items with less packaging), continued recycling efforts in EVERY WAY possible, reusing materials whenever possible, and proper disposal are just a few things the human population can do to ensure that our oceans are nothing but disposal sites.

For more information on water quality topics, recycling information, or general environmental information please call or visit the Environmental Department.





(Evelyn Horn continued from page 5)

would work and the following afternoon we would go to school."

Because she was away at school, Evelyn doesn't remember much of her native language. "My mother knew our language, (spoke it) until she died...we didn't get to talk mama's language because my dad was Swiss, his folks came from Switzerland." But her mother and grandmother would speak Wiyot. "I used to talk it but I forgot it after I went to school...lots of the words that they say now, I haven't even heard of... my grandmother, they say it different here than what we did...like they call dog, *Nila wiskat*, they just call it some other."

At an early age, Evelyn's mother Rose bought a house in Eureka near Bucksport (Evelyn remembers a lot of Indian people living at Bucksport). Evelyn's house was up the hill near Fort Humboldt. "Mama bought a home up there...a one bedroom and a kitchen, and we lived up there for quite a while...when I was a little girl...it was my mother, my brother, and myself. My mother worked for the welfare, and I used to chop wood and everything, did all the cooking for her, and when she came home, all she had to do was sit down and eat. Then I would wash the dishes."

Rose also raised her niece Cora's children after their mother died. It was during this time that the children's paternal grandmother Annie Vicks came to live and help in the household. Annie was the daughter of Lucy, also a survivor of the Indian Island massacre who was later murdered in Arcata (see July 2009 Wiyot newsletter). Evelyn doesn't remember Annie, but does remember her grandson Emmett, who currently lives in Covelo.

Inheriting her mom's strong work ethic, Evelyn worked hard until her marriage. "I worked at the (Capitol Dairy) cafeteria, and that's the last place I worked. I told the boss, I said Tony, I'm giving you a month's notice to get somebody in my place to work. And he said why, and I said I'm going to get married. And he said Oh, please don't, I'll give you a hundred dollars more, and I said no, I already told him I'd marry him, so I told him and he finally got somebody. He didn't want me to leave...That's the last place I worked and then I got married in July...July 6th, 1941."

Evelyn had nine children (with only one son). Six are still living; all but one lived to adulthood. The story of her lost little girl is a testament to Evelyn's strength and compassion:

She was 2 1/2 years old when she got killed. They had big time down in Fort Bragg and there was a kid driving his car, and Delores called her and told her to stay, and she ran across and he hit her and killed her...I was up here, and burying my cousin at 3 o'clock and at 6 o'clock that night she was killed. And everybody says press charges, and I said nope, he was home on a furlough you know, and I said no I'm not pressing charges. So after the funeral was over with, I went up to the house, and he opened the door, and tears started to roll down his eyes. And I put my hand on his shoulder and said, keep your good head up son, the good Lord wanted that I'm not doing nothing to you...It took them an hour and a half to get his hands off the wheel...and everyone said you're a fool, why didn't you press charges? What good is it going to do to press charges?





(Evelyn Horn continued from page 12)

It's not going to bring her back. If I'd spent the money, it would have just made me that much worse. So I said, no I'm not pressing charges against that boy...I bless myself for doing that too, because he had a brother setting there, and two nurses on each side of him. He was 15 years old, they has been trying to keep him alive ever since he had been (young), he had heart trouble...and when I went out I told the kid's father, boy I'm sure did good to do that. And you know that mother appreciated that and she came up the next day and wanted to give me \$500, and I said what's this for? I don't want it. She said for you being so nice and so kind, and to do that to my son. And I said, no thanks, I don't want it, but I thank you very much for it.

Many thanks to Evelyn Horn for opening her heart to us, and to Lynette Mullen and Tammie Bettis for contributing to this article. We are committed to preserving these stories, and welcome your contributions to Wiyot history.

Please contact us at cultural@wiyot.us to share your story.

