

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. UIHS is a non-profit organization and your donations are tax deductible, and all friends will be acknowledged in the newsletter.

Annual Membership

- * Hummingbird (Student/Senior/Low income) _____ \$25
- * Flicker (Friend) _____ \$50
- * Woodpecker (Contributor) _____ \$100
- * Hawk (Sustainer) _____ \$250
- * Eagle (Donor) _____ \$250+

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:

Paula Allen
Traditional Resources

Eric Johnson
Traditional Resources

Alison Aldridge
Community Nutrition Manager

Kaw-ka-now is the Yurok word for Pileated Woodpecker

Making Connections Between Healthy River's and Healthy People Through Art

Skwolo-lem-kue Ney Puey "Salmon Still Going" is a collaborated art project between Karuk/Yurok/Hupa artists Lyn Risling and students from the American Indian Academy in McKinleyville. The project focused on the importance of Ney-Puey "Salmon" to the culture and well being of our local tribal communities. A number of environmental stresses caused by humans are impacting the rivers, therefore causing declining salmon populations, and therefore affects us. Some human impacts to salmon populations include; hydroelectric dams choking our rivers, over use of water, increased amounts of fertilizers in the river, increased sediment as a result of poor logging practices, other contaminants entering our rivers, to only name a few.

This project is being exhibited at Potawot, so stop on by. Increased awareness about issues effecting salmon habitat, we can work together to support healthy salmon. Many of the Traditional Resources Program projects support stewardship practices that promote healthy rivers which directly supports healthy American Indian communities. (cont. p. 7)



Above: Portion of a mural showing importance of community action

What's the Big Deal About Organic?

The organic trend popped up less than ten years ago slowly gaining momentum, and is now becoming extremely popular. We have all heard that organic foods are better for us, but what does the term organic really mean and why should we buy into the trend?

Conventional farmers add mostly nitrogen, phosphorus, and potassium to their soil. Rarely ever do conventional farmers add trace elements to the soil such as minerals because they tend to be expensive. After a few crop rotations, the minerals already found in the soil are used up, and the food produced lacks these essential nutrients. Conventional farmers use chemicals that kill bacteria in the soil. Many of these bacteria allow the plants to make or (cont. p. 5)

Connecting Solar Energy to Healthy Rivers

UIHS has begun going solar! We are pleased announce that the first phase of solar at the Potawot Health Village is up and running. We have installed 216 solar panels which meets about a quarter of our energy demands at Potawot. We plan to continue raising funds to expand the system so that when the sun is shining, we are generating 100% of our energy from the sun. As UIHS Board Chair Maria Tripp stated at the UIHS Goes Solar kickoff in August, "We are a Fix the Earth People working to bring balance to the world. UIHS is doing their small part to alleviate the need for dams which are causing alarming amounts of toxic algae in our rivers and killing salmon".

The next step in this project is working with the Schatz Energy Research Center to install an education display in the hallway at Potawot. This display will show visitors how much energy we are producing in real time, how much money we are saving on our energy bills as a result of solar, and how much Carbon Dioxide we are avoiding from putting into the air from not using fossil fuel energy. Keep your eye out for the display and your ears open for future workshops on solar in Indian country. Thanks to everyone who supported this project and made this astounding project a reality.



Sun

Kee-choyen-hey-goh-slaag (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

Irene Carolson: The UIHS Superstar

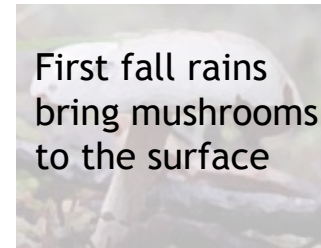
If anyone read the Health Section of the Eureka Reporter on September 10th, then you know Irene Carlson (Wiyot) deserves a standing ovation. At 91, Irene starts every day with 25 to 40 sit-ups. Irene is a direct descendent of Jerry James who was the lone survivor of the 1860 Indian Island Massacre in Humboldt Bay. Irene's mother was born in the village along the Mad River (Historically known as Potawot in the Wiyot language) near what is now Azalea Hill.

Irene grew up in Eureka near Bucksport as the youngest of eight. "I ate acorns out of a basket with a mussel shell for a spoon," she said. "My mother and I fished for bottom fish and salmon all year." "Fish, ducks, eels, seaweed - the food I was raised on I still enjoy." Irene looks to portion control and daily exercise as part of her life, but she doesn't overdo it. Irene has been on the UIHS Board of Directors for over 11 years and has been very active in the vision, guidance, and development of the Potawot Community Food Garden, Ku' wah-dah-wilth Restoration Area, and the art's and culture components of the Potawot Health Village. She was on the original committee, known as the Conservation Easement Management Advisory Committee (CEMAC), when the garden and restoration efforts first began at the Potawot site in 1999. She has contributed a great wealth of knowledge and energy to Potawot and we all deserve to give her a pad on the back. Thanks Irene for all your hard work and dedication to UIHS.



