

# Karuk Tribe of California



# Summer 2006

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

**Tribal Enrollment Is Currently At 3,456 Enrolled Members**



## June 24, 2006 **10<sup>th</sup> Annual Karuk Tribal Reunion**

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## The Chairman's Corner

*Arch Super, Karuk Tribal Chairman*



*Arch Super*

Ayukii, Tanixxuti, koovura pa araaras pananu chuupitiheesh pa araarahih. Kukkuum tani piip pa araarahih uum pananu aaniv. Xay pipshiinvarih pananu araarahih. ***Hello, I think all the Karuks, we be talking our Indian language. Again I say, the language is our medicine. Don't forget our language***

### **JANUARY**

Our self-governance/lands manager assistant Carrie Davis, our in house attorney Barbara Norman and I attended a **Probate/Will training in Vegas**. It is very important for the Tribe and individual members to learn and write wills for their families and we are willing to assist with this task.

We have initiated the **Karuk Booster Club** to help in assisting youth and adult sports. We continue to look for volunteers to help build up the club and are always looking for ideas on making ishpuuk (money).

There have been quarterly meetings with the **Northern California Tribal Court Consortium**. This consortium was developed to work with eight tribes and their Tribal court systems. It has been very beneficial to all courts.

In January, the Tribe sponsored a **Supervisors Training** session for the directors and supervisors of Tribal departments and entities. We hope it will help us supervise more efficiently.

### **FEBRUARY**

Our **Tribal Court** continues to strive to serve local, county and state Tribal jurisdiction, mainly in child welfare issues. They also make referrals to our Tribal attorneys for any assistance we can offer our members.

The Tribe is continuing to work on our **Integrated Resource Management Plan (IRMP)** with the Department of Natural Resources. The Plan is to enhance our programs which run through DNR and other programs and get more monies. Membership is very welcome to provide input so contact DNR or the Tribal offices at any time.

I meet with my **language speaker/teacher, Vina Smith** on a weekly basis. The language is good medicine to me and I hope one day, many of our Tribal Members will have the same vision. It goes hand in hand with our religion, culture and traditions.

We have been working on a **Temporary Assistance for Needy Families Program (TANF)**. Dion Wood, TERO director and other staff members have been diligently working on the program. Within the next couple of months, July or August, we will have a full report.

The Tribal Council and the KTHA Committee and Staff met to review and discuss **KTHA Budget and Policies** at Seven Feathers Casino in Canyonville, OR. The conference was productive and I encourage members to communicate any questions, issues and concerns with the KTHA Committee, KTHA Staff and/or Tribal Council

Our Drug and Alcohol department is still working with staff to build and develop some kind of program at our **Oak Knoll Building**. There are several ideas, like men's traditional housing and others on the drawing board.

### **MARCH**

The Tribal Council met with candidates for County DA and County Sheriff, Kirk Andrus and Rick Riggins. It was good for them to come to the Tribe to introduce themselves and have question and answer sessions. I would like to inform and encourage our Tribal Membership to always be part of our **Tribal, City, County, State and Federal elections**; we have numbers in membership and our vote counts.

Scott Quinn, Tribal Lands Manager and other staff met with the BIA regarding the **Tribe compacting our roads** dollars. This is in the best interest of the Tribe to manage these funds under our direction and control.

Council members, Robert Grant, Florraine Super, Acting Health Director Lessie Aubrey and I attended an **Indian Health Services (IHS) conference in Pala, CA**. Conferences are always very informational and give us updated and ongoing business in regards to our Tribal Health Services.

Council member/language apprentice Florraine Super, language master Vina Smith and staff members Susan Gehr, Phil Albers and myself attended a **language Conference near San Francisco**. The conference is annual and meets up with many tribes that have the same interests and values in language restoration and preservation. As always, the gathering was grand.



**APRIL** Our **Gaming Venture** stills moves forward, very slowly. Currently, we have two plans in. Our first plan was to send a new proposal to the Governor's Office and seek a Section 20 gaming compact. This was done in December and we are still waiting for the Governor's Office to reply. We don't know what and/or when to expect an answer. Our second option is to finalize a new proposal with the National Indian Gaming Commission (NIGC). The proposal to the Governor's Office would be better, but we are also planning on going with what will get us closer and sooner to gaming. We will keep the membership informed.

