

Karuk Tips for Cultural 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 have always studied the environment. Our curiosity and necessity to understand our habitat and ecosystem for survival has driven us to be experts of this land. Learning these lessons has offered survival, growth, protection and healing.

There are also lessons available within the stories of the Karuk people. This may be in traditional stories passed down since the time of spiritual, or in the life stories and anecdotes of our very own families and friends. All of these stories can offer recognition of survival through time, explanations of how this came to be, and much more. Stories can be lessons, warnings, protection, and even healing. One of the beautiful aspects of a story is that each individual can perceive and understand it in her/his own way. And that doesn't mean it's right or wrong, more or less valid. They can help one to better understand oneself.



Today it is encouraged to reconnect with these practices, to work to earn the knowledge, history and heritage of Karuk storytelling. Engage in family storytelling, spend time with elders and trusted community members simply listening and learning.

Also, make the time to recall and develop your own experiences into stories to share with family and loved ones.



Above: Pánamniik

Left: Ka'tim'ín

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.