Boys and Girls Club fieldtrip





News and Notes from Social Services...

INDIAN TACO SALE !!

September 3rd, 2009

5-7 pm

Wiyot Tribe will hold an Indian Taco Sale to benefit the Boys & Girls Club of Wiyot Country on September 3rd from 5-7 pm.

The cost will be \$5.00 per taco. \$2.00 for fry bread or a bowl of beans.

Advance orders—dine-in or take out services will be available.

This event will be held in conjunction with a regular meeting of the Loleta Chamber of Commerce. That meeting will begin promptly at 7 pm

To place an order call: (707)733-5055

From US 101 take Hookton Rd. west approximately 4.5 miles to Wiyot Dr. (on the right).

From Loleta, take Eel River Dr. to Copenhagen (on left to Hookton (take right to Wiyot Dr. (left)

The Table Bluff Reservation Community Center is the large brown building with parking lot in the center of the circle of houses



**Use the convenient
order form below**

**Indian Taco Sale, September 3, 2009, 5-7 pm
at Table Bluff Reservation Community Center.**

To Go Order Form

Instructions: Choose Fry Bread, Beans, or Indian Taco. If Indian Taco is selected then pick then select the contents of the Indian Taco. To call in an order call: (707) 733-5055

Name#	Pick up Time:
BREAD	\$2.00 <input type="text"/>
BOWL OF BEANS	\$2.00 <input type="text"/>
INDIAN TACO: BEANS	\$5.00 <input type="text"/>
CHEESE	<input type="text"/>
LETTUCE	<input type="text"/>
TOMATOES	<input type="text"/>
ONIONS	<input type="text"/>
SALSA	<input type="text"/>
SOUR CREAM	<input type="text"/>
OLIVES	<input type="text"/>

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BOWL OF BEANS	\$2.00 <input type="text"/>
INDIAN TACO: BEANS	\$5.00 <input type="text"/>
CHEESE	<input type="text"/>
LETTUCE	<input type="text"/>
TOMATOES	<input type="text"/>
ONIONS	<input type="text"/>
SALSA	<input type="text"/>
SOUR CREAM	<input type="text"/>
OLIVES	<input type="text"/>



...News and Notes from Social Services

Food Program Drawing Winner

Allie Wyland

Won a Monopoly Game

Donated by Huber Enterprises



There is a weekly drawing every Friday. To participate you need to eat breakfast, lunch or snack here at the club.

Trinidad Rancheria Health & Safety Resource Fair

The Trinidad Rancheria would like to extend an invitation to our Health & Safety Fair, which is scheduled for Wednesday, September 09,2009 from 10:00a.m. until 2:00p.m. at the Cher-ae Heights Bingo Hall at the Trinidad Rancheria.

The theme of the health fair will be health screenings & safety services along with resource services that are offered in Humboldt County. Our target population will be the middle aged group however, we do anticipate all age groups over 18 years old attending.

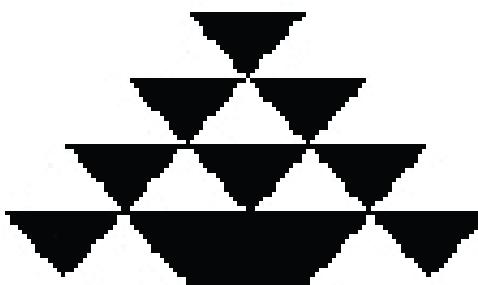
We estimate approximately 250+ participants to have the opportunity to view your booth and talk with you about our services. We'll provide booth space, a table and chairs and accommodate your needs to set up. Attached is the current health fair flyer and the provider/vendor information form. If you have any local Native American Vendors , Please give them a copy of the Information form to fill out.

To confirm your participation, please complete the attached information and return it to me by August 26, 2009. Please feel free to contact me if you have any questions about the health fair. You can reach me at (707) 677-0211 Ext. 2532 and email address at: abarnoskie@trinidadrancheria.com we appreciate and look forward to you participation.