Craig Tucker, our Tribal Rights Media Specialist, conducted a **Media Presentation Training**. I believe our Council and staff do very well at addressing the media. The Media Training gave us the tools and expertise to present ourselves more effectively and accurately. Craig does a very good job on our Tribal Rights issues through the media.

**MAY** Our Self Governance department is continuing to work with our **Probate Codes**. The department and code is very essential for future lands determination, probates and wills. Self Governance assistant, Carrie Davis and I also attended the **Annual Self Governance Conference in Acme, Michigan**. As I mentioned before, conferences are always good gatherings and provide current updated information for Tribal affairs.

We meet annually with the BIA in regards to our **Annual Funding Agreement (AFA)** negotiations held in Arcata. The meeting was attended by our CFO, Laura Mayton; Self Governance Coordinator, Hector Garcia; Carrie Davis; Scott Quinn; council member, Florrine Super; and myself. We are receiving our usual funding, but we are also looking for possible additional funding. Hector and Scott are always keeping an eye out for us.



### **JUNE**

I attended a meeting in Ashland for the **Yainix Partnership**. Our DNR Director Sandi Tripp and Tribal Rights Media Specialist Craig Tucker were in attendance. The meeting was in regards to the Tribes interest in dam removal, and negotiations and collaboration with water users. The meeting was very interesting and it looks like there is a lot of work and compromising at hand. We will keep the membership updated on this issue.

I attended a **Tribal Leaders Meeting in Temecula, CA**. The meeting was an update about ongoing information on Section 20, Casino Regulations and policies for Indian Gaming. Tribal Leaders voiced their concerns on the drafted policies. Most tribes have many of the same concerns when it comes to Section 20. All concerns are based on the conditions of each tribe. Our concern is that we have a very good case for having our Gaming set in the Yreka area. If any tribal members have any questions regarding Gaming and Section 20, please feel free to give your Tribal Council a call.

Council Members always try to attend monthly **Board of Supervisor and Yreka City Council meetings** to keep up with the issues, concerns and collaboration with County and City government.

**JULY** In July, our Department of Natural Resources and some of the Tribal Council was able to meet with the US Forest Service. We are trying to relay our concerns regarding government to government relations with the Forest Service. It appeared that there has always been some miscommunication. I believe that they are willing to open up with us for more communication. The Tribal Council's job is to ensure that communication gets better. That goes for all government to government relations.

**REMINDER.....** Elections are in November. Don't forget to Register and Vote.

The Tribal Council is still moving forward with the Proposed Revision of the Tribal Constitution.

Don't forget to attend meetings, correspond through letters, call or email the Tribe. Membership is always welcome to the Tribal Council Meetings. The August meeting is in Orleans; September is in Happy Camp; and October is in Yreka, and then rotation locations continue.

Yootva, (thank you )

Suva nik. (see you later)

## Notes from the Secretary

*Florraine Super, Tribal Council Secretary*

Ayukii, the Karuks have been busy in Indian Country! We have so much going on and are taking the lead on a lot of different issues. I'm excited to be a part of the progress in Children's issues such as co-sponsoring the 13<sup>th</sup> Annual Indian Child Welfare Conference, negotiating Title IV-E Funds, and protecting our sovereign rights to protect and have legal jurisdiction over our Karuk Children.



*Florraine Super*

### TRIBAL COUNCIL SECRETARY QUARTERLY REPORT

#### **Indian Child Welfare Committee (ICW):**

*What is the Indian Child Welfare Act?*

The Indian Child Welfare Act (ICWA) is a federal law that creates strict standards for state courts to follow in Indian child custody proceedings. The ICWA declares "the policy of this Nation is to protect the best interests of Indian children and to promote the stability and security of Indian tribes and families."

The Karuk Tribe's ICW Committee Mission is *to preserve, protect and strengthen the children and families of the Karuk Tribe through an efficient and effective service system that empowers individuals, families, and communities.*

*What does the Karuk Tribe's ICW committee do?*

We continue to review cases, intervene, and represent our Karuk children. We also participate in Title IV-E Meetings, State ICW Conference, meet with other governmental bodies, and work closely with housing, tribal court, and CASA, and continue to recruit foster parents.

