

Karuk Tribe of California



Spring 2005

P.O. Box 1016 • 64236 Second Avenue • Happy Camp, CA 96039 • (530) 493-1600 • (800) 505-2785

Join us for the 9th Annual Karuk Tribal Reunion June 25, 2005!

More info on page 10 and at www.karuk.us

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Sugar Loaf
The "Center of our World"

Photo courtesy chewich

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Arch Super, pa tapas yaas araara, mu pika

(the Chairman, his story)



Arch Super, Tribal Chairman

Nichuupiti nanu araaras, xaypipshiinvarih pa karuk araarahih, chimi kiik chuupiti pa karuk araarahih, itihan. Pa karuk araarahih nanu aaniv, yootva. *(I talk to our people, don't forget the Karuk Indian language, let us speak the Karuk Indian language, all of the time. The Karuk language is our medicine. Thank you.)*

January: The Tribal Council and the KTHA Committee held their **Annual Housing Plan Conference** at the Seven Feathers Casino in Canyonville. The group had gone over the Housing budgets, policies and plans for the one year and five year plans.

The Karuk Tribe has been instrumental in forming the Northern California Tribal Court Coalition (NCTCC), comprised of the Tribal Courts of the Hoopa Valley Tribe, the Karuk Tribe of California, the Yurok Tribe, the Qual-a-wa-loo InterTribal Court (Comprised of Table Bluff Reservation - Wiyot Tribe, Bear River Band of Rohnerville Rancheria, Resighini Rancheria, and Blue Lake Rancheria), the Pit River Tribal Department of Justice, the Redding Rancheria Tribal Court, and the Fort Bidwell Tribe. These Tribal courts are all at differing stages of development and implementation. The Karuk Tribe hosted the meeting in January and April Attebury, Judge Joseph Flies Away and consulting attorney Stephanie Dolan facilitated the meeting. Over the past several months, NCTCC participants have been discussing the importance of collaboration to address issues of jurisdiction, resources, training and possible joint efforts. The NCTCC has met three times thus far (meeting every six weeks) and is in the process of developing an MOU to define the Coalition participants' roles and objectives.

Our LIAP Committee (Florence Conrad, Florraine Super, Erin Hillman, Wes Valentine and myself) meet monthly to assist Lisa Aubrey with the ongoing General Assistance Programs for Food, Shelter, Clothing and Heat. We encourage our members to utilize and become aware of these programs.

We held Interviews for our Museum Director, in which Mr. Leo Carpenter was selected. With his contract and schedule, he will start in April. We foresee our Museum moving forward.

Hector Garcia, Scott Quinn, Carrie Davis, Florraine Super and I met with the Cal Trans Office in Redding regarding the acquisition of the Bunker Hill property near Independence Creek. We were able to get the paperwork and agreements completed to acquire excess land that Caltrans purchased for disposal purposes.

February: **The California Trust Consortium** has been meeting every month. We are a group of seven Tribes (Karuk, Guidiville, Big Lagoon, Hoopa, Yurok, Redding Rancheria and Cabazon) working on issues affecting the Tribe such as "trust reform" and "fee to trust" transactions. We also continue to work to get adequate funding for our Tribe.

I am happy to report that we are moving important pieces of legislation through Congress with the help of Senator McCain. I will keep you informed of our efforts in future articles.

We have summit meetings with the **US Forest Service**, every third month. A lot of the Tribal Council is involved along with the DNR department. Government to Government issues are discussed for better and improved communications. I feel that we work well together.

Sami Jo Difuntorum, Verna Reece, Alvis Johnson, Josh Saxon and I attended the annual **NIAC Conference in Washington DC**. We met with representatives of Senator Boxer's and Feinstein's offices. We addressed issues of our Tribal Housing and the need for adequate funding to continue to be granted to us. Personal appearances by Tribal leaders are very important.

The **Tribal Gaming Committee** (Hector Garcia, Florraine Super, Roy Arwood, Scott Quinn, Carrie Davis, Alvis Johnson and myself) met with our attorney, Dennis Whittelsey, for some foresight with our Gaming venture. We met with representatives of Governor Schwarzenegger's office and we met with the National Indian Gaming Commission (NIGC). We hope to have possibly two options towards our endeavor. A Section 20, which allows us to have gaming

off reservation and not have to go through the NIGC. The other option would be to resubmit our previous application to the NIGC. We will be getting more information possibly in May.

We held interviews for the **Tribe's Health Director**; a few of the Tribal Council members were present to interview. Mr. Larry Jordan of Bishop was selected as our new Health Director. The Tribal Council and Staff look forward to working with him. We encourage our Tribal members to come and meet him when you get the chance.

March: We met with the Sheriff's Department to work on a possible collaboration for **Search and Rescue**. The meeting was good and it looks like there is a big possibility of having a coordinated Search and Rescue team in Happy Camp and later, in Orleans.

Erin Hillman, Lisa Aubrey and I went to **CSBG training in Eureka**. The training and information will add to our process of service to our members through the general assistance programs.

Kari Norgaard and two of her college interns interviewed a group of Yreka Tribal Members regarding the effects of moving up into the Yreka / Scott Valley area. They asked questions about why we moved, effects it had on our diets (salmon, deer, acorn, etc.), effects it had on our religion, tradition and culture. This information was gathered to enhance our struggle over fisheries and the river dams that affect fisheries.

A big group of Tribal Members, staff and members from other river Tribes showed up for the **Dam Protest in Sacramento**, at the steps of the State Capitol. The protest was well organized and a message was given to the Governor about how the dams are affecting the river's way of life.

April: On April Fools Day the office staff from all three areas held a **grand departure celebration** for Wes Valentine. Wes has taken a new job with a company in the San Francisco area. Wes was the Tribe's Health/Executive Director for around six years. He did many things with and for our Tribe. He is liked and well respected. We are going to miss him, but he says he will still live in Happy Camp and will be around for us to visit.

Hector Garcia, Roy Arwood and I traveled to Indio, CA (Palm Springs) for a **California Consortium Meeting**. Indio is the home of the Cabazon Tribe and they are part of the consortium. They chose to host the meeting. We discussed our Fee to Trust Land files and also the strategy work group for the National Budget Meeting to be held in Miami, Florida in May.

Florraine Super, Roy Arwood and I attended a **CRIHB meeting/training in Sacramento**. Florraine and Roy had been involved with CRIHB for awhile. I attended to be updated and informed of my part as Tribal Leader. Mr. Larry Jordan is well versed in CRIHB, so we will be brought up to current involvement.

Overall, Tribal business and politics has been very busy. We continue to stride forward. We encourage our members to always get in touch with Tribal Leaders for information about where the Karuk Tribe is headed. I hope to see the entire Tribe at the Tribal Reunion in June. Elections are in November, so get your representatives ready for the petitions. Good luck. Yootva.

Busy fingers, weaving...



Ukonom Lake. Photo courtesy Teeter Spence

Notes from the Secretary:

Florrine Super, Council Secretary



Florrine Super

Ayukii!

There has been a change with my council status. The Council Secretary is no longer a paid position as of February 18th. I have gone back to council stipend pay only. This has not slowed down my workload. Although, I do not have an official office space at the Tribal administration building, you can still leave messages on extension 2052, and I will return your call. I will be available to our membership and staff at all times.

TRIBAL COUNCIL SECRETARY QUARTERLY REPORT

Youth Leadership: Our Future Leaders!

We are continuing to create an application and selection process for the Youth Leadership Council. Applications are tentatively scheduled to be available on May 1, 2005. Our goal is to teach our youth how to work with other young people on a local level as well as on a national level, develop greater self-esteem and self-confidence, develop communication and leadership skills, enhance their public speaking skills, learn how to work with Tribal and community leaders, and learn to be role models! Letter of intent and a completed application will be required, applicants must have a "C" average, and must be active in their community. Be sure to look for the application notice on our webpage. I am looking for parent/adult volunteers so give me a call if you are interested.

Elections:

Be a part of the new tradition and VOTE!

Look for more information on page 20 of this edition of the newsletter.

Election Committee:

PO Box 815, Happy Camp, CA 96039

Tribal Reunion:

Mark your calendars for this year's Tribal Reunion -- June 25, 2005!

Look for reunion information on page 10 of this edition of the newsletter. A new date for the Tribal Reunion has been confirmed. Contact me if you would like to help with this year's event.

Karuk Tribe Foster Home:

We are still recruiting Tribal foster families. Our goal is to have a Karuk Tribal family foster home located at Yreka Karuk Tribal Housing. (A house is available for a couple or individual to move into.) We will be recruiting couples and individuals who are interested in becoming foster parents. The need for Tribal member foster families is great. We want to provide a safe, loving and culturally sensitive home environment. Please contact me if you are interested.

Indian Child Welfare Committee (ICW):

Mission Statement: The Indian Child Welfare Committee was created to protect the best interests of the child and promote the stability and security of the Karuk Tribe of California and its Indian families by fully exercising the Tribe's rights and responsibilities under the Indian Child Welfare Act of 1978 and these Policies.

We are continuing to work on protecting our Tribal children. We work closely with the Tribe's Tribal Court, CASA program, and Social Services Department. Our duties will increase as our Tribal courts start taking cases.

I would also like to take this time to welcome Mike Edwards who is our new Social Worker. He is an asset to our Social Services Department.

ICW committee members are: Florrine Super, Chair; Florence Conrad, Vice-Chair; Corina Alexander, Yreka Representative; Flo Lopez, Happy Camp Representative; and Josh Saxon, Orleans Representative.

Low Income Assistance Program (LIAP):

Mission Statement: The Karuk Tribal Low Income Assistance Programs are available to provide necessary emergency assistance or services that are not being provided by federal, state, county, Tribal or other agencies for our members.



*Sacramento CA, Dam Removal Rally
Back Row L-R: Hazel Croy, Florrine Super, Rita Thom, Kayla Super, Jeana Thom. Front L-R Tina Rodarte and Hillary Dodge*

We are continually working on an upgraded system so the LIAP department processes all applications in a timely manner. In addition, we are working on communications by informing Tribal members of all LIAP services and letting clients know where they are in the approval process. Our goal is to make this program more efficient, so it works for the program coordinator and the Tribal members. No new action at this time.

Court Appointed Special Advocate (CASA):

Please refer to CASA Program Manager/Volunteer Coordinator's Report on page 15.

Website:

I would like to welcome our new Information Technology personnel, Patty White (RPMS Manager) and Gerry Canning (IT Technician). With the addition of new staff, we hope to reach our goal of having a very informative and user friendly website. Please let me know what you as a Karuk Tribal member would like to have available on the Karuk website.

I also hold a position as Head Start Representative. If you would like additional information and/or have any questions, feel to contact me at any time. I send out a weekly schedule for myself and information on upcoming meetings and committee's openings. If you would like to be put on my email list, send me your email address to fsuper@karuk.us with a note saying you would like to receive this information.