Sign of the Season

First fall rains bring mushrooms to the surface

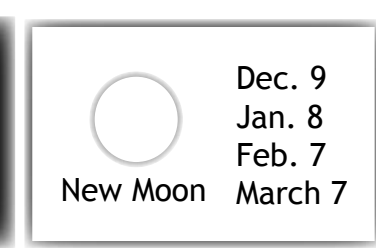


Upcoming Full and New Moons

Dec. 24
Jan. 22
Feb. 21
Full Moon March 21



Dec. 9
Jan. 8
Feb. 7
New Moon March 7



Upcoming Events

Date- TBA - Del Norte Salve Making Workshop with Carol Larsen. Call (707) 825-4123 for more info

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

(Cont. from page 1)



Left: This mural shows how rivers are the source of life for local tribal communities and the health of the culture, community, and environment are all connected.



Above: Part of one of the Skwolo-lem-kue Ney Puey murals showing the importance of salmon to tribal communities

PLANT of the Season

(Yurok) - pkwo'-o-lo'

(Karuk) - saan

(Tolowa) - ch'ee-shi

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

Big-leaf Maple

Acer macrophyllum



UIHS Harvest Party (cont. from p.3)

All in all, Harvest Party 2007 was a huge success, and there are a lot of people we would like to thank for making this such a great event. First of all, a big thanks to the many staff and volunteers who pitched in with planning, running activities, set-up, clean-up and everything in between! A special thanks to that wonderful garden duo, Ed Mata and Eddie Tanner, who work so hard at everything they do and preparing the garden for this event was no exception. Thanks also to the Yurok Tribal Social Services for donating the use of their bounce house, definitely a crowd favorite.

One more big thanks to all the youth, families, UIHS staff and clients who came out to join in on the fun and support this amazing community event! We look forward to seeing you all next year!



HARVEST PARTY 2007

POTAWOT COMMUNITY FOOD GARDEN



Growing friendships, being active, eating well, feeling proud and connected to their community makes for healthy youth.

The smiling faces of the 236 children that attended the 8th Annual Harvest Party on October 26th said it all! For three fun filled hours, the Potawot Food Garden was a sea of the happiest pint sized tigers, fairies, and bumble bees you've ever seen. We couldn't have asked for a more perfect day, the sun was shining, music was playing and everyone was in high spirits.

The first part of the day was designed specifically for our little ones and their families, and this year a record number of tiny tots in attendance. They were joined mid-morning by groups of kindergartners and 1st-4th graders who jumped right in to enjoy the hay rides, sack races, getting their faces painted, digging for carrots in the garden, and searching the pumpkin patch to find their favorite one take home. In addition to the number of families from the community who enjoyed the day, we also hosted school groups from Margaret Keating School, Jack Norton School, and Tribal Headstart Programs from Klamath, Kepel and Hoopa who all made the long trip to Potawot to take part in the festivities. (cont. p. 6)

Recipe

Apple Pecan Stuffing

Ingredients

- 2 tablespoons canola oil
- 2 medium onions, finely chopped
- 4 stalks celery, finely chopped
- 4 tart apples (such as Granny Smith), cored and diced
- 4 sprigs fresh thyme, or 1 teaspoon dried
- 2 teaspoons chopped fresh sage
- 5 cups cubed bread, preferably 2 or 3 days old

Directions

1. Heat oil in large nonstick skillet medium heat. Add onions and celery, cook until the vegetables are soft, ~ 10 minutes.
2. Add apples, thyme and sage and continue cooking until the apples soften, but still hold their shape, ~ 5 more minutes.
3. Transfer the apple mixture to large bowl. Stir in the bread, pecans and parsley. Add just enough chicken broth to moisten the stuffing and season with salt & pepper.
4. Preheat oven to 350°F.
5. Bake stuffing, cover with foil, for 30 minutes. Remove foil and bake until stuffing is golden brown on the edges, ~ 5 more minutes.

Environmental Tips

What's So Bad About Plastic Water Bottles?

- * Bottled water costs hundreds or thousands of times more than tap water
- * Most tap water is just as clean & safe as bottled water.
- * The idea that all bottled water is pure is a marketing myth.
- * Plastic bottles can leach chemicals into the water.
- * The Food & Drug Administration regulates only 30 - 40% of bottled water across state lines
- * U.S. plastic bottle production requires more than 1.5 billion barrels of oil, enough to fuel 100,000 cars.
- * About 86% of empty plastic water bottles in the US land in the garbage instead of being recycled.

Source: "Take Back the Tap" prepared by Food & Water Watch, June 2007. For more info check out www.foodandwaterwatch.org

Bird of the Season



American Kestrel



Peek-wa Story Corner

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



Coyote and the Stars

One night Coyote was lying on his back singing a dance song, and as he looked up into the sky, he noticed the stars were twinkling more brilliantly than ever.

