

The UIHS Traditional Resources Advisory Committee (TRAC) and the Traditional Resources Program supports preventative health activities for attaining wellness that go beyond physical health based on the understanding that the "Health of the Environment = Health of the People".



Place
Stamp
Here

United Indian Health Services, Inc. 
1600 Weeot Way
Arcata, CA 95521

Would you like to make a donation to help support our Traditional Resources Program?



Donations are open to all individuals and companies who want to support our Traditional Resources Program. Your contribution will help to support our arts, cultural, and environmental activities that promote community wellness. Donations will include quarterly newsletter, announcements about upcoming events, and all friends will be acknowledged in the newsletter.

Annual Membership

- * Hummingbird (Student/Senior/Low income) _____ \$25.00
- * Flicker (Friend) _____ \$50.00
- * Woodpecker (Contributor) _____ \$100.00
- * Hawk (Sustainer) _____ \$250.00
- * Eagle (Donor) _____ \$250+

Name: _____

Organization: _____

Address: _____

City: _____

State/Zip: _____

E-mail: _____

Date: _____

Please return to: Potawot Health Village - Traditional Resources Program 1600 Weeot Way, Arcata, CA 95521

Please make checks or money orders payable to UIHS.

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UIHS Mission

To work together with our clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community.

Staff Contributors:

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Community Nutrition/Garden

Paula Allen
Traditional Resources

Eric Johnson
Traditional Resources

Ka-kaw-now is the Yurok word for Pileated Woodpecker

Growing Healthy Traditions

Did our American Indian Ancestors have gardens back in the day? Well, the answer is yes and no. When you talk to many elders these days, they have great stories of backyard gardens - fresh tomatoes, cucumbers, green beans - that they grew themselves, canned up for winter and shared with their neighbors. But these activities were post-contact, after the white man's food got here. If you go way back, to the days of hunting and gathering, our Ancestors probably did not garden, although there are stories of the highly complex systems for managing the rivers and forests for food. When you think about it, our ancestors didn't need to garden because they lived in such amazing bounty - the wild environment provided all that they needed. They thanked the creator for the bounty during ceremonies. There was a spiritual connection between our ancestors and their food - acorns, berries, salmon, deer, wild greens and many, many other wild foods were collected with respect for the environment and with prayer and thanks.

So what is the point of the Potawot Garden if farming, or gardening is not a "traditional" American Indian activity?

We believe that gardening can help us to solve many of the complex health and social issues that we are facing in our American Indian community. (cont. p.6)



Eating well at the 2005 Harvest Celebration.

La Chomp Chay Kids Club

The La Chomp Chay Kids Club is a program for UIHS American Indian youth ages 7 - 12 years old. The goal of the La Chomp Chay Kids Club is to bring youth together and provide them with culturally based prevention activities. Our focus has been to target youth from schools near Potawot, which includes youth who do not normally get to participate in special UIHS school-based programs and who attend schools that may not have a high American Indian student (cont. p. 5)

Going Solar

Many of us depend on energy for electricity and heating that is derived from fossil fuels. Uses of these petroleum based fuels are very polluting to the air we breathe and can have negative impacts to our health. The use of polluting fossil fuels does not honor the traditional native belief that we should have respect for and take responsibility for our environment.

As a way to move away from depending on these polluting technologies, **UIHS is working towards capturing the sun's energy to generate electricity and hot water at Potawot Health Village.** These alternative energies will demonstrate the importance of native values with regards to taking care of the land, air, and water we depend on.

The Humboldt State University Schatz Energy Research Center is providing

UIHS with their expertise on fundraising and helping us to design and oversee this project. The Potawot Alternative Energy Project will have many benefits for our community such as; reducing UIHS energy costs, allow UIHS to be a responsible organization and respect the earth's resources, and educate the American Indian community and general community about renewable energies. This is one of many Traditional Resources projects that ties our community's health to that of the environment.

Special thanks to the Will Reid Foundation for their contribution of \$20,000 towards the project as well as to our community contributors Cher-Ae-Heights Indian Community, Resighini Rancheria, Humboldt Water Resources, and Smith River Rancheria. For more information, please contact Eric Johnson at 825-5070.

Sun

woh-newsleg (Yurok)
let'ik (Wiyot)
koo suhrah (Karuk) -
shree-na-cha-gutshlree (Tolowa)

Note: These are not the approved Tribal spellings. They are spelled for easy pronunciation for all our readers.