#### **State ICW Conference a SUCCESS:**

We held the 13<sup>th</sup> Annual State ICW Conference on June 26-28, 2006 in Eureka, California at the Red Lion Inn. Our theme for this year's conference is "*Indian Child Welfare weaving strength in our families and children, the past, the present, and the future of ICWA*"

It was a very successful conference. I was very proud of our staff. We organized and did a majority of the presentations at this year's conference. The first night's pre-conference meeting on June 25<sup>th</sup>, we had Julian Lang do a welcome and presentation of songs with local children— which made a very nice reception for the participants. The first day, Cheryl Seidner, Chairperson for the Wiyot Tribe, gave a very heartfelt welcoming speech. Judge Flies-away gave a prayer, and Robert Super, Caseworker for the Karuk Tribe, sang a gambling song to open this year's conference. Keynote speaker was Judge Abby Abinanti who gave a speech regarding building your own tribal court and being responsible to our tribal children. Then in the afternoon we had several break-out sessions. The second day we had Gary Marcussen do the opening prayer, and with the help of Robert Super a gambling song was sung. Keynote speaker was Teresa Contreras and Anne Smith from California State Department of Social Services. Again, in the afternoon we had break out sessions. The third day was opened by Lola Henry who did a prayer. Our day continued with an open panel for questions and answers from various judges and attorneys. I would like to say YOOTVA to all the help, presenters, and participants.

#### **Karuk Tribe Foster Home:**

Part of the ICW Committee's responsibility is to start and oversee our own Karuk Tribe Foster Home and oversee foster parents who offer their home to tribal children.

This is an important role for our ICW Committee. This will help with some of the compliance issues for our Title IV-E negotiations. This also shows that the Karuk people care about their children's rights to grow up among their own people. We will continue to recruit foster parents.

If you would like to offer your home and family and become a foster family, please contact our Karuk Social Services Department. To apply you need to complete and submit a foster family application and submit to a background check. A home evaluation will be completed by our social service department.

Check out our webpage regarding Indian Child Welfare- [www.karuk.us](http://www.karuk.us)



**Friends of CASA (FOC):**

FOC has been established to support our Karuk CASA Volunteers and CASA’s basic operational expenses. The Karuk CASA program relies entirely on grants and monetary support from our communities. Such contributions enable us to recruit, screen, and train tribal advocates to speak for abused and neglected children in Juvenile Court. It also helps with gas for volunteers to visit and/or transport children to necessary appointments. Fifty-five dollars (\$55) for fingerprinting and background check is a big cost for our CASA program.

As you can tell the need is a worthy cause. YOUR KARUK CASA IS THE FIRST TRIBAL CASA IN CALIFORNIA. So when you see our FOC Committee selling tickets, selling t-shirts, or looking for volunteers, please support your Karuk CASA Program. Your contribution will help further our children advocacy efforts and help us provide service to our tribal children. Volunteers are needed!

**Youth Leadership:**

We will begin planning sessions for this year’s Youth Conference which tentatively is scheduled for October. My goal is to implement culture into being healthy in today’s world.

Please contact me if you’d like to volunteer your time to our Karuk Youth. *APPLICATIONS will be available on the webpage and at your local Karuk Tribal Offices.*

**Elections:**

Remember to stay active in your tribal, local, state, and federal issues. It’s important for you, your family, and your tribe!

Reminder from last newsletter: Are you wondering, what it means to have registered with the Tribe to vote? Our constitution states in **ARTICLE VII - ELECTIONS AND NOMINATIONS, Section 1.** All members of the Tribe who are eighteen years of age and over and who meet the eligibility criteria and *have registered with the*

*Tribe* pursuant to the provisions set forth in the Tribe’s Election Ordinance, shall have the right to vote.

The Election committee has created a form so tribal members can “register” with the tribe to vote. You may register at the polling booths or before hand by requesting a form from the election committee or downloading a form on the Karuk website. Our intent is to make this as easy as possible and not to interfere with your voting rights.

Register to vote today! Go to [www.karuk.us](http://www.karuk.us) to download a registration form. Or contact your



**Let Your Voice Be Heard!**  
**VOTE**

**Your voice helps...**

- to restore and preserve Tribal traditions, customs, language and ancestral rights
- to secure to ourselves and our descendants the power to exercise the inherent rights of self governance

**KARUK TRIBAL ELECTIONS - NOVEMBER 7, 2006**

*For more information, contact your Election Committee*  
P.O. Box 815, Happy Camp, CA 96039  
1 (800) 505-2785 or (530) 493-1600 Ext. 2052

Karuk Election Committee: PO Box 815, Happy Camp, CA 96039.

**Low Income Assistance Program (LIAP):**

The LIAP Committee was established to provide necessary emergency assistance or services that are not being provided by federal, state, county, Tribal or other agencies for our members.

