



# *The Da'luk*

## Congratulations Brian Mead



Brian Mead ran unopposed for the Vice Chairman position in this year's Tribal Election and with 44 votes he returns to another four year term.

Brian and his wife Rosie have four boys together and are raising them here on Table Bluff where he has lived all his life. Brian is an avid hunter and fisherman is always willing to show anyone that is interested in learning, Brian loves to be outdoors at any given time and it shows.

Brian has been on Tribal Council for 10 plus years and has played an active role in the Tribe and he has served on numerous Committees and passing his knowledge on to the younger generations. We are pleased to have him serve his fellow Tribal Members and are excited to see him to continue as the Vice Chairman.



# Lhatsik Houmoulu'l "House of Tradition"

Submitted By: Hazel James



## Ha'Wa'lou

The Cultural Department is working with Tsek Houdaqh on making necklaces and sashes for our 8<sup>th</sup> grade and High School Graduates. So if you have a child in the 8<sup>th</sup> grade or a senior in high school please let the cultural department know by May 25th so we can have them done in a timely matter. You may call the Tribal office at 707-733-5055 and ask for Hazel.



Michelle Vassel (L) & Pilar James  
Last years Sash



The mission of the Wiyot Heritage Center is to promote the understanding, revitalization, and celebration of Wiyot culture. Recognizing culture as a dynamic process and the Wiyot as a living people, the Center's goals are to treasure the past, enrich the present, and meet the challenges of the future.



# Tsek Houdaqh 'where the children are'

Submitted By: Donna Wilson



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## TSEK HOUDAQH      MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Make a rain stick	2. Garden day	3. Video making Beading	4. Movie day Friday AKA free day!!!	5.
6.	7. Art/Board games	8. Mother's day project	9. Garden day	10. Video making	11. Movie night fundraiser 5pm-7pm	12.
13.	14. Art/Board games	15. Squirt gun artwork	16. Garden day	17. Video making Beading	18. Movie day Friday AKA free day!!!	19.
20.	21. Art/Board games	22. Lava lamps	23. Garden day	24. Video making	25. Movie day Friday AKA free day!!!	26.
27.	28. CLOSED	29. Tube crafts	30. Garden day	31. Video making Beading		

**\*FIRST HOUR    HOMEWORK HOUR!!!!**





### **Dell'Arte International School of Physical Theatre Returns to Table Bluff May 21st-June 1st**

Members of Dell'Arte's Professional Training Program and MFA 1st year students will return to Table Bluff from May 21st until June 1st to collaborate with the local Wiyot tribe. Together, they will explore creativity, community and movement.

This year's ensemble is made up of performers who have come together from Ecuador, Sri Lanka, Zimbabwe, Canada, and the US to explore community-based theatre. They are excited for the opportunity to learn about the people of Table Bluff and share their skills with residents by assisting in community projects and teaching creative workshops. The residency will culminate in a free public performance of a theatre piece inspired by the people and environment of Table Bluff.

Please be on the lookout for more details, coming soon! Feel free to email the Student Residency Manager, Ania, at [ania.upstill@gmail.com](mailto:ania.upstill@gmail.com) if you have any questions or would like to request a specific workshop topic.

## **REMINDER!!!**

### **Natural Resources Youth Intern Position Still Open for Potential Candidates**

This is a reminder that the Wiyot Tribe’s Natural Resources Department (WNRD) is hiring a Natural Resources Youth Intern for the summer! Under supervision from WNRD staff, the Intern will assist Natural Resources Fisheries Biologist and Technician with a variety of tasks including conducting spawning, distribution, and abundance surveys of Pacific lamprey and population estimates and predation control measures (e.g., hook and line) for Sacramento pikeminnow. Additionally, the Intern will assist the Tribe’s Botanist with conducting ethnobotanical surveys on Tribal landholdings, federal and state lands, and private landholdings as well as assist with ongoing restoration projects currently underway or planned for the summer. The Intern will also receive training in scientific data collection and management, calibration and care of scientific equipment, generation of resource management plans, environmental education, and general office duties. WNRD projects include wildlife, fisheries, botany, habitat restoration, water quality monitoring, environmental education, botanical surveys, solid waste management and waste reduction, renewable energy and efficiency, and non-point source pollution prevention. Occasional travel for local trainings may be required and periodic field work in remote areas and marine environments is expected. Desired applicant will be an enrolled Wiyot Tribal member between the ages of 14-20, however, all community youth are encouraged to apply. All applicants are subject to the Tribe’s Drug and Alcohol Free Work Place Policy including pre-employment screening. All hiring is subject to the Wiyot Tribe’s hiring preference.