Message from TRAC

Acorns My Way by Venola Dowd

- 1) Learn the difference between Oak Trees!
- 2) Pick up Tan Oak acorns late October or early November
- 3) Check for Ter-perix (worm holes) and discard or the remaining acorns may go bad
- 4) Put acorns in containers, set next to heat for 2 weeks
- 5) DO NOT attempt to crack open and remove meat too soon because the juice from new acorns may cause them to become moldy
- 6) After cracking and removing, let dry until reddish fibers fall off
- 7) Remove fibers and let meat dry through
- 8) You can grind now or store and grind later
- 9) MAKING THE FLOUR:
 - a. Put a thin cloth in an open holed container (sieve). Fill with luke-warm water 2 times, then cold water for 2 days, stirring often.
 - b. When it is no longer bitter and no longer water soaked, the dough is made.
- 10) TO COOK:
 - a. In boiling water, put flour in and let boil until desired thickness
- 11) CANNING COOKED ACORNS:
 - a. Pour into jars
 - b. Cover with seal and lids then put jars into a canner
 - c. Cover with warm water and let boil for 15 minutes to assure that they seal
- 12) Store in cool place, they can last a long time. **Good luck and be generous!**



Sign of the Season

When Redbud shoots are budding out, we know the **EELS** are running!

Upcoming Full and New Moons



Upcoming Events

- Art for the Island - Indian Island Benefit Art Show @ Potawot - March 31**
- Ku' wah-dah-wilth Community Egg Hunt - April 15**
- La Chomp Chay Kids Club Spring Break Day Camp - April 2006 (TBA)**
- Garden Produce Stand and Kay-woi Subscriptions coming May 2006**
- Veggie Starts Event - Backyard Garden Event in Weitchpec - May 2006 (TBA)**

Presentations at Potawot

- Thursdays - 2 PM in Boardroom 3 - HSU Class open to community**
- Feb. 16 - Managing a Forest with Community in Mind**
- Feb. 23 - Sudden Oak Death: A Threat to Our Forests**
- March 2 - Ecology, Community, & Culture in Development**
- March 9 - Impacts of Pesticides on Basketweavers**
- March 16 - Managing Forests with Cultural Resources in Mind**
- March 30 - Bringing Indian Island Back to the Community**

Volunteer Opportunities

Come volunteer in the Ku' wah-dah-wilth Restoration Area and/or the Potawot Community Food Garden. Five or more hours of work get's you some good organic vegetables and of course priceless learning. For more info contact Eric Johnson at 825-4144

New UIHS Waste Reduction Specialist

Hello, my name is Troy Perez, the new UIHS Waste Reduction Specialist. It is an honor to be a part of this wonderful organization that I have admired since its opening. In 2001, I received a degree in Environmental Science from H.S.U.. Previously, I worked for the Arcata Community Recycling Center. I am excited to develop recycling and other waste reduction programs for the UIHS community.

IRIS

luuehl (Yurok)
up-kahss (Karuk)
tay-meht' (Tolowa)

Note: These are not the approved Tribal spellings. They are spelled for easy pronunciation for all our readers.

PLANT of the Season

The fibers of iris are strong, flexible, and fine like silk. That is why the iris is used for making cord-age for fishing nets, string, rope, snares, and regalia.



Douglas Iris
Iris douglasiana

Sumeg Workshop

In October 2005, the UIHS Traditional Resources Program helped out with a workshop held at Sumeg Village. Over 40 participants learned traditional plankhouse construction and maintenance techniques.



Cont. Healthy Traditions

Problems such as obesity, diabetes, heart disease... can all be remedied in some way through gardening activities and eating fresh produce. This garden, run by our own Ed Mata and Eddie Tanner, helps bring us back to what is real, and helps remind us of the spiritual connection we have to our food. We are able to connect with one another over food, share a recipe...taste something fresh. We are able to brush some dirt off of a carrot and know that it came from right here, from this Wiyot land. We are able to put our hands in the dirt, and ask questions about how the food grows, and ponder the problems

of our food system and the epidemic of obesity. We are able to teach our children that green beans do not come in cans and peas come in pods, not freezer bags.

We look to many UIHS programs to help us improve the way we live today, in 2006. As the Potawot Garden grows and thrives - are you taking advantage of it to eat better and to be more active? If we are to truly prevent disease for our people, we must stay connected to the earth, eat healthy, honor culture and be active.