We continue to support our LIAP Coordinator with processing applications efficiently and in a timely manner. Our monthly meetings help us process difficult applications, make necessary program collaborations, and help interpret and follow LIAP guidelines and objectives.

Another goal is to help those who don’t qualify for LIAP but are very much in need. To address this, the council has obligated some funds to help those who need assistance. It has helped a lot of elders and families with children.

*Continued on next page...*

**Website: Revisions**

Our goal is to have a very informative and user friendly website. We continually work on updating our webpage. Please look for the new Indian Child Welfare Committee Page. Coming soon: Tribal Court, Elections, Education, and Booster Club pages!

If you have any digital pictures of Tribal events, buildings, local nature, etc. that you do not mind sharing, please forward copies to Gerry Canning (on CD or disc please – otherwise it will bog down the email server) so that he can use them on the website as he updates the content it would be greatly appreciated!

I have not heard if people feel our website gives the information they need as tribal members and/or community members. Please let me know what you would like to have available on the Karuk website.

**Head Start: Children are our Future**

School is out for summer! I'm looking forward to the children returning and new ones coming to Head Start. We have a great program and I can't wait to work with staff again during the school year.

**New! Karuk Booster Club:**

Looking for membership! The council has formed a new committee. We have youth who throughout the year request money for sporting events. The council has allotted money with the intent of the Booster Club replenishing this account as they receive donations. Also, this committee will be responsible for honoring those tribal members who have accomplished goals in college and pro sports.

**Some of the Booster Club goals:**

- Help in the recruitment of individuals who share our vision.
- Recognize each individual and value his or her role as a Karuk athlete.
- Empowering young tribal members to be champions in life through excellence in sports.
- Organize fund raisers to help pay for tournament entrance fee and sport camps.

Sports builds character, instills discipline, provides leadership, enhances self esteem, promotes physical fitness and teaches teamwork, all of which can be used throughout life.

**Yreka Community:** Get Involved!

**Yreka Greenhorn Park Development:** We are looking for tribal members who would be interested in participating in planning meetings for Yreka's Greenhorn Park Development. As per the Ford Institute "The purpose of the Greenhorn Park Development Initiative is to conduct a broad-based community process that will result in a comprehensive master plan for the long range development of Greenhorn Park. The need is for a comprehensive plan to complete planning for some of the remaining, unused area. The process will involve distribution of promotional packets to increase community awareness of the Initiative, public-input meetings hosted by a facilitator, and development of a master plan." **Meetings:** Meetings are held the second Tuesday of every month at 7pm at the Fish & Wildlife Building. For more information contact: Selma George – 530-842-3219.

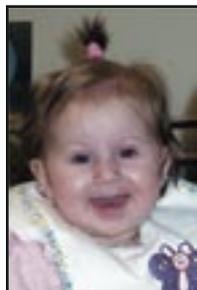
If you would like additional information and/or have any questions, contact me at any time. If you would like to be put on my email list, send me your email address to fsuper@karuk.us with a note saying you would like to receive tribal information.

Florraine Super

**Recruiting Foster Parents!**

**IMPORTANT NOTICE:**

We are seeking Tribal members who are already certified to be foster parents or are interested in becoming certified foster parents. Contact Mike Edwards at the Karuk Tribal Health Social Services. (530)842-9200 ext. 102 or stop by 1519 South Oregon Street, Yreka CA.



*Because we care about our children... our future!*

# Staffing Update

*Sara Spence, Human Resources Manager*



There are currently 151 employees on staff!

Tami Clayton was hired on 4/25 to work with the Water Quality Department as a Biologist seasonally. She

will be working with other staff on Water Quality Projects.

Hester Miller was hired on 5/15 into the full time Grant Writer/Resource Developer position in Happy Camp. She will be joining Rick Hill who also works in that Department. An introduction of Hester can be found in Erin Hillman's article on page 8, and Hester has a Grant Department Update on page 15.

Kathleen Davis was hired on 6/12 to work as the On Call Cook in the Happy Camp Senior Nutrition Program. Kathleen is also the cook for the Tribal Council's Health Board and Council Meetings each month.

The TERO Department, Department of Natural Resources, and NCIDC have all worked very hard in a collaborative effort this summer to put youth workers in the offices in Yreka, Happy Camp, and Orleans.

Thank you for all of your effort putting this together, especially Dion Wood, Holly Hensher, and Joyce Jones!