Chairman Arch Super at the Sacramento Dam Removal Rally

Yootva

2nd Annual Basketweaver's Gathering

April 15th & 16th, 2005

Weavers of all ages came together to learn and practice the art of Karuk weaving



Photos courtesy Gerry Canning



Executive Director of Health and Human Services

Staffing Change

Sara Spence, Human Resources Manager

Wes Valentine, who worked for the Karuk Tribe for six years, has resigned his position effective April 1, 2005. Wes started working for the Tribal Health Program in 1999 as the Health Program Director and eventually progressed through the various transitions of the Tribal organization to the Executive Director of Health and Human Services position in 2001. Wes has left to pursue a personal venture and the Tribe wishes him well in this new chapter of his life.

The Tribal Council presented a plaque to Wes thanking him for his dedication to providing and expanding services for the Tribal Membership, Staff, and Communities of the Karuk Tribe at the Council Meeting held on March 24, 2005 and also held a Going Away Party for Wes on his last day. He was presented with a drawing of traditional Karuk fishermen dip-netting at the Falls that was drawn by Loren Offield, Jr. as a gift of gratitude and appreciation from the Karuk Tribal Council. We will miss Wes and appreciate all of his contributions to the programs of the Karuk Tribe.



*Wes Valentine, former
Executive Director of Health &
Human Services*



*Larry Jordan, new Executive Director of
Health & Human Services
pictured with a photo of his aunt*

Larry Jordan has taken over Wes' position and comes to the Tribe with thirteen years' experience as a Service Unit Director with the Indian Health Service and seven years' experience as an Executive Director for Tribal Programs. He possesses a Masters Degree in Social Work (MSW) and a Bachelor of Arts (BA), both from the University of Washington and is a Member of the Colville Confederated Tribes in Washington State. He is familiar with the workings of Tribal Health and Administrative Programs and has worked hands-on obtaining and maintaining JCAHO Accreditation and understands and appreciates its importance for the Health Programs. He has also been actively involved with the California Indian Health Service offices and the California Rural Indian Health Board (CRIHB).

We look forward to working with Larry and hope that good things will come from these changes!



Sami Jo Difuntorum



Tribal Housing News



Sami Jo Difuntorum, Executive Director

Elders Houses: Our Orleans Elders Project is just about finished. The garages should be complete by the end of April and the driveways by mid-June.

The Yreka Elders Project is also moving along. The utility and road contractors should be finished with their work by mid-June.

CDFI: We have received over two hundred responses to the Community Development Financial Institution (CDFI) survey that was distributed in January. The winner of the DVD player and three movies is Cecil Offield, Jr. of Mckinleyville, California.

Unfortunately, we were not successful in obtaining a technical assistance grant for this year.

We are currently recruiting members for our board of directors. If you are interested, please contact Eddie Davenport at edavenport@karuk.us by May 31, 2005.

Home Loans: We expect to receive our FY 2005 Indian Housing Block Grant by the end of April. Once we are funded, we will have \$500,000 available for low income first time homebuyers.

For further information on the home loan program or other housing related services and programs, please contact us at 530 493-5434 or 530 842-1644.

Contract Compliance Update

Erin Hillman

Director of Administrative Programs & Compliance

NCIDC (Northern California Indian Development Council) graciously invited Tribal Staff members and committee members who work with the Low Income Assistance Program to attend the CSBG (Community Services Block Grant) workshop in Eureka. Arch Super, Florence Conrad, Lisa Aubrey and I attended the one day workshop. Norm DeYoung from the Sacramento office presented information to the group about the Tripartite Board requirements, the elements of a Community Action Plan, ROMA (Results Oriented Management & Accountability), National Performance Indicators and new reporting forms. Also in attendance were our Northern Area Representatives from Hoopa, Jeannette Nelson and Jaime Hostler and NCIDC Subcontractors from various Tribes that NCIDC serves in the north state.

The CSBG Community Action Plan is required to be filed with the State of California by June 30. It has many components, including narrative responses, strategies and a needs assessment. We have approached the Needs Assessment requirement by requesting that Program Directors within the Tribe provide up to four questions for the survey by March 31. I will format the survey for distribution by the end of April. If you are in our offices you may get a chance to fill out one of these questionnaires. I know that these can be a nuisance, but it is important to get the information from all of you in our community in order to determine how we can all serve our membership better. We would appreciate your assistance in this matter.

I stayed one extra day to attend a meeting at the NCIDC offices where Greg Gehr, former Executive Director for the Karuk Tribe, presented each of us with a copy of a software program that he developed which makes our reporting for this program easy. It can be installed on our Server to allow multiple users and can be accessed by whoever provides CSBG services. It is password protected to insure that unauthorized access to confidential information is not an issue.

I have written a Draft Contract Procurement Policy to be included in the Tribes Fiscal Policy. Modeled somewhat after the existing KTHA construction procurement policy, it also includes procedures for the solicitation and award of Independent Contractor Agreements as well as construction procurement. At this time it is in the working stages and has been emailed to the Tribal Council, Management Team and other staff that use these types of agreements on a regular basis. Upon receiving comments and suggestions, the draft will be reworked and reviewed and then submitted to Tribal Council for a vote.

The Karuk Tribe Housing Authority and the Tribal Council have initiated a Self Monitoring Review of



Congratulations to My Daughter

Sonny Oscar

I would like to share with the Karuk Tribe my daughter's latest achievement. Geneva Johannsen of Karuk Tribal Housing in Yreka has recently been nominated for the National Deans List. Only 1/2 of 1% of our nation's college students receive this award.

Geneva is a full-time student at College of the Siskiyous, and is majoring in accounting. The whole family wants to congratulate her and let her know we are supporting her.

Sonny and Eva Oscar, Jake Johannsen, her husband Chris, her children Sadie and Sandra, Krista and Shannon Canada and family, and her aunt Tanya Busby.

the Housing Authority's waiting list. A Self Monitoring Committee has been established, including Housing Authority Staff, Council and Housing Committee members and I will meet and review compliance to Housing Authority's policies regarding placement of new tenants and position of prospective tenants on the waiting list. Though this step in the self monitoring process is a new one, it is just one of the ways that this program and others within our organization incorporate internal controls to insure consistency and compliance to established policies and funding agency requirements.

For the second quarter of Fiscal Year 2005, January 1, 2005 through March 31, 2005, I reviewed a total of ten (10) grant applications totaling \$1,159,552. Fifteen (15) Independent Contractor Agreements were passed through for Tribal Council approval. Documents to close out six (6) expired grant agreements were filed with their respective funding agencies. The Tribe received notification of four (4) grant awards totaling \$402,279. The Department of Natural Resources was successful in their applications for funding from The California Endowment and the Klamath River Inter Tribal Fish & Water Commission for a total of \$243,000. The Tribal Health Program received notification for \$157,554 of Special Diabetes and the Low Income Assistance Program received an amendment to their existing LIHEAP grant for \$1,725.

Staffing Update

Sara Spence

Human Resources Manager



Sara Spence

Here is the quarterly update from my office. We currently have 156 employees on staff.

Lillian Maresca, Clinic Physician in Yreka, resigned on 12/15/04 and we are still

recruiting for this position.

Wilson Donahue resigned his position as Orleans Maintenance/Groundskeeper on 12/24 and we hired **April Conrad-Gayle** to fill this position. She started on 2/7.

Mike Edwards was hired on 2/9 to fill the position of Social Worker III for the Yreka area. He is available in the Social Services Department of the Yreka Clinic.

Melinda Avechuco resigned her position as Clerical Technician I for the Department of Natural Resources on 2/25 and we have not filled the position at this time.

Elizabeth Super was hired on 2/28 as the Clinic Receptionist Trainee in Yreka.

Patti White was promoted to the position of Database Administrator on 2/28 and **Lora Burns** (no relation to Dr. Burns ☺) was hired to take her position as a Billing Clerk. We are looking into the possibility of hiring a Business Office Manager to oversee the Billing/Accounts Receivable operations of the Health Program and recently advertised for this position. The Council will make a final decision on what they will do with that vacancy in the near future.

Steven "Craig" Tucker was hired on 3/1 to be the Klamath River Campaign Coordinator. More information about the River Issues can be found on the website under [Press Releases/Campaigns](#).

Jim Henderson resigned his position as Water Quality Coordinator on 2/11 and **Susan Corum** was hired to fill this vacancy on 3/7. Susan is the wife of **Alex Corum**, Biologist, for the Department of Natural Resources.

Robert Goodwin was hired on 3/16 to fill in as the

Temporary Teacher's Assistant at the Happy Camp Head Start Center as they are currently short one employee until next school year. Robert is the son of Council Member **Robert Goodwin**.

Gerry Canning was hired as the IT Technician in Happy Camp on 3/21. This is a new position to help with the long list of technology requests the Tribal programs and staff have.

Wes Valentine resigned as the Executive Director of Health and Human Services on 4/1 and **Larry Jordan** was hired to take his place on 4/12. A full article on these staffing changes is located on page 6 in this edition of the Newsletter – complete with pictures!

Along with Wes' resignation came several changes to the reporting structure of the Tribe and I have included an updated Organizational Chart to show where different programs fall within the organization. The chart is on page 9.

Amber Ward-Ariza resigned her position as Cook at the Happy Camp Senior Nutrition Center on 4/4 and **Nell Sakota** was hired to fill this position.

Trista Parry resigned her position as Grant Writer/Resource Developer on 4/15 and we are currently advertising to fill this vacancy.

Michelle Stark, DDS was hired as a Clinic Dentist in the Yreka Clinic and will start on 6/14. She comes to the Tribe from the Redding Rancheria. The addition of this dentist is a portion of the Dental expansion that is taking place during this year due to the receipt of the HRSA grant dollars. We will be seeking several Registered Dental Assistants in the near future so keep your eye on the website!

We are still currently seeking applicants for several positions. If you or anyone you know is interested in employment with the Tribe, additional information can be obtained on our website at www.karuk.us. Just click on Employment Opportunities for more information about employment with the Tribe. On this website you can download an employment application as well as read full position descriptions for vacancies.

Newsletter Articles

If you have news, articles or events you would like placed in this newsletter, please submit your information to **Sara Spence, Newsletter Articles, P.O. Box 1016, Happy Camp, CA 96039**. Or you may email articles and/or photos to spence@karuk.us or to Rosie Bley at rbley@sisqtel.net.

All submissions must include your name and address. No anonymous articles will be included.