Gardening Tips

It is time to start thinking of designing your garden beds for summer! There are a few important factors that distinguish a good garden site.

- 1) Sun - The more sun plants get, the better (especially on the coast). Your site should have a minimum of 10 hours of direct sun in the summer.
- 2) Slope - The steeper the ground, the more soil erosion. If your site is more than slightly sloped, consider making terraced beds. A flat plot or southern facing slope is ideal.
- 3) Soil depth - The two depths you want to consider are the depth of topsoil and the total depth of usable soil. When you start digging, you'll see that topsoil is noticeably darker than the soil below. Ideally, you need at least four inches of topsoil. The total depth of usable soil is how far plant roots can penetrate. Roots cannot grow through rock or through very hard clay. See how deep you can lose the soil with a shovel (not a pick). You need at least a foot of useable soil depth. Fruit trees will need more.
- 4) Drainage - Plant roots need air to breath, so garden beds need good drainage. In our climate on the coast, most soils will have puddles of water in the winter, and they'll dry out by late spring. The longer your site has puddles into the spring, the shorter your planting season. You should not plan your garden bed in an area that is wet year round.

Bird of the Season



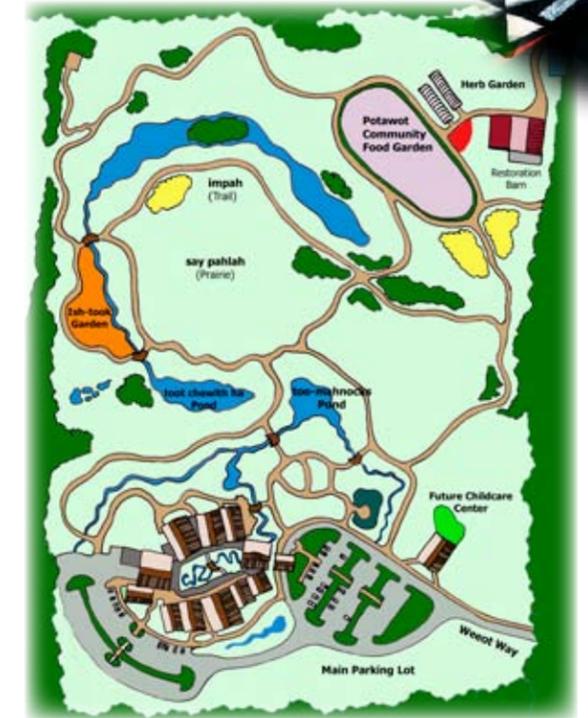
Black-crowned Night Heron searching for fish in the Too-mahnocks Pond.

This bird moves gracefully in wetlands and uses it's sharp beak to capture fish. It is often found near the edge of the ponds here in the Ku' wah-dah-wilth Restoration Area.

A Path To Wellness

Come take a walk on the trails in the Ku' wah-dah-wilth Restoration Area to improve your physical and mental health. Observe the life returning to the restoration area as you walk along side of the wetlands, past the meadows, through the forested areas, and into the community food garden. Did you know that there are over two miles of walking trails for you to enjoy? These trails were paved using local rock held together by pine resin (a by-product from a mill) rather than petroleum based asphalt.

The trails are a great way to get exercise while enjoying the beauty of Potawot's landscape. The trails are open to all and are fairly flat and easy for wheelchairs and baby strollers. Please be respectful and refrain from bringing dogs, riding bikes, or smoking on the trails. The trails are open to the public from Sunrise to Sunset.



Map of Potawot Trails

Recipe

Steamed Veggies with Peanut Sauce



Remember to get your veggies from the Potawot Community Food Garden. More info call - 825-5000

Ingredients

- 4 cups chopped veggies like broccoli, carrots, green beans, cauliflower, summer squash and zucchini
- ½ cup natural peanut butter
- ½ cup boiling water
- 2-3 cloves garlic, chopped
- 1 tsp. vinegar
- 2 Tbsp. soy sauce
- 2 Tbsp. Sugar - optional
- 2-4 Tbsp. fresh cilantro – optional salt and cayenne pepper

Directions

- 1) Steam veggies until they are al dente
- 2) Bring ½ Cup water to boil
- 3) Put hot water, P.B. and all ingredients in a blender
- 4) Blend until ingredients are well mixed
- 5) Serve sauce over steamed veggies,
- 6) Add rice or noodles for a full meal



Peek-wa Story Corner

("Peek-wa" means creation stories in Karuk)

WHEN ARCATA PRAIRIE WAS MADE (POOR MANS' LOVE STORY)

Adapted by Julian Lang

In the beginning times a poor man was living a mile upstream from the mouth of Wiyot (Eel) River. He had very little. His clothes were like rags and the sky could be seen through his home's roof and walls. Still he was a proud young man.