The youth who are working this summer are listed below. Look for a detailed article in the Fall Newsletter.

**Yreka:** Santana Grant (Naa Vura Yee Shiip), Esteban Aleman (NCIDC Office), Alyse Whiting (Yreka Clinic).

**Happy Camp:** Janelle Jackson-Reed (Administration), Nathan Shinar-Davis (Administration), Amanda Rhodes (Maintenance), Bernadette Lowry (Computer Center), and Bernard Lowry (KCDC Office).

**Orleans:** Mariah Coleman (DNR Office). The remaining youth are working as Youth Resource Technicians on various jobs in the Orleans/Somes Bar Area: Dori Marshall, Aja Conrad, Travis Gayle, Sammi Jo Goodwin, Jess McLaughlin, and Alexis Rush. Ella Coleman was also hired on 6/19 as the DNR Youth Resource Technician Crew Supervisor to work with the kids.

Sheila Barger resigned her position as Community Health Representative in Yreka on 5/10. Due to tight budgets we are not advertising to re-fill that position at this time.

Several of our staff in the Maintenance/Automotive Department retired from their positions this year. Richard Bridenstine retired from his position as Auto Mechanic on 5/19. Donald Voyles retired from his position as Maintenance Supervisor on 6/20. Joe Alvarez retired from his position as Maintenance Crew/Landscaper on 6/16. We wish them all a long and relaxing future!

Eric Counts who was previously the On Call Custodian for Happy Camp has transferred into the Auto Mechanic vacancy created by Richard Bridenstine's retirement. Davey Davis was hired on 6/21 into the Maintenance Supervisor vacancy created by Donald Voyles' retirement. TJ Day was hired on 7/10 into the Maintenance Crew position created by Joe Alvarez' retirement.

Dr. Donald Solus announced that he will be resigning his position as Clinic Physician in the Yreka Clinic on 7/21. We are very sad to hear this news as the patients seem to care for him very much.

We continue to search for a Registered Nurse in the Yreka Clinic as well as a Clinic Physician. We are also recruiting for a Registered Nurse/GPRA Coordinator to be hired in the Happy Camp Clinic this December through the HRSA Grant that was awarded. We are offering signing bonuses for the RN positions!

For more information on employment with the Tribe, benefits, how to apply, etc. visit our website at [www.karuk.us/jobs/](http://www.karuk.us/jobs/)

## Good-Bye Letter

*Donald Solus, MD*



I am leaving my position at the Yreka Clinic to open an urgent care clinic in Yreka. I have considered it a privilege to work with all of you over this past year. I hope all of my patients appreciate how much I desire the best life possible for all of them. The tribe has a fantastic health care program and you all should take advantage of that. More importantly we all control our own destiny and the decisions we make daily impact our health directly. My hope is that I may have inspired some of you to make good and healthy choices in the future. Remember diet, exercise and lifestyle are the most important aspects of your health. These are things that we as individuals control. Your doctor can help, but mostly it is up to you.

Health and happiness to all.

*Donald E Solus, MD*

# Administrative Programs & Compliance Update

Erin Hillman

Director of Administrative Programs & Compliance

At this time I'd like to introduce the membership to our new Grant writer/ Resource Developer Hester Miller. Hester comes to us from the Cherokee Nation, she holds a Law Degree from the University of Arizona, College of Law and BA Degrees in English and in Native American Studies from the University of Montana. Hester joined our grant writing team in July and hit the ground running on the 2006 Indian Community Development Block Grant application. Her educational background, diverse experiences, organizational skills and sense of humor have already produced positive results in that department. Since May, she has assisted in the ICDBG application and FEMA Hazard Mitigation, Emergency Response and Administrative Plans, submitted the State Indian Health application and is the lead on the Oak Knoll project- a plan to turn that building into a transitional living facility. Hester and Rick make a great team.

Recently there has been a positive development in the Tribe's collaborations with community organizations. The Happy Camp Health Services Board (HCHS) and both Tribal Council and Staff had met several times to discuss the transfer of the health clinic building owned by the Board in Happy Camp to the Tribe. Though the Tribe had originally intended to build a new clinic in a different location, funding constraints and lack of available, suitable land sent us back to the drawing board. Realizing that the goals of both the Tribe and HCHS are to provide quality health care to both Native and Non Native American patients, on April 26, 2006 HCHS unanimously voted to begin the process of transferring the building to the Tribe. Because HCHS Inc. is a non profit corporation, they must abide by certain legal requirements including notification to the Attorney Generals office, Board and membership approval. When the transfer of the clinic building is completed, the Tribe will be able to access Indian Health Services annual maintenance funding and other grant funding to rehabilitate the facility. Future plans include the replacement of the roof, drainage work, handicap accessibility and interior remodels and expansions to provide better privacy for patients and additional medical services such as telemedicine, physical therapy and behavioral health.

