

CULTURAL TIPS FOR KARUK WELLNESS



KTTP: Cultural Activities

pa'áraaras vúr uum peethívthaneen áraaras, páy kúma peethívthaneen peeshkêeshak.

Karuk people are people of the land, this land upon the Klamath River.

Karuk people studied the environment. We found teachings among the other peoples of this land; the plants, the animals, and the waters. These people were recognized as having a life way that demonstrated teachings of growth, healing, and even protection while surviving among the harsh physical. It was crucial for the people to understand the land and environment in order to survive. Today it is encouraged to reconnect with these practices, to work to create and utilize opportunities to be open to all of our relations, and the teachers living with us upon this land.

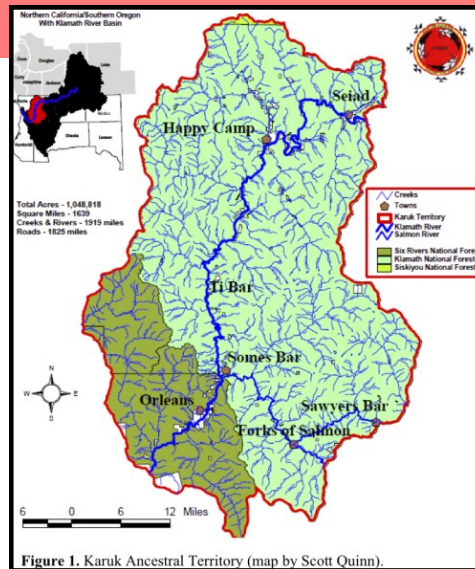


Figure 1. Karuk Ancestral Territory (map by Scott Quinn).



ípat káru nunúpanach. A doe and her fawn.

One example is deer. When an opportunity exists, observe. Then engage in dialogue with family and loved ones about deer. What are some observations about deer that you've noticed? How does deer care for her young? How do they move through life knowing they are prey? What strengths can you see within deer? Look beyond the perspective of personal wants and desires. Why is deer seen so much within Ceremonial regalia and items? Where have you seen deer used in regalia or cultural items?

Please follow the CDC Guidelines to help protect our loved ones and our community.

Dedicated Karuk Tribe COVID-19 Hotline: **(800) 50-KARUK, Extension 2500**

For more information on Karuk Cultural Wellness please contact Phil Albers Jr., palbers@karuk.us.