Upstream from his house was living a young woman. He loved her. He thought about her all the time and often went near to where she lived to see her in secret. She was the most beautiful woman in the world, everyone saying, "It is so." She was known as the Iridescent One. The rich families started coming to her house to buy her hand in marriage.

Poor Man thought, "what can I do? I have nothing to offer for the bride price." He was sad. Soon the rich people's boats came loaded down with the treasures they had to offer as bride price.

Then Poor Man thought, "I know. I will make a love song." And that's what he did. He made 3 songs. He made ready and soon he was off to her place singing the first song. And then he sang the second song when he saw her house. And he sang the third song while sitting in front of the house of the Iridescent One.

The girl fell in love with the one sitting there, even though he was a poor man. For a time they were happy. Then the rich ones started taunting and bullying the couple. They were so jealous. One night they crawled onto the roof of their house and poured a foul smelling liquid through the smokehole and extinguished their fire. The young man told his wife, "We must leave. It is not good what they do." And so the couple traveled to the north. They knew not where. They were crying as they walked along carrying their little nothings.

They reached a high ridge and rested. While sitting there they had a visitor. He was a powerful person, a Spirit Being, who said, "I have watched you two as you travel along and cry. Those who made fun of you and abused you did not do right. You are good people. I pity you. I am going to do something for you. Keep traveling and you will soon come to a place that I have prepared for you. It will be your place. You can live there. It is a prairie with a river flowing through it. There is abundant game: deer, birds, elk, and salmon and other fish. You two live there. But you must remember its name: GUDINIH."

The Spirit Being left. And the couple picked up their little things and resumed their travel. Sure enough they traveled not far when they saw a big prairie below them. A river flowed through it and they could see herds of deer and elk. Flocks of birds flew this way and that. The river teemed with fish.

They walked into the grassy plain and soon they built a nice home. They raised their children. We still know this place today: GUDINIH.

That's what happened long ago. Poor Man made love songs and married the Iridescent One. The Spirit Being made the Gudinih, the Arcata Prairie, where the Potawot Indian Health Village now stands.



UIHS ART & BASKETS: In the Healing Tradition

The Potawot Health Village was designed to display art and basketry as a means to support the healing of our community. Art and basketry have always been and continues to be a strong and vibrant cultural tradition. UIHS understands the importance art and culture have in helping us to create and support a healthy community. Through our art, culture and basket displays, we are able to educate and enrich the experience of all the visitors to the Potawot Health Village and these exhibits and the items in them are a part of the healing tradition.

We have been very fortunate to have friends and supporters who understand the connection between art, culture and a healthy community and have given us support and donations to assist us in carrying on this tradition. The UIHS Traditional Resources Program is grateful to both the Ford Foundation and the California Wellness Foundation who provided us with support to start our Traditional Resources Program.

In addition, we would like to thank and acknowledge those who have made donations to

our permanent art, culture and basketry collections.

- Aronson, Hampton and Nelson-Lutje Families
- Big Rock Editions
- Charlotte Davis
- Richard & Bonnie Green
- Marian Ledgerwood, in memory of her mother Mary Davidson
- Marianne Petersen
- Velma Peterson
- Francis Rapin
- Jerome Simone

UIHS is honored and takes great pride in having the opportunity to care for and share these important art, cultural and basketry items with our community. Thank you.

La Chomp Chay Continued

population. The La Chomp Chay Kids Club is a great way to bring American Indian youth together to strengthen old friendships and help foster new ones. It also provides them with the chance to learn about Ku' wah-dah-wilth and develop a connection with the Potawot Health Village. We are helping to build our future UIHS community!

To date we have held two week long day camps held during school breaks. The first was held at Potawot during Spring Break 2005 and the second was held at the Arcata Community Center during the Thanksgiving Break this past fall. Activities have included basketball, breakdance lessons, nature walks, healthy snack times, art projects, necklace making, flower pressing, team building activities, games and storytelling.

If you are interested in learning more about this program, please call the UIHS Traditional Resources Program at (707) 825-5070 and look for flyers announcing upcoming events!