Applicants are urged to submit an application (found online at <http://www.wiyot.us/Jobs.aspx>) no later than Friday, May 18<sup>th</sup> by 4:00 pm. Please submit completed application by the following methods:

email to Eddie Koch ([eddie@wiyot.us](mailto:eddie@wiyot.us))

mail to: Wiyot Tribe, ATTN: Eddie Koch, 1000 Wiyot Dr., Loleta, CA 95551

hand deliver to: Wiyot Tribe business office front desk located at 1000 Wiyot Drive, Loleta, CA 95551 (ATTN: Eddie Koch)



# **Gou'wil Da Lalouluwuk *'Taking Care of People'***

Submitted By: Tammie Bettis



## Attention Elders!!!



The  
COOKBOOK  
Project

Are you are 55 and older, and have a special recipe you'd like to publish? The **Elder Nutrition Program** is starting an exciting new Cookbook Project. All entries due no later than **June 30, 2018**.

Please mail your recipe along with your photo (optional), to the **Wiyot Tribe 1000 Wiyot Dr. Loleta, CA. 95551**, or email to **tammieb@wiyot.us**.

For more information, please call **Tammie @ (707) 733-5055**. We look forward to hearing from you!

# Gou'wil Da Lalouluwuk *'Taking Care of People'*

Submitted By: Margaret Moon

## May 2018

### Elder's Lunch

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Grilled fajita vegetable skew- ers,	2 Beef Stroganoff Green Beans Mixed Fruit	3 Salmon Wild Rice Broccoli	4 Soup & Sand- wich, fruit	5
6	7 Beef stir fry Rice yogurt	8 Enchilada Casse- role, Green Sal- ad	9 Pot Roast Potato's Carrots Jell-O	10 Split Pea Soup Strawberries	11 Mothers Day BBQ Shrimp & Steak skewers	12
13	14 Chicken n Dumplings Crackers Salad	15 Soft Taco's Beans, rice	16 Spaghetti Green Salad Garlic Bread Ice cream cup	17 Beans Corn Bread Salad	18 Soup & Sand- wich, fruit	19
20	21 Pork Chops Wild Rice Broccoli	22 Fish Tacos Fresh Fruit	23 Shrimp scampi Angel hair pasta Broccoli ' Fruit salad	24 Clam Chowder Crackers Salad	25 Egg salad sand- wich fruit	26
27	28 HOLIDAY Office Closed	29 Indian taco's	30 Chinese food Sugar free Jell-O	31 Chilli, cornbread Green salad		

## Title VI Program update

Good afternoon Elders & Caregivers:

The Title VI Program is a grant funded program through A.O.A. (Administration on Aging) and offers a variety of services. Caregiver support, Respite (Breaks for caregivers), Transportation, Counselling, Congregate meals, just to name a few. (We also offer support & relief services for those who care for elders).

Since April 2017 the Wiyot Tribe has been working hard to get our elders program off of the ground. We currently have only a few participants. **PARTICIPATION IS KEY TO KEEPING THIS PROGRAM!** If you know of any elders who may need services or would like to participate, please call Tammie Bettis at the Tribal Office (707) 733-5055 to sign up or for more information about the program.

Please come join us for lunch Monday-Friday 12-1pm. Also, every Monday during lunch we watch movies, Wednesday's we play bingo and crafts on Fridays. Please come join us, bring a friend! If there's any suggestions we'd like to hear from you. ALL SUGGESTIONS WILL BE WELCOMED! Caregivers of elders may also receive lunch for free when dining with an elder!!



### Just a reminder

**UIHS will be here every second Wednesday of every month, doing Blood Pressure and Glucose checks during lunch.**

If you are 55+ and would like to come for lunch and Transportation is an issue, or if you'd like a ride. Please feel free to call the Tribal Office **707-733-5055** in advance, please no later than 11:30 am. We are more than happy to come get you if you live within a 25 mile radius!





## **Wiyot Natural Resources Department Collects IRMP Surveys:** **Please, COMPLETE YOUR SURVEY!!!!**

Happy Spring and Greetings from the Wiyot Natural Resources Department! As the plants awake from their winter dormancy, we remember to give thanks for the change of the seasons and all that nature provides. At the same time, we acknowledge our role as stewards to the natural world and want to take this opportunity to reach out to and ask Wiyot tribal citizens to voice their goals for the future vision of Table Bluff and its natural resources. Please help us represent you as we begin the planning process for the Table Bluff Integrated Resource Management Plan (IRMP) by completing the IRMP survey. This survey will help the Department to tailor the IRMP to meet the resource goals of the Tribe and provide the future and culture we want Wiyot children and elders to experience at Table Bluff.