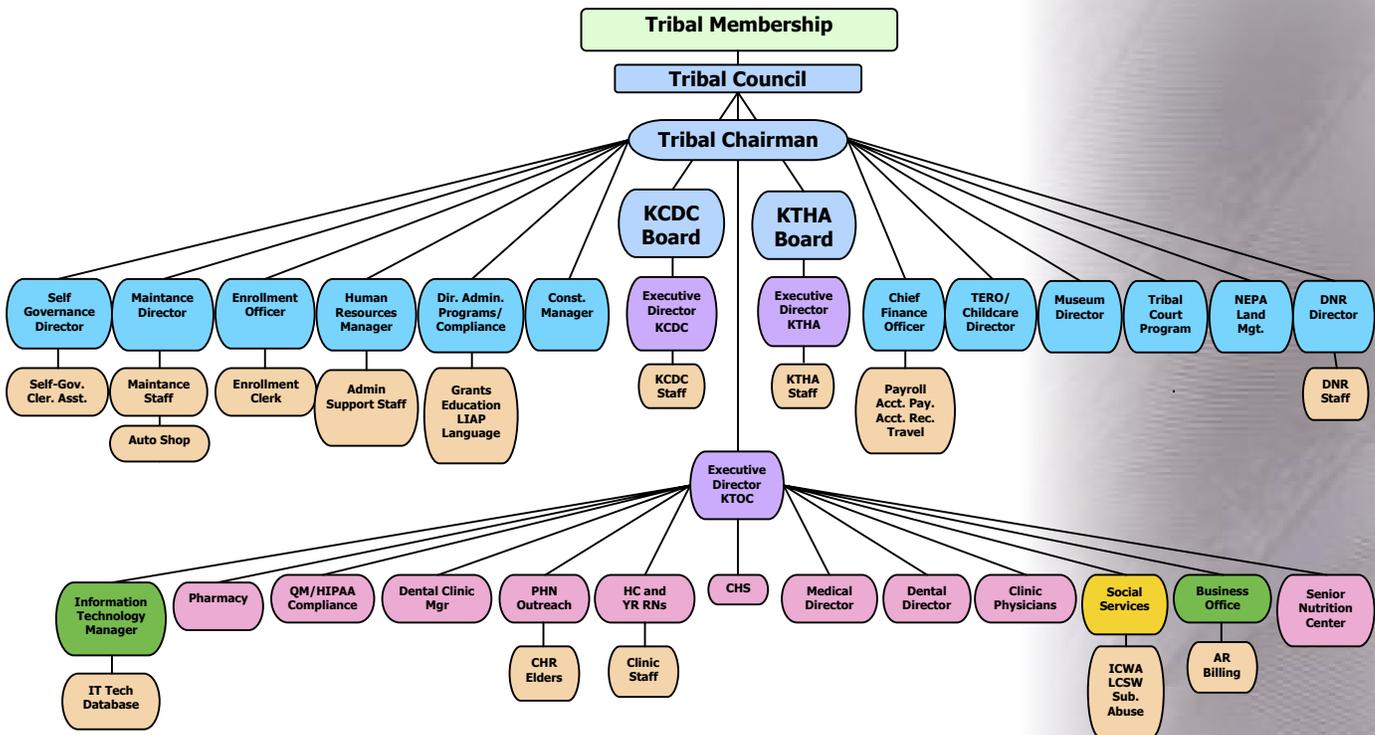
Article deadlines: **July 15** for the summer issue, October 15 for the fall issue, January 15 for the winter issue, and April 15 for the spring issue. These dates will be the same every year.



Mountain roars into river between Happy Camp & Orleans

Karuk Tribe of California

Organizational Chart



Child Care Program Update

Dion Wood, TERO Director

The Karuk Tribe Child Care Program is in the process of assembling the next Tribal child care plan for federal child care and development funds. Federal regulations require us to demonstrate what we plan to do with child care funds for the next two years and submit our two-year plan by July 1st of this year. This plan includes how we determine eligibility, pay rates, the sliding fee scale we adopt, health and safety issues, quality issues, identifies collaboration partners, and also certifies to the federal government the number of children that are eligible to receive services that live within the service area.

As many Tribal members know, this program falls terribly short of the existing need for quality child care within our ancestral territory and service area. Because of limited funding in the past, we have not been able to take on any new participants in this program and we are maintaining a waiting list. With the submission of our new plan, we feel that we will be able to make the proper adjustments to facilitate more participants in the program. If you have not attended a public meeting to provide your input into the development of our plan, it is not too late! You can still send your comments to Child Care Program Director Dion Wood at dwood@karuk.us or write to us at:

ATTN: Child Care Program
 P.O. Box 1016
 Happy Camp, CA 96039

Child Care Providers Needed!



If you live in the communities of Orleans, Happy Camp, or Yreka, we are looking for Child Care Providers! First Aid and Child/Infant CPR training is a must! If you are interested please contact Dion Wood at 800 505-2785 ext. 2030.

Join us, for the
9th Annual Karuk Tribal Reunion
June 25, 2005 in Happy Camp, California

This is a drug and alcohol free event.

CONTACT INFORMATION:

1-800-50-KARUK or (530) 493-1600

Tribal Reunion Coordinator: Florraine Super

Co-Coordinator: Carrie Davis

Vendor/Booths: Sara Spence

Open 3 on 3 Basketball Tournament (Outdoor)

Joyce Jones 530-842-6157 (jonezee57@yahoo.com)

Open Volleyball Tournament (Outdoor)

Arch Super 530-493-1600 ext. 2019 (asuper@karuk.us)

Open Horseshoe Tournament

Florraine Super 530-842-7094 (fsuper@karuk.us)

64236 Second Avenue

P. O. Box 1016

Happy Camp California 96039

Event Schedule on website (coming soon)



- Games for Kids & Adults
- Demonstration Dances
- Card Games
- Open Horseshoe Tournament
- Open Outdoor Volleyball Tournament
- Open 3 on 3 Basketball Tournament
- Vendors
- Staff Information Booths
- Honor our full-blooded Karuk Tribal Members & Elders

MOTEL AND CAMPGROUND INFORMATION

Next to Karuk Tribe of California Administration Building

- **Klamath Inn Motel:** 110 Nugget, Happy Camp CA 530-493-2860
- **Klamath River RV Park / Campsite:** 110 Nugget, Happy Camp CA 530-493-5377

In Happy Camp

- **Klamath River Resort Inn:** 61700 Hwy, Happy Camp CA 530-493-2735 (www.klamathriverresortinn.com)
- **Forest Lodge Motel:** 63712 Hwy 96 -530-493-5296 (www.forestlodgemotel.com)
- **Elk Creek Camp Ground & RV Park:** 921 Elk Creek Rd, Happy Camp CA 530-493-2208 (www.elkcreekcampground.com)

For more information, call 1-800-50-KARUK or go to www.karuk.us

Dance at the Happy Camp River Park

The band "Taxi" is tentatively scheduled

Dinner will be provided

Traditional Fish & Acorn Soup will be served!

The Karuk Tribe of California and its insurers are not responsible for thefts, accidents, or injuries.



Karuk Community Loan Fund Board Members Needed

Eddie Davenport, KTHA Loan Officer

The Karuk Community Loan Fund (KCLF) is looking for a few effective, dedicated persons to serve on a dynamic Board of Directors or a Steering Committee. Interested individuals should be community minded individuals who look at the growth potential that financing alternatives could bring. In a community where there is low income and economic hardship, the availability of economic opportunity could help many.

A background that may include banking, real estate, mortgage brokerage, accounting, non-profit operations, Karuk culture, government regulations concerning Native Americans, fundraising, community development, or business development and operations would be helpful.

Persons interested will serve various functions and needs of this corporation. The Karuk Community Loan Fund will provide financial and educational services to the people of Siskiyou, Humboldt and the surrounding areas of Southern Oregon and Northern California. Financial services will include real estate related loans, business development and expansion loans, and loans for micro enterprise operations. Educational services include homeownership counseling, entrepreneurial education, banking and financial literacy training, and seminars on retirement planning, understanding credit, and other issues that meet the needs of the community.

If you have an interest in serving on a Board of Directors or a Steering Committee that will "give back" to the community, please contact The Committee at the Karuk Tribe Housing Authority, P.O. Box 1159, Happy Camp, CA 96039, Phone 530-493-5434 ext. 105, or email: edavenport@karuk.us.

Interested individuals should respond by May 31, 2005.

An Appeal For Tribal Reunification

Joe Snapp, Substance Abuse Counselor

In the process of recovering from substance abuse life styles, culturally sensitive counselors across the country use sweat lodge ceremonies for healing a wounded spirit.

I would like to have feedback from the readers of this newsletter. Please call, write, or email me with your opinions and suggestions.

A universal kind of sweat lodge consists of a covered dome, capable of holding 4 to 6 people, men and or women, with a spot in the center for stacking rocks which have been heated in a nearby fire. A spiritual leader sometimes tells stories, sings and drums during the ceremony and a fire tender passes more hot rocks into the center as requested by the leader. Water is sprinkled on the rocks to create steam. Women are not allowed to participate while they are on their moon.

My understanding of the original Karuk sweat lodge is that it is a wooden structure with a low roof and a fire pit in the center. A fire is built in the center to create dry heat, which provides the sweat for cleansing. Women are not allowed to partake in this ceremony.

My question is: who could be considered to be a spiritual person in Happy Camp, Orleans, and Yreka? Preferably two people for each area would suffice. Do you think both kinds of ceremonies should be performed on a regular basis, or which one? Would you like to see one or both types of lodges built and maintained by the Tribe? On what Tribal land should they be located?

Please give this recovery process some thought and let me know what you think. My contact information is (530) 842-9200 ext. 132 or jsnapp@karuk.us.



Karuk Sweat Lodges at Ka'tim'in

Photo courtesy of the Phoebe Apperson Hearst Museum of Anthropology and the Regents of the University of California.

Photographed by Alfred L. Kroeber, #15-1379



The Karuk Tribe of California and its Housing Program

A Story of Success



Hector Garcia, Self Governance Director

This month I would like to update members of the Tribe with a success story of self-governance.

The Karuk Tribe of California was Federally recognized in 1979 and following this recognition, the Tribe embarked on a program of land acquisition through its Housing Authority. The Housing Authority was established to serve three distinct population centers located in Yreka, Happy Camp, and Orleans.

In 2005 the Karuk Tribe Housing Authority is able to claim that it has acquired a sizeable housing stock and manages an impressive array of programs designed to assist Tribal



*Karuk Tribal Housing,
Happy Camp*

members in their quest for home ownership. The program, as described below, contains a total of 174 units on Tribal trust land.

This report examines the highlights of the Housing Authority during the last 5 years.

City of Yreka

In Yreka the Housing Authority acquired approximately 228.9 acres of land and then caused to be constructed a complete community, which required the construction of roads, installation of utilities and the placement of a 750,000 gallon water storage tower with a pumping station.

Today, the Housing Authority manages this housing community, while concurrently administering programs designed to assist Tribal members interested in home ownership.

The housing stock in Yreka can be broken down as follows: 63 apartments units, which are used as a stepping stone to home ownership; 23 single family dwellings, which it has leased with an option to purchase; 7 single family dwellings, which the Housing Authority has rented to Tribal members; and currently under construction, 15 dwelling units, which will be made available to Elders under a life

estate arrangement.

Happy Camp

In Happy Camp the Housing Authority has purchased 347.61 acres of land and constructed 18 single family units, 14 elders life estates, and 4 single family dwellings which have a lease with an option to purchase.