For the third quarter of fiscal year 2006 the following grant / contract activity is being reported:

**Grants/ Contracts submitted:**

Office of Emergency Serv.	Naa Vura Yee Shiip	\$125,000
HUD	ICDBG	\$605,000
Blue Shield Foundation	Core support	\$25,000
Amerind	Cultural Support	\$ 2,000
Scott Valley Bank	Cultural Support	\$ 2,000
CASA	Continuation Funding	\$40,000
ANA	Language Program	\$137,812
Bureau of Reclamation	Thermal Refugia	\$25,842
Bureau of Reclamation	Annual Funding Agreement	\$77,000
U S Fish & Wildlife	Mid Klamath Planning	\$30,000
U S Fish & Wildlife	Upper Klamath	\$30,000
U S Fish & Wildlife	Chinook Spawner	\$10,610
EPA	Solid Waste Project	\$84,273
EPA	Performance Partnership	\$1,530,000
Klamath Intertribal Fish & Water Commission		\$124,933
State Water Resources Control Board		\$250,000

*Happy Camp Health Services  
Karuk Clinic, Happy Camp*



Twelve (12) professional services contracts were approved, fifteen (15) Memorandums of Agreement (MOA's), seven (7) Agreements, and three (3) Addendums were approved by council. Grants awarded April 1 through June 30 included Elders non competing continuation \$108,550, EPA Performance Partnership amendment \$15,000, CAL EPA Environmental Justice \$10,000, Scott Valley Bank \$2,000, Head Start Amendment to full years funding \$287,963, and Plumas County AIDS project \$15,000.

# Accounting Staff Contact Information

*Laura Olivas, Bookkeeper*

Karuk Tribe of California  
P.O. Box 1016  
Happy Camp, CA 96039  
Phone (530) 493-1600  
Fax (530) 493-2342



Laura Mayton, Chief Financial Officer, has been employed with the Karuk Tribe of California for the past four years. She is responsible for overseeing the entire financial operations of the Karuk Tribe. She brings extensive accounting experience to her position. Laura is a Karuk Tribal Member. She grew up in Happy Camp. She graduated from Happy Camp High School and later Humboldt State University, where she received her Bachelor's degree in Business Administration. After graduation she studied and became a Certified Public Accountant. She was involved in Tribal Government as the Tribal Treasurer.

Laura can be reached at (530) 493-1600 ext 2013 or lmayton@karuk.us.

Jamie Orge, Accounts Payable, has been employed with the Karuk Tribe of California for the past twelve years. She is responsible for making sure that all Tribal bills are paid and that all 1099's are completed (filed to the government and mailed to qualifying vendors). Jamie grew up in Seiad Valley. She is a graduate of Happy Camp High School. She and her family enjoy getting away on the weekends to the outdoors.

Jamie can be reached at (530) 493-1600 ext 2015 or jorge@karuk.us.

Tamara Barnett, Payroll, has been employed with the Karuk Tribe of California for the past nine years. She is responsible for making sure that all Karuk Tribe of California employees get paid, pay employment taxes, file payroll records (W-2, 941's, EDD), and pay retirement for employees (tribal contribution and voluntary contributions). Tamara grew up in Happy Camp. She is a graduate of Happy Camp High School. Tamara enjoys spending time with her family and friends, and loves to play sports. She is a big supporter of children and will devote her time and money to help ensure that Happy Camp youth have a chance to participate in life.

Tamara can be reached at (530) 493-1600 ext 2011 or tbarnett@karuk.us.

Cecilia Arwood, Travel, has been employed

with the Karuk Tribe of California for the past five years. Cecilia is responsible for making all Travel arrangements for Tribal employees and reconciling the travel upon completion. Cecilia is a Karuk Tribal Member. She is a graduate of Happy Camp High School. Cecilia enjoys spending her time watching her numerous nieces, nephews, and cousins participate in various activities. Cecilia can be seen supporting and enjoying the various local events. Cecilia participates in Tribal Government by "volunteering" her time to Election and TERO Committees. She can always be seen enjoying local events that occur in the area. Cecilia can be reached at (530) 493-1600 ext 2057 or carwood@karuk.us.