The IRMP survey was included in the last issue (April) of the tribal newsletter. While we have received some responses, we are looking for more feedback from Wiyot citizens. If you have not yet completed the survey, it is not too late! PLEASE COMPLETE YOUR SURVEY AND RETURN IT IN THE PRE-STAMPED ENVELOPE PROVIDED, in the last newsletter. If you happened to misplace your last newsletter, survey, and pre-stamped envelope, then, shame on you, but don't fret, we have launched an online version of the survey on Survey Monkey, which you can reach at the following link:

**<https://www.surveymonkey.com/r/T8MRGPY>**

**Please, do YOUR part and COMPLETE YOUR SURVEY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

We at the WNRD thank you for your time and concern. If you would like to be involved more in the IRMP process please contact the Wiyot Natural Resources Department to get more information at 707-733-5055 x 122 or email [adam@wiyot.us](mailto:adam@wiyot.us) Cawoks.



*Figure 1. Bumblebee approaches Camas flower, Table Bluff Ecological Reserve.*

# Shawir Darrudaluduk “We Belong to the Wilderness”

Submitted By: Tim Nelson

## The Great Pacific Garbage Patch

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.

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 Alas-

kan 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.

# **Shawir Darrudaluduk “We Belong to the Wilderness”**

Submitted By: Tim Nelson

## **The Great Pacific Garbage Patch**

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 native species and result in economical damage into the billion of dollars.

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 Natural Resources Department.

# Gock Wuck "Knowledge"

Submitted By: Fawn Lopez

...the North Coast celebration of wild California plants

## Wildflower Show & Native Plant Sale May 4-6, 2018

show Fri. 1-5 Sat. 10-5 Sun. 10-4  
plant sale Sat. & Sun.

*free - everyone welcome  
hundreds of plant species*

### Friday

7 pm: Art Night - free drawing and painting session

### Saturday

11 am: "Logical Lupines" - Dana York  
12 pm: "Bucket-o-Bugs" - Pete Haggard

### Sunday

11 am: "Lovely Lupines" - Brian Dykstra  
12 pm: "Ethnobotanical Legacies of Wiyot Country" - Adam Canter

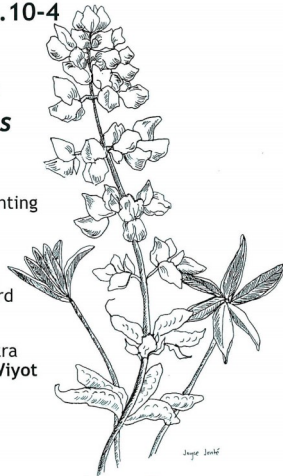
*Our 36th year!*

## Jefferson Community Center

1000 B Street, Eureka

[www.northcoastcnps.org](http://www.northcoastcnps.org) • 707-822-2015

...community event coordinated by  
North Coast Chapter - California Native Plant Society



# SAVE THE DATE

## 38th Annual Traditional Indian Health Gathering

May 18 - 20, 2018  
Indian Grinding Rock State Park  
Pine Grove, CA

### California Rural Indian Health Board, Inc.

4400 Auburn Blvd., 2nd Floor  
Sacramento, CA 95841  
(916) 929-9761  
[www.crihb.org](http://www.crihb.org)



For more information contact:  
Adriana Kimbriel  
(916) 929-9761  
[akimbriel@crihb.org](mailto:akimbriel@crihb.org)



## NORTH COAST AIDS PROJECT

Health Education Outreach Van will be parked at the Bear River Social Services Office (588 Singley Rd., Loleta, CA) on the third Thursday of each month from 2-4 pm.

### Free Services Include:

- HIV/Hep C Testing - 20 minute results! Harm Reduction
- Counseling and Referrals Medical Referrals
- Distribution of Safer Sex Supplies Naloxone Trainings
- and Distribution Syringe Services and Disposal



For more information call Bear River Social Services at 707-733-1900 ext. 358





## MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Elders Lunch / Bingo 12-1pm	3	4 Elder Craft 12-1pm	5 Happy Cinco De Mayo
6 Day Under the Oaks Santa Rosa TBR Fellowship 9:30-12pm	7	8	9 Elders Lunch / Bingo 12-1pm UIHS Blood Pressure Check TBR	10	11 Tsek Houdagh Movie fundraiser 5-7pm TBR Stanford Pow wow Elder Craft 12-1pm	12 Stanford Pow wow
13 Happy Mothers Day Stanford Pow wow TBR Fellowship 9:30-12pm	14 BCM 4pm	15	16 Elders Lunch / Bingo 12-1pm	17	18 Elder Craft 12-1pm	19 Big Time Cultural Ceremony Ya-Ka-Ama Forestville, CA
20 TBR Fellowship 9:30-12pm	21	22	23 Elders Lunch / Bingo 12-1pm	24	25 Elder Craft 12-1pm	26
27 TBR Fellowship 9:30-12pm	28 Tribal Office Closed Memorial Day	29	30 Elders Lunch / Bingo 12-1pm	31		