The Happy Camp community is adjacent to a Tribal operated Head Start program, which is used to advance the educational needs of local children.

Orleans

In this community, the Housing Authority has 15 single family units, three dwellings that have a lease with an option to purchase, 10 elder life estates, and 2 mutual help units.

Most recently the Housing Authority has complemented this community with a community center, complete with a kitchen, community room and social rooms for reading and socializing.

Administered Programs

The Housing Authority has implemented various programs in order to assist Tribal members in securing housing, as pride in ownership is deeply valued. Some of the programs assist the purchase of a home, others are designed to assist the elders of the Tribe.

A breakdown of these programs is listed below.

Down Payment Assistance	\$120,000 (8 grants)
Revolving Loan Program	\$757,096 (7 first time buyers)
Mortgage Relief Program	\$40,000 (4 grants @\$10,000)
Student Rent Vouchers	\$120,000 (34 students annually)
Elders Rent Vouchers	\$109,200 (23 elders annually)

Acquisition of Property

The purchase of land is central to a successful housing program. Our Housing Authority has been very successful in this regard.

Below is a list of land and properties that have been purchased during the last five years.

Oak Knoll	\$146,000
Orleans Resident Center	\$95,525
Hamblin Property	\$100,000
Former Headway Market	\$115,000
Feuillye Property	\$40,000
McKinnley Property	\$25,000

Hysteck China Grade	\$85,000
Stone Forest House	\$60,000
Eastlick Parcel	\$22,500
Holm Property (200 acres)	\$402,000
Borg Property	8,000
Bowers Property	\$16,000

Construction Projects

The Housing Authority does not just administer a housing program. After acquiring land it has developed the land for housing installing roads, utilities and other infrastructure as needed in order to develop what may be characterized as a master planned community.



Former Headway Market

During the last five years the Housing Authority has been involved in the following projects:

Yreka

This community is a mixture of elder housing, single family dwellings for purchase by an expanding family and rental stock. Integrated among these structures are the park and open spaces.

Thirty single family units were constructed in Yreka at a cost of \$3,600,000. This project required various infrastructure improvements. For example, water, sewer, and electricity needs had to be addressed. This required a development project that brought all of these improvements to the community. Most impressive was the construction of a 750,000 gallon water storage tank and pumping station.

The project was structured around certain areas where development was preferred, others where it was allowed and still others that were highly sensitive environmentally.

Happy Camp

Construction of the 14 elders life estates cost approximately \$1,680,000. The cost of installing utilities (water, sewer and electricity) was approximately \$530,000.

The 3 units which are leased by Tribal members with an option to buy cost \$310,000 to construct. The cost for basic infrastructure (water, sewer and electricity) was \$435,000.

A water storage tank to handle the water needs of the participants was \$199,000.

Here, aggressive grading of the hills is tempered by lush landscaping and pleasant streetscapes. The result is a unique system of land use designations that contain user friendly

amenities.

Orleans

The Housing plan in Orleans encompasses a general plan, where housing is built around the elders center where elders are able to socialize, and participate in the lunch programs. Here, the Housing Authority has truly created a sense of place and sense of community for our elders.



Water storage tanks locted on the former Eastlick parcel above Happy Camp Housing



One of the recently built elders' homes in Orleans

Success Behind The Success

Measuring the success of the Housing Authority in constructing and administering such a large and varied program must be considered in light of the difficulty in securing funding for the housing program as our Housing Director can never be confident that the government will provide funding from one year to the next. Despite this fact, Sami Jo Difuntorum is able to push the program forward while concurrently balancing the needs of such diverse entities as the City of Yreka, Cal-Trans, the County of Siskiyou and Humboldt County. Thank you Sami Jo!



Elders' homes in Happy Camp

A Judicial Update from Tribal Court Judge, Joseph Thomas Flies-Away

On March 29, 2005 the Children's Division of the Karuk Tribe of California Tribal Court entered a Court Order in response to the very first Children's Court petition duly filed in the Children's Court. The March 29 court order was the first order of the Children's Division. This event represents a significant governmental milestone for the Karuk Tribe of California as well as other Tribal courts located in the State of California.

The Karuk Tribe, lead by the efforts of Ms. April Attebury, has been diligently working on the Children's Division of the Tribal Court and this Order represents a substantial product of their labor. Additional efforts are underway, such as Title IV-E funding negotiations, which will further strengthen the Children's Court ability to decide and address Children's Court issues for the Karuk Tribe. On April 22, 2004 the Karuk Tribal Council adopted the Children's Code (Res. No. 0-R-32). Just recently this code was amended with final revisions (February 16, 2005) that pronounces the jurisdiction of the Children's Division of the Tribal Court. The Children's Court Ordinance gives the Tribal Court the power to hear Indian Child Welfare cases and other child in need of care matters.

While the Karuk Tribal Court intends to hear Children's Court cases initially, it will eventually hear other Civil Matters in housing, employment, and other civil issues. In fact, the Karuk Tribal Court has been in operation since February 26, 2004 pursuant to the Tribal Court Ordinance adopted on that date (Res. No. 04-R-10, amended February 16, 2005 by Res. 05-R-12). Since that time the Tribal Court has heard matters in the Peacemakers Mediation Forum deciding matters in a more culturally accordant manner. The Peacemakers Mediation Forum is one of a few peacemaking processes operating in Tribal courts



*Amanda Alexander being sworn in for
the Tribal Court Children's Division,
Happy Camp, CA.*

all across the United States and the only such process in California. The Court is anticipating having the Tribal Court Ordinance, Children's Court Ordinance, the Civil Court Rules of Court, and Peacemakers Mediation Forum Rules available for review by the end of May on the Tribal website at www.karuk.us.

Beginning at the end of April, 2005 for approximately a year, the Tribal Court, with the help of Tribal service providers and community members, will begin planning a Family Healing to Wellness Court. A Wellness Court is a Court that addresses substance abuse issues among Karuk and other eligible families. This planning process will entail working very closely with various State of California agencies and the County Court. Once the Karuk Family Wellness Court is established it will also be a first among Tribal courts in California. The planning is funded by a planning grant the Tribe received from the Department of Justice's Drug Court Initiative. Watch for announcements from the Court that identify community planning meeting dates for this project. Questions about the Tribal Court can be directed to Ms. April Attebury or Mr. John Jerry at 530-843-9228. Yootva.

~~NEGLECTED~~



Nurtured

Be the difference...!

Karuk Tribal CASA Program

Darlene Navarro, Tribal CASA Volunteer Coordinator

YREKA, CA

January – March 2005, after a 50+ hour training, participants representing the Karuk Tribal CASA Program, were sworn-in as Court Appointed Special Advocates in Siskiyou County Superior Court and in the Karuk Tribal Court-Children's Division.

In January, the CASA staff, volunteers and committee members attended the **California CASA Academy 2005 Symposium** in Long Beach, CA. This gathering offered opportunities to exchange knowledge with peers and learn from other experts. The title of this symposium, "Advocating for Paths to Permanence," emphasized three attributes of high-quality advocacy: (1) enduring results, (2) continuous skill development, and (3) long-term service. Topics included emerging factors affecting children in California, innovative techniques in child advocacy, nonprofit management skills, as well as CASA specific tools and processes. Participants had the opportunity to learn, network, share, and receive concrete tools that will enable them to get tangible work accomplished in improving and expanding the Karuk Tribal CASA Program.

A Court Appointed Special Advocate is a trained community



*Tribal Court Swearing-in, Yreka, CA (left to right):
Judge Joseph Flies-Away, Robert "Coon" Goodwin,
Cathy Scott, Hermanett Albers,
Corina Alexander, Johnny Jerry, Jr.,
Sheila Barger-Jerry, Marlene Rodriguez.*

member appointed to represent the best interests of a child in Tribal or state juvenile court. CASA volunteers generally are community members appointed by the court to advocate for children who are victims of abuse or neglect. The Indian Child Welfare Act (ICWA) states that "there is no resource that is more vital to the continued existence and integrity of Indian Tribes than their children." The Karuk Tribal CASA program provides an opportunity for individual community members to demonstrate

that they truly believe that the children are their community's most precious resource. CASA volunteers understand the work may be challenging, but it is also gratifying. CASA provides a unique community experience - the opportunity to work for abused and neglected children in a meaningful way and the opportunity for personal growth and development through challenging work. Although each case is different, a CASA usually

spends about 10 hours doing research and talking to persons involved in the case prior to a court appearance. More complicated cases take longer. Once initiated into the system, volunteers generally work about 10-15 hours a month. With the exception of court appearances, CASA volunteers have considerable flexibility in scheduling interviews and other appointments. Consequently, you can serve as a CASA even if you have a full time job.

If you are interested in becoming an advocate or for more information, please contact Darlene Navarro at 530-842-4924 or email at casa@karuk.us.

Friends of CASA

Becoming a CASA is not the only way you can help. A fundraising committee "Friends of CASA," was established in February and meets on the first Friday of each month. The funds that are generated from the activities go to support the Volunteers in their work as well as cover some costs of training and out reach materials. Some of the activities that are scheduled for the remainder of the year are:

On going raffle of theme "baskets" to be awarded on Aug. 14, 2005

Food booth at the Tribal Reunion
Yreka Sidewalk Sales July 16

Siskiyou County Fair Booth August 10-14

For more information about this committee, meetings or to help out, contact Cathy Scott at 530.842.9225 or cscott@karuk.us.

Senior Center Program

530-627-3056

Babbie Petersen, Senior Center Supervisor

May 3, 2005 will be the start of our 3rd Caregiver Support Training. This 33-hour, hands-on course will be held at Panamnik Center in Orleans. If you or a loved one needs information about elder care, you can contact our senior center program, the CHR and Elders worker Programs – or you can contact the national Elder care locator – this service is valuable if you have loved ones you care for long distance. Call the National Eldercare Locator number at (800) 677-1116 and you can find out what services are available where your loved one lives. We also have information handouts at both the Orleans and Happy Camp Senior Center Nutrition Program sites. We would like to start a local caregiver support group – with interactive activities, such as group exercise or crafts. If you are interested and need a break, let us know how we can help provide assistance for you to have someone come into your home and care for your loved one while you participate.

We have opened the Panamnik Center library – it is staffed by Laura McLane who is working under the Cal-Works program of Humboldt County. At this time the library is opened from 9:00AM to 2:00PM. We still need children's books, if anyone would like to make a donation. This library is stocked largely with books that have been donated by you and a small amount has been funded by a library grant through the People's Center in Happy Camp. We would enjoy having senior volunteers in the library, if you are interested please contact JoAnne or Babbie to set up a schedule.

Staff training is ongoing for our program to guarantee you receive the best service we can provide to you. Our cooks have attended ServSafe Food Handlers class and this year two of our cooks will be attending a hands-on cooking class at the Indian Health Service Training Facility called "Nutrition for the Elders: Meeting the Special Needs of Our Seniors." This class goes in depth about nutrition for elderly, food presentation, symptoms awareness for elderly, food safety, and menu planning. The Center Supervisor and Florence Conrad, Tribal Council Member, will be traveling to a Title VI Listening Session. This conference allows Title VI (Elders/Senior) Programs to voice concerns to our program leadership in Washington, D.C. There are also breakout sessions that keep us up to date with program requirements and opportunities to network with other Tribal programs to share ideas.