California Indian Manpower Consortium Free Training

The Leadership training for entrepreneurial/small business/economic development, sponsored by California Indian Manpower Consortium, Inc., is provided at NO COST for eligible applicants through a series of workshops held in different geographic areas throughout California. The training is held in four sessions (2-3 days each month for four months). Participants must commit to attending all four sessions. The training will teach highly motivated Native individuals who want to start a business or want to expand their existing business to: Learn how to develop a business plan, start a business, expand an existing business an existing business.

For more information call California Indian Manpower Consortium, Inc. (916)920-0285 or (800) 640-2462 738 North Market Boulevard, Sacramento, CA 95834 or visit www.cimcinc.org





News and Notes from Social Services...

Wiyot Parent Committee

The Wiyot Parent Committee will meet on September 10th, 2009, at 10 am. The committee will be discussing Loleta School and back to school.



Wiyot Girl Scout Troop

The Wiyot Tribe recently started a new girls scout troop #70060. Most girls join a local troop or group for fun and friendship, but they also find out about building character and self-esteem and serving their communities-the core qualities of Girl Scouting. In Girl Scouts, girls find a safe place to grow and share new experiences, learn to relate to others, develop values, and contribute to society. This troop is now seeking new members. Girl Scouts will be meeting on Tuesdays each week. Please contact Michelle or Jessica at the tribal office for more information 707-733-5055.



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. Learn the Wiyot language, win prizes, and enjoy lunch. Elders interested in receiving frozen meals during that week please contact Michelle at (707) 733-5055.

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 Roads.

Gardening Guru Mike McGrath To Speak at Organic Planet Festival

Acclaimed author and radio host Mike McGrath will spread the message of healthy gardening on Sunday, August 30th at Halvorsen Park, when he gives the keynote address at the fifth annual Organic Planet Festival on the Eureka waterfront, sponsored by Californians for Alternatives to Toxics (CATs).

McGrath, former editor of Organic Gardening Magazine and host of the nationally syndicated radio show "You Bet Your Garden," also is an award-winning flower grower and aims to balance his inspirational advocacy of organic gardening with wit and wisdom.





...News and Notes from Social Services

His appearance at California's only celebration of non-toxic living is a centerpiece at the all-day festival. Also sharing the main stage is America's bluegrass icon the Del McCoury Band and international reggae star Tanya Stephens. McGrath's talk will come amid a day of useful gardening workshops that focus on the festival theme of transforming everyday practices from harmful to healthful.

Speakers include Gisele Schoniger of the firm Dr. Earth, who will discuss how to build up beneficial organisms in the soil; Eddie Tanner, author of "The Humboldt Kitchen Gardener," who will demonstrate how to prepare new beds; and Rita Jacinto of Willow Creek's Flying Blue Dog Farm and Nursery, who will explain ways to grow and use herbs and medicinals.



Home gardening isn't the only fun to be had at the Organic Planet Festival. Be sure to enjoy the many events of the day featuring

- * the World's Largest Organic Salad from Eureka Natural Foods,
- * dozens of exhibitors displaying healthy and natural products,

- * the Wildberries Marketplace
- Kids Village and Petting Zoo,
- * an eco-groovy fashion show,
- * the North Coast Co-op's \$1000 grocery grand prize,
- * a food drive that gives donors an original poster,
- * organic food and beverages, door prizes and much more.

To encourage less energy consumption and more environmental awareness, CATs will provide a shuttle bus from Arcata to the Eureka festival site from noon until 2 pm with later return for just \$2 roundtrip and a Greenwheels bike parking area that's monitored all day.

The festival runs from 10:30 a.m. to 7:30 p.m., and costs \$12 in advance or \$15 at the gate. Tickets can be purchased at the Eureka or Arcata Coops, the Works in Eureka or Arcata and Wild Horse Records in Garberville.

For more information or to volunteer, visit www.organicplanetfestival.org or call the CATs office at 707-445-5100.