Never before had they been so brilliant, and somebody a long time ago, Coyote could not remember who it was or when it was, but somebody had told him that all the little stars were beautiful Indian girls, and Coyote thought he would like to go up and see those Indian maidens. So he went through the woods, asking how he could go up into the Heavens. The spider said she could weave a long rope and the giant Redwood Tree said he could bend down to earth and throw Coyote up into the sky. When he got there these girls were not twinkling at all, they were dancing. Coyote was so overcome at the sight of so many beautiful Indian maidens, he just stood and looked. They were dressed in the most elaborate white buckskin dresses, which were trimmed with beads, porcupine quills and seashells.

When he came to himself, he rushed up to them and said, "I would like to join you girls in your dance," and the stars answered, "you could not dance with us, because we dance day and night, year after year, forever and ever; we never stop."

But, Coyote said, "surely, if any girl can do that, I, who am a big brave could also dance forever."

But the stars told him no. Coyote begged and pleaded, and teased until the girls said that he might join them. So Coyote joined hands with the stars, and he danced all over the heavens.

He got along alright for the first night, but the next night he was very tired. He did not want the girls to know he was tired, so he asked, "May I stop just for moment, to get a drink? The stars answered, "No, we told you we dance forever and ever."

So they danced on, and Coyote began to get more tired, and his back was aching, and his legs were aching, and again he called out, "May I stop to get a bite to eat, because I am very very hungry?" and the stars said, "You must dance on and on, and never stop."

Before long the stars were dragging him through the heavens. Soon one arm let loose and then the other came off, so Coyote fell back to earth and as he was falling through space he passed the moon, and he yelled, "Someone help!" but not a sound there. When he was near the earth, he saw an Eagle soaring and he yelled again, "Help me, Uncle, please help me fall on a mossy place." Eagle just whistled and soared away.

Now, up in Northern California, in the Klamath Region, there is a great hole in the ground, covered with red rust and the Indians say this is where Coyote fell back to earth and the red is his blood.

Source: *News From Native California: Vol. 2 no.1, March/April 1988. Two Peek-wa Stories from the Karuk, Coyote and the Stars by Grover C. Sanderson.*

(Cont. from page 1)

absorb nutrients. Pesticides, designed to control organisms which are considered harmful, are widely used, and many of them are poisonous to humans. 60% of all herbicides, 90% of all fungicides, and 30% of all insecticides are considered cancer causing, or carcinogenic. Despite regulations set on the use of these pesticides, the National Academy of Sciences estimates that between 4,000 and 20,000 cases of cancer in the US are caused per year by pesticide residues in food in allowable amounts.

Chemical-free gardens producing wholesome fruits and vegetables with minimal impact on the land and people are considered organic gardens. Organic farmers use compost, rock dust, and kelp meal which contain dozens of trace minerals and essential soil builders. They try to increase the number of beneficial soil organisms, rather than killing them. Organic produce has been found to contain as much as 300% more nutrients than non-organic. Also, no pesticides are used, which alleviates any residue on the food produced, runoff into nearby water, pollution of surrounding air, and death to small animals that come

into contact with the plants.

Over the past seven years, organic consumers in Americans has grown at a rate of about 20% per year and will continue to increase as people learn the many benefits of buying and eating organic products. The number of organic farms is also growing over time, making these products more accessible to consumers. The Organic Trade Association forecasts that overall, the everyday use of organic products of all kinds will be both accepted and routine by the year 2025. Why not start now? Organic produce can be found at local farmer's markets, such as the one that runs at Potawot from June to October, as well as health food stores. Many conventional grocery stores, which previously did not offer organic products, are beginning to follow the trend. So support organic farmers and help make organic products the norm. Here's to your health!

Bioneer's Conferece 2007

For the second year in a row, UIHS Traditional Resources staff had the opportunity to attend the Bioneer's Conference in Marin, Ca. What is a Bioneer you might ask? Well, Bioneer's is a dedicated group of creative individuals who are committed to environmental and social justice issues, Bioneer's is very much related to the work the Traditional Resources Program does here at UIHS because it is an extension of native values with regards to being responsible to the environment and each other. Many of the speakers and workshops focus on issues in Indian country as well as are inspired by dedicated and committed indigenous people finding a way to live in balance with our earth. At this year's conference, there was an American Indian caucus as a way to identify how to encourage native peoples to attend and become involved in the conference. It is our hope to beam the key note speakers of Bioneer's locally followed by workshops addressing local issues in Indian Country.

A few of the 2007 Bioneer's Plenary speakers included: Van Jones who spoke about building a green economy strong enough to lift people out of poverty; Evon Peter, Chairman of the Native Movement and former chief of the Neetsaii Gwich'in from Alaska, who spoke on an indigenous perspective on how to survive the next hundred years; Edward Tick, a psychotherapist who has been working with survivors of war, violence and trauma for over 30 years; Wallace Nichols, Scientist at the Ocean Conservancy, spoke about how new space based research and new deep sea technologies have provided us with new information and understandings about the ocean; Winona LaDuke, two time Green party U.S Vice Presidential candidate, spoke about the struggles of indigenous peoples to protect their food sovereignty and restore their food systems.

For more information check out the following web pages:

Bioneers Website - www.bioneers.org

Indigenous Environmental Network - www.ienearth.org/

White Earth Recovery Project - www.welrp.org/