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Let's all Speak Our Language

Susan Gehr, Language Director

On February 26, 2005, the Karuk Language Restoration Committee (KLRC) met to discuss the goals that it would next seek to achieve for the language and how to seek the resources needed to achieve them. One of the goals we want to achieve is to be able to provide every Karuk person with the opportunity to learn Karuk. Towards meeting that goal, the KLRC recommended that the Tribe apply to the Administration for Native Americans to renew funding for the Karuk Language Program. Following is the summary of that application:

The Karuk Tribe of California has approximately eleven fluent speakers of the Karuk Language. There is at least one child who since birth, has been raised with Karuk as his first language. With a total Tribal enrollment of 3,379, the need to create a growing number of speakers that are increasing their speaking capabilities is a significant goal in the overall effort to preserve the use of the Karuk Language.

At this time, there are only a handful of second-language speakers who are teachers of the Karuk Language, and our Karuk Ancestral Territory spans across two California counties and touches a part of Josephine County, Oregon. The driving distances between the institutions that wish to host Karuk language classes make the idea of a roving Karuk language instructor unfeasible. For example, the Klamath-Trinity Joint Unified

School District, who has a Native Languages Department at Hoopa Valley High School, actually has funding available for a Karuk Language teacher to conduct a daily Karuk language course. That teacher position has been vacant since Susan Gehr left it in 1999 to move to Eugene, Oregon to get her MA in Linguistics. None of the few remaining teachers were able to make the commitment to commute to Hoopa five days a week to teach one class. A distance education curriculum will enable us not only to revive the Karuk language component of the Native Languages Program, but also to reach all Karuk people who live outside of the communities of Orleans, Happy Camp and Yreka, where Karuk language classes have historically been held.

The goal of this ANA Language Project is the design, development, implementation and sharing of a Tribally-certified Karuk language distance learning course with at least 75 enrolled students and a 75% completion rate.

According to a survey conducted by the KLRC, Tribal members were strongly in support of the continued development

Continued on next page...



Karuk Language classes at the Panamnik Center Library/Senior Center

of an ongoing comprehensive Language program. According to statistics from our Enrollment Department, two-thirds of Karuk people live outside of the service area of the Karuk Tribe. The ability to utilize a distance-learning program would best suit the progress of language attainment for the broadest range of Tribal members.

Our service area goes even further beyond our Ancestral Territory, and includes 150 miles of narrow winding roads that separate the outermost population centers of Yreka and Orleans. To adequately establish any services, a partnership of support between the Tribe and the local non-Indian communities in our homeland is needed. The isolation, which exists from community to community, indicates the need for a distance learning approach to language instruction.

Having recently completed three sets of curriculum and the first edition of our dictionary, we want to develop a distance education class that will enable us to deliver those curricula and the dictionary to the widest audience possible. The project can impact all Karuk people who wish to study and communicate in their language, because it will be able to reach even those people who have not been able to participate in the classroom-based classes that were held in the communities of Orleans, Happy Camp and Yreka where we have historically sponsored community language classes.

Recycling Technician/Tribe Gets County Award

Angela Allgier, Recycling Technician

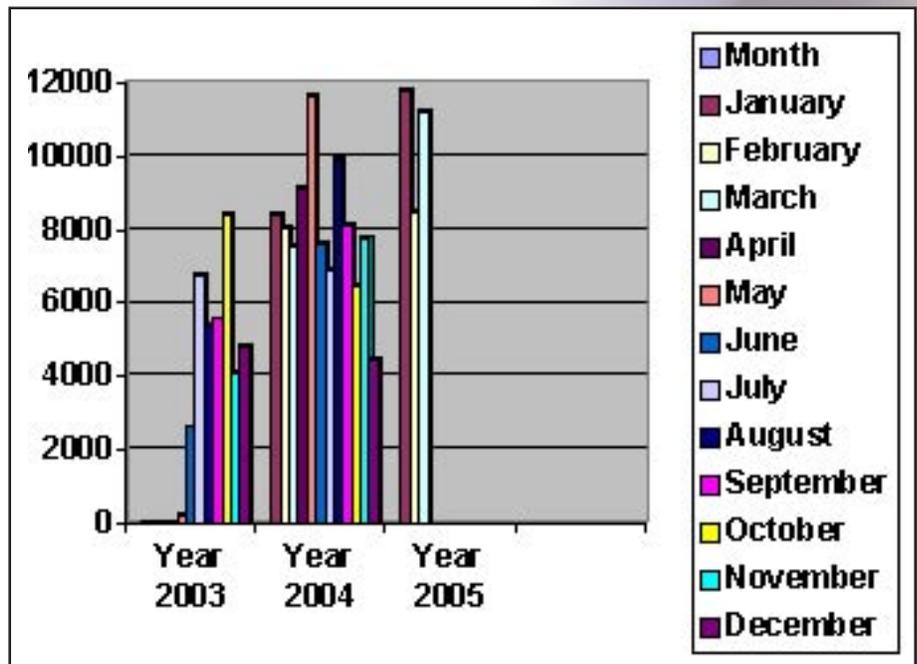


Angela Allgier receiving award from Louise Jeffrey, Waste Reduction Coordinator for the Humboldt County Department of Health and Human Services, Division of Environmental Health, for "Most Effective Recycling Program." The Award is a lamp made from old computer parts, a blender bottom, old brass cupboard handles and other scrap items. The lamp even works too!

The 13th Annual Waste Reduction Awards committee was asking for nominations for the 2005 awards so I put the Recycling Program up for nomination this year. Come to find out we were nominated by the Humboldt County Department of Health and Human Services Division of Environmental Health. After the committee "sifted through more than 30 applications" we were chosen as award winner for "Most effective recycling program". This is a great honor to be considered for all the hard work and effort that has gone into the Recycling Program. I am on my 3rd year with the program and it is growing in leaps and bounds. For more information on the Annual Waste Reduction Awards call Louise Jeffrey, Waste Reduction Coordinator, (707) 445-6215. For more information on the Karuk Tribe's Recycling Program call Angela Allgier, (530) 627-3446 ext. 16. At right is a chart showing the amounts of recycling (in pounds) I have collected each month.

Exact Totals Are:

- 2003:** 37,906,67 lbs
- 2004:** 95,939.07 lbs
- 2005:** 31,502 lbs (*so far*)



Karuk Tribal Head Start

Now accepting enrollment applications for Head Start Preschool Enrollment

Do you have a 3 or 4 year old child?
Apply now for Early Childhood Development Program



Yreka Center AM & PM Classes
1306 Yellowhammer
Yreka, CA 96097
(530) 842-9225

Happy Camp Head Start Center
632 Jacobs Way
Happy Camp, CA 96039
(530) 493-2919



Our programs offer:

- Education
- Bus Transportation
- Nutritious Meals
- Health Screenings
- Dental Screenings
- Developmental Screenings
- Native Language and Culture
- Safe Learning Environment
- Qualified and Caring Staff
- Appropriate Early Childhood Practices



Applications are available at either Head Start Center

For more information, call 1-800-505-2785, press 0 and ask to be transferred to the Head Start Administration Office, or call the Administration Office at (530) 493-2226



All Children Could Use A Head Start!



Children Going Somewhere

Dolly Elston

Today there is little mentioned of our children in the Karuk Newsletter unless they have participated in an "Indian Activity." It is nice that the young people can learn their culture, but there is far more to life. We must remember that our youth of today are our future of tomorrow. They must be educated to be able to carry on in the many fields of operation which the Karuk Tribe has so far started and will continue to add to as time passes.

I would like to bring recognition to some of the students who are of Native American descent that excel in school. These are children who have worked very hard in school to keep their grades up and education is so important to them because they want to succeed in life. Also, many of them are able to participate in competitive sports with other schools because of their good grades. When you see a child excelling in school, it is because there is a parent, grandparent, or some other caretaker giving them encouragement and helping them along the way to become someone who will have a decent future.

The students in the photo are outstanding students from Happy Camp Elementary School who are of Native descent, most of whom are Karuk. These students excel in school and have also received many other types of awards from their teachers, some of which are perfect attendance, good behavior, most improved, math, reading, science, exceptional citizenship and many more, including one from President Bush for Outstanding Academic Excellence. We should all be very proud of them and encourage them to go on into the future with the knowledge that they will not be one of those left behind.

I encourage all the parents to attend the awards assemblies when you get the note from the teacher telling you that your child is receiving a special award as it shows him/her that you are really cheering them on. If you can't attend, have someone else go. Perhaps other schools could write in and let us know about their students of excellence. Also a token of appreciation from the Karuk Tribe would be nice. Let's keep helping our youth to better themselves with lots of encouragement.



Left to Right, Top to Bottom: *Ginamae Willson, 7th Grade; Justina Harrison, 8th Grade; Clayton Tuttle, 4th Grade; Ashley Goodwin, 8th Grade; Krista Reynolds, 5th Grade; Alan Gibson, 5th Grade; Elizabeth Harrison, 6th Grade; Florence Peters, 5th Grade; Jacob Gonzalez, 4th Grade; Talonna Nelson, 4th Grade; Daniela Sanchez, 6th Grade; Misti Titus, 5th Grade; Regis Jerry, 7th Grade; Elizabeth Tripp, 4th Grade; Corey Barnett, 5th Grade; Pihneftuuf Elston, 6th Grade; and Cheyenne Moore, 4th Grade.*



NOTICE OF ELECTION

Karuk Tribe of California

NOTICE IS HEREBY GIVEN that on Tuesday, November 8, 2005, the Karuk Tribe of California will conduct a Tribal election. Polling places will be open from 7:00 AM to 7:00 PM at the following locations:

- * Happy Camp Community Center “Old School Gym” 64326 2nd Avenue
- * Yreka Karuk Health Clinic Conference Room, 1519 South Oregon Street
- * Orleans Community Center, 39051 Highway 96.

TO BE ELIGIBLE TO VOTE: you must be an enrolled member of the Karuk Tribe and eighteen years old or older on the day of the election.

CANDIDATE ELIGIBILITY REQUIREMENTS AND PETITIONS: will be available on Friday, May 14, 2005 at the Housing Authority Offices in Yreka and Happy Camp, the Karuk Medical Clinic Buildings in Orleans and Yreka, and the Tribal Administration Building in Happy Camp. Nominating petitions, proof of residency and fingerprints must be returned to the Tribal Administration Office, Voter’s Registration Office in Happy Camp no later than 5:00 PM Wednesday, August 10, 2005.