Open Monday-Friday

9 am to 3pm

Summertime Hours

Except Holidays

FUN,

GAMES,
FIELD TRIPS,

SCIENCE AND
EDUATION



Happy Birthday

Jade Anderson	James Atwell	Alyssa Berens
Dawn Black	Justin Black	Ryah Brown
Barbara Brunner	Ashley Caughey	Terri Cox
Machelle Crawford	Niquel Crawford	Daniel Crellin
Beverly Divis	Donnell Dulco	Helen Evenson
Keri Evenson	Joshua Fowler	Xochilt Gonzales
Tyler Greenburg	Nikki Hale	Sarah Hale
Travis Henry	James Hosp	Albert I James
Heath Johnson	Roland Johnson Jr.	Sherri Johnson
Jennifer Jones	Janet Keller	Sonya Keller
Angela Klingsporn	Susan Lane	Michael Lange
Terry Lange	Alex Lopez	Jorge Lopez Jr.
Betty Owen-Mead	Greta Moritz	Cassandra Olson
Johnathan Olson	Marion Owen	Rickey Owen
Dylan Pierce	Andreas Rivera	Vernon Rossig
Crystal Shaffer	Alan Stephenson	Austin Tompkins
Mona Stevens	Thomas K Tipton	Anita Trehearne
Beverly Wantt	Roy Woodhurst	



Newsletter Options

In light of being resourceful and conserving our precious natural resources, and utilizing technology to our advantage, you have a choice of the way you receive your newsletter. You can receive it through your email or even better.....**visit the newly constructed website...** www.wiyot.com. You can download/print it for your reading enjoyment or just **read it on line!**... which is better yet saving the trees and **using technology**. Any feedback... Email me, linda@wiyot.us

Native American Recipe Request

We are in the final stages of gathering special favorite recipes, so if you still want to have an entry, please hurry and get it to us. Fax it to us if you can 707-733-5601 or mail it to Wiyot Tribe, 1000 Wiyot Drive, Loleta, CA 95551 or call linda at 707-733-5055. The cookbooks will be ready for Christmas.



Remember Wiyot Days

September 12th, 2009

**Table Bluff Reservation
Community Center**

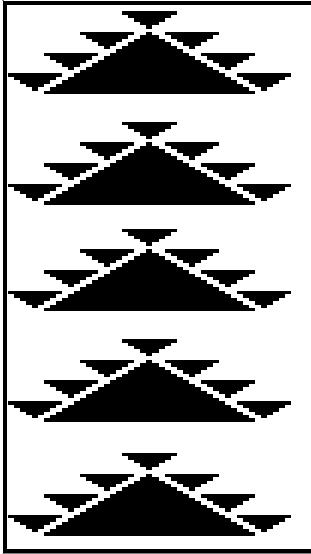
Agenda and time to be announced in separate flyer



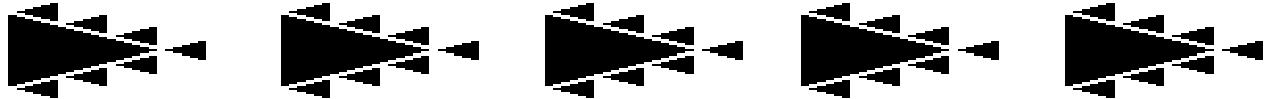
September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
	Labor Day Tribal office closed				Recycling Put cans out nite before	Wiyot Day
13	14 	15	16	17 Commodities	18	19
20	21	22	23	24	25 Recycling Put cans out nite before Ca Indian Day	26
27	28 	29	30			
	Business Council 6:30p					

WIYOT TRIBE
1000 Wiyot Dr.
Loleta, CA 95551



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



Change of Address Request Form

This is to confirm that my new mailing address is as follows:

Name: _____

Address: _____ City _____ State _____ ZIP _____

EMAIL _____

Telephone# _____ Tribal # _____

Previous Names Used: _____

Spouse and/or children who will be affected: (list legal name and date of birth)

Signature _____