## Happy Birthday

Dalila Lopez

LeeAnn Moore

Vincent DiMarzo

Patty Meraz

Sonia Soto

Ardith Huber

Eric Johnson

Amelia Carpenter

Natisha Mitchell

Melissa Jones

Sharon Thurman

Diane Letner

Judith Owen

Brett Woodhurst

Hannah Woodhurst

Joshua Abernathy

Jessica Greenberg

Launnie Bainbridge

Rachelle Sutherland

Alzada Duncan

Carolyn Goins

Ronald K Beauchamp

Natalie Kovacovich

Brendyn Sheets

Shanah James

Erla Jadro

Alexis Anderson

Joyce Hernandez

Kelly Henry

Hallister Stephenson

Gia Rodriguez

Michael Nunes

Robert M. Raymer

Mariah Rodriguez

DeEtt Stewart

Donivan Mead

Ella DiMarzo

Robert Voorhees

Brooke Jones

Kit-Tise Allen-Wright

Howard Craig

Daren Crawford

Jordan Roberts

Lily Thomas

William Anderson

Ian Jones

Jessica Beauchamp

Sloane Steen

Abigail Clair

Zoe Black



## Did you move without changing your address?

***Did you move and forget to change your address? You can fax 707-733-5601 or email [addresschange@wiyot.us](mailto:addresschange@wiyot.us) This will help in getting your mail to you in a timely manner, if your address isn't up to date then this will slow your RSTF, newsletter and other important mail in getting to you. You can call the Tribal Office to check your address 707-5055.***

## JOM Fundraiser

Come support Tsek Houdaqh and buy some goodies. We have popcorn and granola bars, fruit snacks just to name a few. They also have Jewelry for sale and Tsek Houdaqh T-shirts Its open 8-4 Monday-Friday over at the main office.



**Congratulations Kirsten Boyce & Tommy Wade!**

On the birth of their daughter Liliana Wade was born April 23 weighing 6lbs 13ozs and 20 1/2 inches



Wiyot Tribal Council  
Ted Hernandez .....Tribal Chairman (2016-2020)  
Brian Mead.....Vice Chairman (2019-2022)  
Leona Wilkinson .....Secretary (2017-2021)  
Linda Lange.....Treasurer (2015-2019)  
Kirsten Boyce.....Council Member ( 2017-2021)  
Hazel James.....Council Member (2015-2019)  
Madison Flynn.....Council Member (2016-2020)



Da Rou Gawok "Everyone working Together"  
Michelle Vassel.....Tribal Administrator  
Fawn Lopez.....Executive Assistant to TA / Council Clerk  
Sarah Lopez .....Enrollment Clerk / Receptionist  
Lisa Stephenson.....Receptionist

Gou'will da lalouluwuk "Taking care of People"  
Trish Carlson.....Health & Human Service Director  
Tammie Bettis.....Title 6 Program Coordinator  
Margrett Moon.....Title 6 Program Assistant  
Dr. Rita Wafler.....Licensed MFT

Tsek Houdagh "Where the Children are"  
Donna Wilson...Youth Program Manager  
Kathy Spott.....Youth Program Assistant

Hiwechk "Money"  
Ashley Peterson.....Accounting Manager  
Dylan Dickson.....Accounting Tech

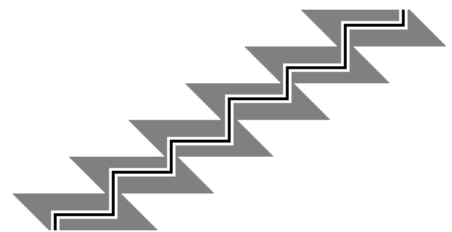
Lhatsik Houmoulul "House of Tradition"  
Ted Hernandez.....Cultural Director  
Hazel James.....Cultural Assistant  
James Pagua.....Gardner

Shawir Darrudaluduk "We belong to the Wilderness"  
Tim Nelson.....Natural Resources Director  
Eddie Koch.....Natural Resources Specialist  
Adam Canter.....Natural Resources Technician  
George Buckley.....Water Operator  
Stewart Atwell.....Water Operator Assistant

Ga'muluk Hagu'n "Building & Cleaning"  
Jesse Sherman.....Public Works Director Interim  
Lenard Miller.....Public Works Assistant  
Andy Ashley.....Public Works Assistant

1000 Wiyot Drive  
Loleta, California 95551

Phone:  
707.733.5055/800.388.7633  
Fax: 707.733.5601



# Change of Address Request Form

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: (     ) \_\_\_\_\_

Previous Names Used: \_\_\_\_\_

Children who will be effected (legal name and Date of Birth:

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

Wiyot Tribe  
1000 Wiyot Dr  
Lolita, CA 95551