Subject Matter of Elections:

Council Positions:

MEMBER AT LARGE	4 YEAR TERM	2005-2009
MEMBER AT LARGE	4 YEAR TERM	2005-2009



**** ABSENTEE BALLOTS**:** Requests for absentee ballots must be signed by the voter requesting the ballot and his or her signature must be verified by one of the following three methods:

- 1) by a notary public
- 2) by two eligible voters of the Tribe
- 3) by providing a copy of a State, Federal or Tribal signed I.D. card.

Any requests for absentee ballots must be submitted in writing, with a return address, to the Voter’s Registration Office. Forms can be requested from the Voter’s Registration Office. (P.O. Box 815, Happy Camp, CA 96039) by 5:00 PM Wednesday, October 20, 2005.

It is highly recommended that absentee ballot requests be received by the Voter’s Registration Office in a timely manner for those members who live outside the aboriginal territory, due to the amount of time it takes for mail to reach Happy Camp.

For more information we encourage you to call the Voter’s Registration Office at (800) 50-Karuk or (530) 493-1600, extension 2032.



Low Income Assistance Program

1-800-505-2785 or 530-493-1600 Ext. 2025

Ayukii, I'm Lisa Aubrey and I administer the Low Income Assistance Programs. I will briefly explain how these programs can assist low income families. They are as follows:

Low Income Assistance Programs:

- **Low Income Heating Energy Assistance Program (LIHEAP):** This program provides energy assistance to eligible Tribal members. This program provides eligible households with electricity, propane, wood and minimal weatherization. The applicant must reside in the service area.
- **Community Services and Development (CSD):** This program provides assistance for low income families with food, shelter, transportation, health and safety issues. The applicant must reside in the service area, be very low income and be a Tribal member.
- **Housing Improvement Program (H.I.P.):** This program provides grant assistance funding to repair or for the replacement of your home. This program is only funded once a year. The deadline for applications are due around August of every year. To qualify you must:
 1. Be a member of a federal recognized American Indian Tribe or Alaska Native village
 2. Be income eligible
 3. Reside in the service area
 4. Send a disability/handicapped statement
 5. Have proof of ownership or lease
 6. No prior HIP assistance

The following BIA programs are secondary Low Income Assistance programs. An applicant will have to apply or have applied for assistance from other federal, state, county, Tribal or local agency in the service area. The applicant must not receive any comparable public assistance.

- **General Assistance:** This program provides low income families with food and/or clothing, shelter, burial and emergency assistance (burn out, flood, destruction of home).
- **Skills, Work, Education Enhancement Program (SWEEP):** This program is to enhance eligible Indians with skills/work and/or education. The goal of the applicant is to become more employable while obtaining an incentive payment. An applicant can be on the program for two years.
- **Adult Services:** Adult care assistance provides non-medical care for eligible adult Indians. The providers must be certified or licensed. Background checks are required.

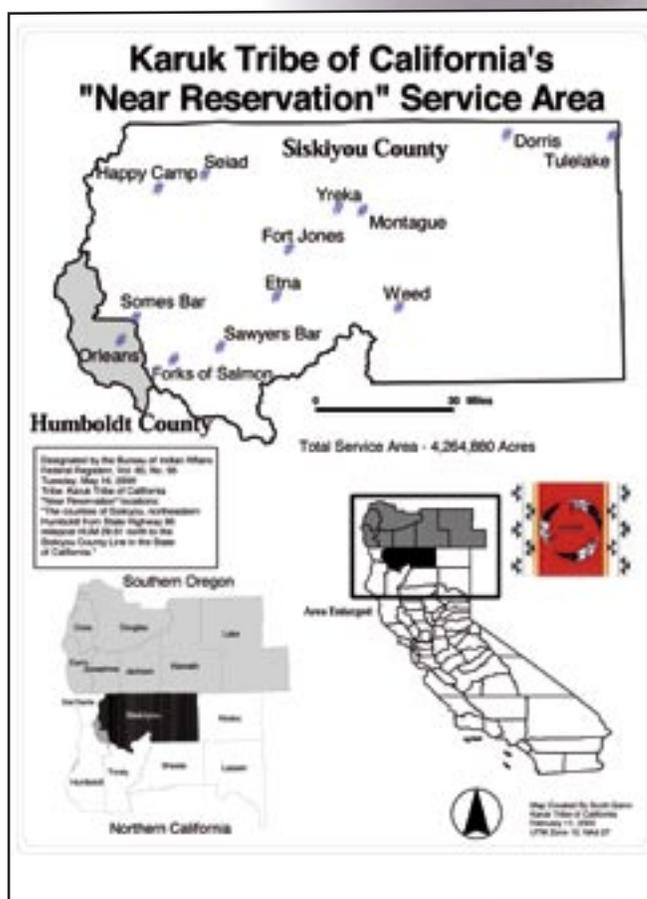
ATTENTION Tribal members! I would also like to inform you about the CARE program offered by PP&L and PG&E. This program gives a discount on your utility bill. I encourage all to apply. If you need an application please call and request the CARE application be sent to you.

For those Tribal members who live outside of the Tribal service area, I would like to let you know of an energy assistance referral program called National Energy Assistance Referral (NEAR). NEAR is a free service providing information on where you can apply for LIHEAP. You can speak to someone Monday through Friday, from 6 a.m. - 6 p.m. (Mountain Time). Call the toll-free phone number at: 1-866-674-6327.

The HIP Program

I will be sending out HIP applications to every adult Tribal member who lives with the service area. I encourage every individual to complete an application and mail it back to the Karuk Tribe. I will be collecting the information needed to complete the applications that I receive and mail them to the BIA Sacramento office no later than September or October 2005. Please fill out an application.

Included below is a map of the service area. Yootva.



KCDC- If at First You Don't Succeed....

Ben Riggan, Economic Development Coordinator

Rising from the ashes of a fiscal breakdown, the Karuk Community Development Corporation (KCDC) is now going through a rebuild process, thanks to new energy and vision and the ongoing commitment of Tribal leadership. KCDC was originally established by the Tribal Council to oversee community development projects and small business start up projects.

The original concept for KCDC was and still is, sponsoring community development, small business startup, and providing fiscal management to other local Tribal and non-profit organizations, which are clear needs within the Mid Klamath communities.

The Board of Directors and Tribal Council have expressed a strong interest in assuring KCDC's success. To that end, KCDC has recently hired Ben Riggan, from Orleans, as Economic Development Coordinator to oversee and develop KCDC's programs. He has been working with the Fire Safe Councils to try to develop local economic opportunities from forest and cultural resource restoration efforts such as forest stand thinning projects. He is glad to be working to help rebuild KCDC and looks forward to working with some of the talented members of the Tribe and community to develop economic solutions to our forest and community health dilemmas.

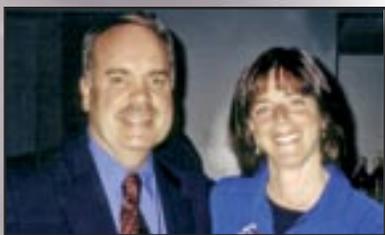
Part of KCDC's goals is to improve the technical capacity of local groups and non profits. KCDC will be sponsoring a series of training workshops for Happy Camp and Orleans community members. If your organization has a particular training need, please give us a call and we'll try to help. Ben can be reached at 530-469-3216. We look forward to hearing from you.



KCDC Log Building

Tribal Descendent Participates in NEAT Program

Karuk Tribal Descendent, Tyson Tuchscherer from Lakeview, Oregon, was selected to participate in the Network of Educator Astronaut Teachers (NEAT). He was able to attend three days of extraterrestrial fare at the National Aeronautics and Space Administration's (NASA's) Johnson Space Center in Houston, Texas, June 15-18, 2004.



Tyson had earlier applied to be one of the educator astronauts for the 2004 year but was not selected. However, because of his application, he was selected by a NASA review team, as an outstanding educator who would benefit and contribute to specially designed workshops.

His invitation to the program read, "NASA recognizes your enthusiasm, leadership skills, and commitment to educational excellence, and we are

therefore establishing special programs to engage "outstanding educators" and facilitate communication between NASA and the K-12 community."

While attending the NEAT workshop he was able to have his photo taken with Educator Astronaut, Barbara Morgan, who Tyson describes as "his hero". She was the first teacher in space on shuttle mission STS-118.

Tyson was allowed to suit up in replica gear that is worn by the astronauts outside of the space shuttles during space walks. He was also selected as one of 12 teachers to take part in a space-stimulation exercise in the Shuttle Motion Base Simulator.



Ayukii from the Education Department!

Submitted by: Jennifer Goodwin, Education Coordinator

Plan to start college in the fall for the first time? Here are 5 helpful tips to get you on track right from the start. (Information collected from fastweb.com)

1. Adopt a 9 to 5 Mentality

There is no simpler or more powerful college success tip. Get up and be “at work” by 9:00 a.m. – don’t stop studying until dinner, regardless of your class schedule. You were in high school eight hours per day, Monday through Friday. That same effort in college will produce 20+ study hours every week and produce better results for you than any other single thing you can do. If you plan to work during the day, schedule study hours at the beginning of the week and follow the schedule religiously. College is the job that will keep you from doing the burger flippin’ job for the next 40 years!

2. Get Organized

In high school, teachers talk to each other and spread tests and major assignments over the semester. In college, it will be you, not your teachers who will manage your schedule. Start by copying key dates from each of your syllabi (schedules given to you by each professor) in chronological order into a planner. The only way to avoid getting crushed when you have two exams and two major papers due in a given week is to know they’re coming several weeks in advanced. Budget your workload accordingly.

3. Seek out a Study Spot

It should be quiet and isolated. A dorm room is a clear loser for this objective. Your roommate, his or her favorite new CD, and the repeated question, “what are we going to do tonight?” will have a severely negative effect on your efforts. Student unions are typically losers as well, as they are crowded, noisy, and full of people who want to tell you how many days they have gone sleepless preparing for a test. Even if you venture to the library, all sections of the library are not created equal. Some are better for getting a date, some are better for finding people to borrow notes from, and some are better for high intensity, productive studying. If you’re going to put in the time, make the most of it.

4. Sit in the “Worst” Seat in Every Class

Sit front and center. If you sit up front, you’ll be forced to pay attention, no matter how boring you may find the lecture. If you have a question, you’ll be more likely to ask it from the third row than from the back row. Finally, if you sit in the front, the professor will get to know your face and your name. This is a good thing for a number of reasons. If you are “on the bubble” between two grades and want to plead your case for the higher grade, or if you need to negotiate on a test score (which can work), you’ll be much more effective if the professor knows who you are. The professor could also be a big help later on in the internship or job search if he or she knows you and thinks you’re a star.

5. Write Down Your Goals

Something about putting your objectives to paper helps make them happen. Make a list on paper of all the goals you would like to accomplish in college. Break the goals into academics, extracurricular, and work experience. If you make the commitment to write down these goals (and look at them occasionally throughout the year), twelve months from now you’ll be amazed at how effective you were at reaching the objectives you were willing to commit to paper.

Hopefully these suggestions will be of some help for new college students. Feel free to call or e-mail the Education Department at anytime for assistance with your educational needs. The Education Coordinator, Jennifer Goodwin, will assist you to the best of her ability. Wishing you much success in all of your educational endeavors.