Michael Thom, Accounts Receivable, has been employed with the Karuk Tribe of California for the past three years. Michael is responsible for processing all money that the Tribe receives and data entry of Accounts Payable. Michael is a Karuk Tribal Member. Michael grew up in Somes Bar and graduated from Riverside. Michael enjoys spending time with his family, playing/calling Bingo, catching an occasional Poker Tournament, and seeing what other Tribes are doing with their gaming operations (a.k.a. Gambling). Michael takes an active interest in Tribal Government. He has been Tribal Vice-Chair and he currently serves on the KCDC Board. If you have a question for Michael he can be reached at (530) 493-1600 ext 2014 or mthom@karuk.us.

Laura Olivas, Bookkeeper, has been employed with the Karuk Tribe of California for the past year. She is responsible for Tribal loans, working with the CFO and the Grant Administrator, helping Managers and Supervisors if they have problems/concerns over their budgets. Laura is a Pit River Tribal Member of the Atsugewi Band. She grew up in the Yreka area. She graduated from Yreka High School and later CSU, Sacramento, where she received a Bachelor's in Business Administration. Laura enjoys spending time with her nephews and niece, traveling, hiking, sports (GO LA Lakers, SF 49ers, Sacramento Monarchs, and Tennessee Lady Vols), and being involved in her Tribal Government.

Laura can be reached at (530) 493-1600 ext 2026 or lolivas@karuk.us.

**For current Tribal events,  
jobs or news, go to  
[www.karuk.us](http://www.karuk.us)**

10<sup>th</sup> Annual

# Karuk Tribal Reunion

Carrie Davis, Co-Coordinator

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On Saturday, June 24, 2006, what I believe to be, one of the hottest days of the summer, the 10th Annual Karuk Tribal Reunion was in full force. Hundreds of people came from all over the United States for this event. The Karuk Tribe provided water stations full of ice cold bottled water. During the time frame of 10am to 2pm, the Karuk Tribe had distributed 700 bottles of water to reunion guests. We would like to give special thanks to the maintenance crew who worked very hard making sure water bottles were refilled and all water baskets always had ice.



The Reunion started out with a 5K/2 mile Fun Run/Walk. This was followed a few hours later by the Opening Prayer given by Alvis Johnson, a song by Leaf Hillman, and a welcome address by Arch Super. The Karuk Tribal Council did the Full Blood Recognition. The 8 Full Bloods are Charron Davey Davis, Margaret Vera Houston, Lucille Albers, Anthony Joe Jerry, Sr., Lafayette Robert Jerry, Sr., Violet Ruth Super, Nancy Lee Super, and Charles Robert Thom. They were all given the Karuk Tribal Flag and Pole. Next, the Council did the Recognition of the 47 Tribal Elders by giving them all a key chain made by The Happy Camp High School Indian Club.



During the Karuk Reunion, we also held the 2<sup>nd</sup> Annual Karuk Tribal Health Fair. This event was very successful. We even had



representatives from the California Rural Indian Health Board (CRIHB). The Karuk Tribal Health Program staff had several booths encouraging good health habits. Activities included an obstacle course for children, emergency preparedness information was given, substance abuse program information was handed out, games for children to play, blood sugars were taken, blood pressures were also taken and information was given out. These were only some of the activities that were provided.



We had Pinochle, Cribbage, and Texas Hold'Em card games going at the same time. The winners of the Pinochle Tournament was: **1<sup>st</sup> Place-** Shirley Martinez; **2<sup>nd</sup> Place-** Sis Attebury; **3<sup>rd</sup> Place-** Jeanne Burr. The winners of the Cribbage Tournament were **1<sup>st</sup> Place-** Anthony Jerry; **2<sup>nd</sup> Place-** John Lollich; **3<sup>rd</sup> Place-** Daniel Goodwin. The Texas Hold'Em Tournament was played for cash.



Karuk Tribal Newsletter • Summer 2006



The Horseshoe tournament had a good turn out. Everyone had a lot of fun and played great games. I would like to thank Loren Offield for all his hard work organizing this event.



The Information Technology Department gave away equipment that was no longer needed at the tribe. This was done on an as is basis.

The Enrollment Department was very busy making Tribal Id cards. I hope you all were able to take this opportunity to get your Tribal Id Cards.