Note: Higher Education Grant Award Applications are due August 1, 2005 for the 2005-2006 school year. Call the office for more information.

Jennifer Goodwin • Education Coordinator • Karuk Tribe of California • 1-800-50-KARUK ext. 2034 or
(530) 493-1600 ext. 2034 • E-mail: jgoodwin@karuk.us

T.E.R.O. Department News

Dion Wood, TERO Director

The Tribal Employment Rights office (TERO) is proud to assist Tribal members who are bettering themselves through vocational education and with work related needs. All TERO department activities are overseen by the TERO Commission. Members of the Commission are as follows:

Lynn Parton, *Chair*

Elsa Goodwin, *Secretary/Treasurer*

Dave Nelson, *Commissioner*

Dolores Voyles, *Vice-Chair*

Alvis Johnson, *Tribal Council Representative*

Cecilia Arwood, *Alternate Commissioner*

The TERO Commission has set guidelines regarding the types of employment related assistance that they can provide. TERO can assist with job searches, skills building, GED certification, Adult Vocational or GED Tutoring, employment related loan requests, resume building, or even computer skills building.

The TERO department also monitors Tribal contracts for Indian preference in hiring and also for compliance for payment of prevailing wages. These are some of the activities required by certain federal regulations.

TERO also works with our community partners such as Northern California Indian Development Council (NCIDC) and California Indian Manpower Consortium (CIMC) for employment and training resources. Our Tribe is so lucky to have Joyce and Rosie to work with from NCIDC as they work from their hearts and have steadfastly served Tribal people for many years here in Northern California Indian country! Thanks also to Bev from the CIMC Hoopa branch office that has served our Tribal members so diligently over the past few years! Yootva Girls for all you do for the Karuk Araaras!!!

The TERO Commission is also interested in facilitating pride within the Tribal membership. If you have an idea about how the TERO Commission can make things better for you or those around you or if you have any questions about TERO, please do not hesitate to contact the TERO Department.

TRIBAL REUNION RAFFLE!!

*The TERO Commission has authorized funds to facilitate a great raffle drawing to be held at the Tribal Reunion this year in June!
Look for us to get in on the action!!!*

'Bring the Salmon Home' Campaign

Craig Tucker, Klamath River Campaign Coordinator

I'm proud to introduce myself as one of the Tribe's newest staff members. As the Klamath River Campaign Coordinator, I will be focused on restoring salmon runs on the Klamath by winning our 'Bring the Salmon Home' campaign. At the heart of this campaign is working through the current relicensing process to have Iron Gate and other Klamath River dams removed.



*Craig Tucker & son
Carson at the Sacramento
Dam Removal Rally*

I come to the Tribe from Friends of the River, a California statewide river conservation organization. At Friends of the River I began working with the Karuk, Yurok, Hoopa, and Klamath Tribes on devising a grassroots and media strategy to generate public support for dam removal. Little did I know when this campaign began that I would find myself halfway around the world in Scotland protesting a shareholders meeting and eventually back in Orleans working directly for the Karuk Tribe!

To win this campaign, we will need a grassroots effort from Tribal members as well as other residents of the basin. We will continue to hold rallies, organize lobby visits to Sacramento and Washington, write letters to decision makers, and implement any other strategies needed to win. Dams are relicensed only once every 50 years, so we consider this a once-in-a-lifetime opportunity to remove them.

In addition to regular updates in the newsletter, Tribal members will be able to get the latest news regarding our campaign at the Karuk Tribe website, just click on the link for 'campaigns and press releases' on the home page.

When I'm not busy working to 'Bring the Salmon Home,' you'll find me spending time with my wife Amy and 11 month old son Carson. We all love the water and spend lots of time swimming, canoeing and rafting.

If you have questions about the campaign or would like to meet us, please get in touch. I can be reached by email, ctucker@karuk.us or call 916-207-8294. We look forward to making a new family of friends in Karuk country.

Siskiyou County Sheriff's Department and the Karuk Tribe of California are Looking for Volunteers!

Sara Spence, Human Resources Manager



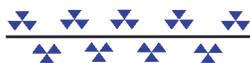
Siskiyou County Search & Rescue

The Siskiyou County Sheriff's Department is considering developing a locally-based division of the Search and Rescue Team. This division would respond only to incidences occurring within the Mid-Klamath River Region (Klamath River, Seiad, Happy Camp, Somes Bar, and eventually Orleans).

The Karuk Tribe is coordinating with the Siskiyou County Sheriff's Office in an effort to recruit non-paid volunteers who are willing to complete all necessary training and certifications to become search and rescue team members. All required training will be offered in Happy Camp and made available at no cost to the participants. Once certification is obtained team members will be dispatched to participate in official searches within our area. Volunteers must be willing to submit to a criminal background check, complete the required training, and participate in monthly on-going training and/or meetings of the team.

Confidential Search and Rescue applications can be picked up at all Tribal Offices or can be downloaded from our website at www.karuk.us/jobs/.

Applications must be returned to Sara Spence at the Administration Office, 64236 Second Avenue, Happy Camp, CA 96039 or PO Box 1016, Happy Camp, CA 96039. There is no deadline; applications will be submitted to the Sheriff's Office on an ongoing basis.



Local Youth Plan LAN Gaming Night



Jeanette Quinn, HCCCC Learn & Serve Project Coordinator

Happy Camp Community Computer Center (HCCCC) is pleased to announce that a local youth group, LAN Gaming Night, has received a \$1,000 grant from GABY, the Grants Advisory Board for Youth at the Shasta Regional Community Foundation. The money will help support the development of a bimonthly night of computer games at HCCCC. Local youth (and interested adults) will be able to play games on computers connected by the Center's LAN (local area network). Kids also will be allowed to use a donated PlayStation 2 game system, Dance Dance Revolution Max 2 game and two professional dance pads for those who want to play a more physical video game against each other.



Andrew Bley upgrading computers under the tutelage of Center teacher, Kelly Worcester

also compete against each other on networked computers. Several other students joined Andrew in raising funds for the project. In addition to the GABY grant, students have raised funds by writing letters to community businesses asking for donations and by holding a bake sale. So far, the community has contributed over \$850 to the LAN Gaming Night fund. All funds will be used to purchase video cards and other necessary equipment to upgrade HCCCC computers and to buy computer games.



Students using computers at HCCCC



Krista Reynolds upgrading computers at HCCCC

There are a number of benefits of the LAN Gaming Night project. Students are learning how to upgrade computers and will learn how to install games under the supervision of HCCCC staff. These upgrades will benefit the Center and the community by providing much needed equipment. The students involved in this project are learning how to write and submit grant proposals, as well as organize activities and events. Community youth will benefit from having a drug-free, supervised environment in which to enjoy playing video games. Kids under 13, depending on their age, must have their parent in attendance or written permission to participate, as some games are teen rated.

If you are interested in contributing to or volunteering for the Community Gaming Night project, contact HCCCC or make checks payable to LAN Gaming Night and mail to Happy Camp Community Computer Center, c/o Rosie Bley, P. O. Box 1148, Happy Camp, CA 96039. For further information, contact HCCCC at (530) 493-5213 or email hcccc@karuk.us.

Yupsitanach... Yupsitanach!



Tahsa Violet Tripp

(Tahsa is Doe in Yurok)

Parents: Emilio and Tanna Tripp

Paternal Grandparents: David and Jan Tripp

Maternal Grandparents: Axel Lindgren III and Cynthia Monges

Details: Born on April 28, 2004 at 10:10 AM in Arcata, CA weighing 7 lbs, 13 oz, 20 inches long.

Baby rattle was made by Frankie Tripp

Lashae Liane Banta

Parents: Inez Marie Polmateer and Vince Banta of Eugene, OR

Grandparents: Teresa and James Page also of Eugene.

Great-grandparents: Frank and Dixe Merrill of Eugene, OR and Beverly Bailey of Hoopa, CA

Details: Born on December 7th 2004, at 10:40 PM weighing 6 lbs 3 oz. and 18 inches long



Left to Right: Aliyse Ciana Dominguez Aguilar (3 years old) and Nalani Shriver (21 months).

Joined Together in Marriage
Deborah Dee Brannon & Richard Aubrey, Jr.

Married December 17, 2004

*Hoopa, CA at Kristen Aubrey's
 home by Nonie Smith.*

*They were married in the
 company of family & close
 friends.*

The couple has 13 children.



Walk Across America

Alissa Johnson, RN, Orleans Medical Clinic

Obesity in America is at an all time high and the problem continues to grow in adults and children. Being overweight significantly increases health risks such as: diabetes, heart disease, stroke and high blood pressure. The solution to this growing problem is altering lifestyle habits like inactivity and unhealthy eating.

Karuk Americans have some major health risks happening due to denied access of traditional foods, poverty, and lack of meaningful exercise. The Karuk Tribe is working hard to regain some of the healthy foods traditionally eaten in large quantities like salmon. In the meantime it is important to try and stay away from processed foods and fats. Don't grab that store bought burrito or pizza pocket at lunch. Make something at home like a sandwich and some fruit or a salad. Cut down on butter and try lower fat substitutes. Take the skin off your chicken and cut back on bacon, sausage, donuts and whole milk. This doesn't mean you can't ever eat these, but try to minimize. If you eat bacon every day for breakfast cut down to twice a week and try cereal or oatmeal instead. Make one small change in your diet at a time instead of trying to quit the fat cold turkey.

Now we need to talk about one of the best things you can do for yourself and that is exercise. Try to make this a habit for your life and for your heart. It doesn't matter what kind you do— just get up and start moving. You don't have to kill yourself trying to jog five miles a day. Start small and work your way up. Walk a half a block a day for a week then increase to a whole block a day. Within a month you will be surprised at how far you are walking. If you have a treadmill or Nordic track, get on it for 5 minutes, then start increasing the amount of time you spend on it at your own pace. Chopping and stacking wood, gardening, swimming, hunting, mushrooming, gathering acorns, hiking to a good fishing spot or dip net fishing are all good exercise too. If you do one of those things three days a week for around 30 minutes you are doing great. When it's not the season to do something you like then get on the treadmill or walk down to the river. Basically do anything that gets your body up and moving. Find a partner to join you and help keep you motivated.

Dr. Michael Willett recently heard some alarming news from the State Health Officer. The news was that 1 in 3 children born in the year 2000 will become a diabetic. We are taking this news very seriously. Dr. Willett said, "Let's walk across America," so we started walking. The goal is to go from Orleans to Washington D.C. on a US map. So far we have a total of 1254 miles and about 1230 miles to go, with 80 children and 40 adults participating. We walked this far in 2 months and thought it would take about a year to get to D.C. When we get to D.C., we are going to have a potluck and write a letter to the President letting him know how hard the people of the River are working to be healthy under very difficult circumstances. This is just the beginning; Orleans Clinic has purchased a World Globe and we plan to walk across many countries. Start your engines and get moving toward a healthier life!

Ayukii from the Karuk Dental Department

Vickie Walden, RDA, Karuk Dental Clinic's Office Manager

The dental staff would like to thank Wes Valentine, former Director of Health & Human Services, Trista Parry, former Karuk Tribal Grant Writer and Lucille Tiraterra, former HC Dental Clinic Receptionist, for their time with the Karuk Tribe and wish them well in their futures. The HC Dental Clinic will be hiring a new Dental Receptionist/Medical Records Clerk soon.



New Dental News

The Yreka Karuk Dental Clinic will be expanding the dental services in June of this year. We will have a third dentist and several new Dental Assistants working with us there.

Prevention Activities 2005 by RDH Nikki Hokanson

The Elementary School Dental Screenings are completed except for Junction School in Somes Bar. Nikki Hokanson, RDH, was the team leader for this year's project. We completed 140 dental screenings on Head Start and elementary school children.

- **The Head Start screening results were:**

Happy Camp – 45% (9 children) no visible decay, 30% (6 children) had visible decay, 10% (2 children) were in need of emergency treatment, 5% (1 child) had no teeth, and 10% (2 children) were uncooperative and we were not able to do their screenings.

Yreka – 43% (9 children) had no visible decay, 43% (9 children) had visible decay, and 14% (3 children) were in need of emergency treatment.

- **Screening results for elementary school children in grades K-3.**

63.6% (63) had no visible decay, 28.3% (28 children) had visible decay, and 8.1% (8 children) were in need of emergency treatment.



Why It Is Important To Discuss Drug Use If A Dentist Asks For A

Medical History?

If you are a new patient, a first dental exam will include questions about your medical history, including all drugs, prescriptions, or otherwise, that you are taking. It's important to provide complete accurate information.

Failure to disclose all drugs you are taking could result in increasing the likelihood of dangerous drug interactions (for example: between cocaine and epinephrine), or an adverse reaction such as excessive bleeding during a dental procedure. A recovering alcoholic who has degenerative liver disease should not be prescribed large doses of acetaminophen to relieve pain. If you are addicted to heroin you should not be prescribed an opiate for pain because of the increased likelihood of relapse.

How Do Street Drugs Adversely Affect Oral Health?

Bad breath, rotting teeth, hair loss, and changes in pigmentation are telltale signs of methamphetamine abuse. A 30 year old hardcore meth user may look more like a senior citizen than a young adult, and be a candidate for dentures because the drug so severely rots teeth that a dentist may need to remove them. In teenagers, dentists have noted a condition called "Meth Mouth," which is characterized by significant tooth decay, gum disease, and cracks in the tooth surfaces. The drug also dries out the glands that produce saliva, which combats plaque on your teeth by acting as a buffer against acids.

If you smoke crack cocaine, you may develop fungal infections in your mouth, or blisters, sores, and cuts on the lips & mouth. You also may experience a decrease in salivary secretions, abnormal tooth wear patterns and acute gum inflammation. A few cases of oral ulcers resulting from crack cocaine use have been documented. If you abuse both alcohol and cocaine you may show signs of dry mouth, decayed and missing teeth, advanced gum disease, and severe tooth grinding (also called bruxism).

Chronic marijuana users tend to have an increased incidence of decayed, missing, stained teeth and larger amounts of plaque, resulting in gingivitis.

Karuk Tribal Member Turns 100!

Submitted by Vickie M. Kingsbury-Simmons

On February 25, 2005 my great Aunt Mabel Leslie (born Miranda Mabel Offield) reached the grand old age of 100 years old.

Aunt Mabel was born to Jacob D. and Sarah Susan (Shinar) Offield in Hamburg. My great grandmother Sarah (affectionately known as Little Grandma) was the daughter of Elizabeth (Charles?) and Marmaduke Shinar. Elizabeth was Karuk.

Aunt Mabel is a former resident of Seiad Valley where she lived with her husband Richard C. Leslie. Uncle Richard died in November of 2001. Aunt Mabel's siblings were Albert Myron Kingsbury (my grandfather), Edna Kingsbury, Sally (Aileen), Lorna and Maxine Offield.

Aunt Mabel's family is proud of their Karuk ancestry. Although we do not presently live in the area, we have strong ties to the Seiad Valley and Hamburg areas. Aunt Mabel's mother, three sisters, brother, nephew (my father Myron) and various Shinar aunts and uncles are laid to rest in the Fort Goff Cemetery.

I and many others of Aunt Mabel's family came from Washington State and Southern California to be with Aunt Mabel on this important date. This picture does not give justice to the beauty my Aunt Mabel was in her earlier years.

The Karuk Tribe wishes Tribal Elder Mabel Leslie a very happy birthday!



Mabel (Offield) Leslie at her 100th birthday party

In Loving Memory of Ruth Jane Wingo

January 22, 1937 to February 27, 2005

By: Marvinette M. Columbus, Eldest Granddaughter of Evelyn Wingo-Columbus

Ruth Jane Wingo was born on January 22, 1937 in Ti Bar, CA to Daisy Alpheus Pepper and Chester Pepper. She was the seventh child born into this union and is survived by two brothers, Chester "Butch" Pepper and Kenneth Pepper, and one sister Ella Vina Smith.

Ruth met Alvin Lee Wingo Jr. in the early fifties and they were joined in marriage, settled in Bell Gardens, CA, and had six children: Evelyn, Clyde, Alvin Jr., Kenneth Owen, Kevin, and Ruthie (Kenneth preceded her in death).

She is survived by her husband, 5 children, 12 grandchildren, 8 great grandchildren (one of which preceded her in death), 3 daughters-in-law and a host of nieces, nephews, and other family and friends.

Gramma was a Rod Stewart fan and loved to crochet and decorate cakes. She will be forever missed and loved by us all.

NOTE: The artwork from the memorial card was done by Vernon Manual (Pomo/Karuk) who is Ella Vina Smith's son.



Newsletter Article - The Nurses Corner

Families, Advanced Directives and End of life Decisions

David Eisenberg, Public Health Nurse

What did they want? What should we do? Are we doing enough? How much is too much?

The recent case of a brain damaged woman, Terri Schiavo, and the conflict over her care, points out the importance of people telling family and doctors what kinds of treatments they would - or would not want if illness or injury left them unable to make decisions.

Advanced Directives are legal documents that can allow you to make your wishes known to your family and your doctor. Living Wills, Durable Power of Attorney for Health Care and Do Not Resuscitate Orders are different forms of advance directives.

- **Living Wills** are advance directives that take effect when you are at the end of life. It does not let you select someone to make decisions for you. In a living will you can say if you want or do not want your life prolonged, address questions about pain, organ donation or write other wishes.
- **Durable Power of Attorney for Health Care (DPA)** becomes active when you are unconscious or unable to make medical decisions. It allows you to name another person will have the authority to make medical decisions on your behalf.
- **Do Not Resuscitate Orders** tell your doctor not to perform CPR if your heart stops or if you stop breathing. It doesn't prevent you from getting other types of medical care. Most advanced directives are written by older or seriously ill people. For example, someone with terminal cancer might not want to be placed on a breathing machine or fed by a stomach tube.

Even if you are in good health, you might want to consider writing an advanced directive.

Serious illness or trauma can happen suddenly, and if you have your desires written in advance, that will help your friends and family honor your wishes.

How do you talk about the end of life?

Many people have thought about letting their loved ones know about what kind of treatments they would or would not want at the end of life. For others, they may not want to think about it. It's normal for people to want to avoid this discussion.

Some ways you could start the conversation:

"I'd like to talk about the best way someone might care for you if you got really sick, is that ok?"

"I want to talk to you about if I got really sick or injured, and what I would want. Can we do this now?"

Once you have started the conversation, there are many resources to get information and forms for different types of advanced directives. You can call your local hospice organization.

In Siskiyou County, contact Madrone Hospice (530) 842-4274

In Humboldt County, contact Hospice of Humboldt (707) 445-8443

Web sites that have forms for each state are available at:

Living Wills for each state: www.legaldocs.com/htmdocs/livin_st.htm

Durable Power of Attorney for each state: www.nhpc.org

In Loving Memory of Barbara Celia Warren



Barbara Celia Warren, 71, of Grass Valley, California passed away on Friday, February 11, 2005. A celebration of eternal love for Barbara Warren and her husband, Louis P. Warren, who preceded her in death in November of 2002, will be held on July 12, 2005.

She was born April 22, 1933 in Yreka to Lena Emma Orcutt and Earl Sterling Boeson and was the Granddaughter of Maime Thomas. She attended Nevada City High School and married Louis Paul Warren on July 12, 1954 in Reno, Nevada. She was a homemaker. She was a member of the Women of Moose during the 1970's. She enjoyed sewing, computers, and Karuk Tribal research. She was a

member of the Karuk Tribe in Happy Camp, California.

She is survived by her children Sharon Williams, Terry Warren, Bobbie Warren, Ron Warren, and Shirley Jackson. She had 10 grandchildren and 9 great grandchildren. If the Orcutt family would like to contact Terry Warren he can be reached by email at terry56768@yahoo.com and they are welcome to do so.

Left Below – Written by Bobbie Warren, February 12, 2005

This morning I awoke the dawn had broke
Opening my eyes to bright blue skies

Wondering if you were safe at home
Gazing upon the bright blue dome

See you running swift with the deer
Your face filled with glorious cheer

Locks flowing behind in your own breeze
Laughter comes as easily as you please

The weight of life lifted off your soul
As you gaze upon us left below

The eagle soars away on high
Your spirit lifts up to the sky

Now you sail upon the space
Never imagining such wonderful grace

You get such joy from this new delight
Your spirit filled with the bears great might

You see we grieve for your passing
The freedom you fill is all surpassing

Aware that you missed your one true love
You couldn't wait to race above

We'll miss you so, this is true
It won't be long 'til we follow you

We'll meet soon on a great green plain
Singing and dancing in a gentle rain

Our time on earth is never long
Every second spent a melodious song

We'll all be together of this I'm sure
For time is no match for our love so pure

You gave us life and love from the beginning
This great clag of ours is never ending

This poem I write in memory of you
Telling you that we love you too

Mother relax and ease your soul
We'll be fine, the ones left below





Mission Statement

The mission of the Karuk Tribal Council is to promote the general welfare of all Karuk People, to establish equality and justice for our Tribe, to restore and preserve Tribal traditions, customs, language and ancestral rights, and to secure to ourselves and our descendants the power to exercise the inherent rights of self-governance.

Karuk Tribal Council

Spring, 2005

Arch Super,
Chairman

Leaf Hillman,
Vice-Chairman

Florraine Super,
Secretary

Leeon Hillman,
Treasurer

Roy Arwood,
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Florence Conrad,
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Newsletter Production:

Desktop Publishing:

Rosie Bley

Editor:

Sara Spence

Written By:

*Karuk Tribal Members,
Descendents, Families,
& KTOC Staff*

Printed By:

*Mosaic Press LLC,
Happy Camp*

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