Other Booths included a welcome booth, dime toss, snow cones, jump house, jewelry, arts, and crafts, funny photos, balloons, etc.



In addition to all the booths, we had a demonstration bush dance. This was very a very important event for many people who were able to attend. Several of our membership are not able to make the ceremonies because they live so far away. By doing a demonstration dance, it allows many members and their children to see their culture. To the dancers we would like to give you all a very well deserved thank you.

On a hot summer day, what is better than a watermelon eating contest? I am not sure of that answer, but I did get a lot of contestants who only entered to get a piece of watermelon. It was easy to tell who these people were because they went for the biggest pieces. This was a lot of fun. I would like to thank everyone who helped me with this activity. You all know who you are.



Dinner was free to the public and was served at 4:00 pm. The menu consisted of Traditionally Cooked Salmon (cooked by Earl "Scrub" Aubrey), Acorn Soup (cooked by Jimmy Goodwin), Buffalo, Baked Potatoes, Hot Vegetable, Garden Salad, Rolls, and Desserts.

The evening ended with a dance at the Happy Camp River Park Pavilion. The music was provided by the Merv George Band.



The next morning the Karuk Tribe of California provided a going home breakfast. I would like to thank cooks Lynn Parton, Brad Parton, and Arlene Carstenson. It was a lot of work!



In preparing for the Tribal Reunion it takes dedication from staff. I would like to thank all the staff who helped make the reunion happen.

I know that when you are preparing an event for several hundred people it is not easy. However, it is almost impossible to do when a "once every three years' survey" (JCAHO) shows up unannounced, two days before the reunion. Well that happened this year, and I would like to thank the Karuk Tribal Health Program for doing a great job on the survey as well as the reunion. Way to go!



Florraine Super- Coordinator; and Sara Spence- Coordinator of Booths and Vendors, thank you for all your help.

I hope to see you next year at the 11<sup>th</sup> Annual Karuk Tribal Reunion. This is a big event for the Tribe and if you have any suggestion or positive criticism please let us know. Please mail to – Attn: Tribal Reunion. Thank you, *Carrie Davis, Co-Coordinator*





## Fun Run Begins the Tribal Reunion Festivities!

The winner of the 3 mile run was Jim Berry with a time of 24:21 (that's 8 min 7 seconds/mile!!!). Thanks for all your help. *Dr Solus*

April Spence  
Annalyn Sanders  
Katie Kurz  
Erma Marshall  
Gabriel McCoy

Kristen King  
Jessaca Lugo  
Karen Santana  
Debera Kawkeka  
Todd Gilbert

Patti White  
Donna Zook  
Lisa Aubrey  
Edward Peters  
Malaya Rider

David Eiesenberg  
Gerry Canning  
Don Solus  
Jim Berry



### FACE PAINTING IN KARUK COUNTRY

AT THE  
KARUK TRIBAL REUNION



# Many Thanks To The Following Businesses For Their Raffle Donations & Support!

- River Country Rafting- 6 person day trip
- Disposal Service- 3 months residential can service
- Frontier Cafe- \$25 gift certificate
- Forest Lodge Motel, LLC- One night stay for two people
- Parry's Market- two gift certificates- \$50 value for each
- Napa Auto Parts- 100' tape measure, flashlight, and knife and cutting tool set
- Double "J"- Fishing pole & T-shirt
- Evans Mercantile- T-shirt & coffee mug
- Pizza House- Two separate large pepperoni pizza prizes
- Gold Nugget Printing- note pads



## 10<sup>th</sup> Annual Karuk Tribal Reunion



## Enrollment/Census Department Update

*Marsha Jackson, Enrollment Clerk*

There are currently 3,456 members enrolled and 1,954 Enrolled Descendants. In February we upgraded our department, both the enrollment database and id machine. In the change over we were not able to pull the old pictures off of the old ID machine. The ID's have a new look now, so please get your id card renewed if you haven't done so since February of 2006. To get your new card you can call our department at (800) 505-2785 x 2039/2028 and request an ID card form, you can email us at [mjackson@karuk.us](mailto:mjackson@karuk.us) or [dvoyles@karuk.us](mailto:dvoyles@karuk.us)



*Marsha Jackson taking photo for Tribal ID Card*

or you now have the option to print it from our website at [www.karuk.us](http://www.karuk.us). Also available on the website is the enrollment application for you to print out and mail in. Please be sure to **print, sign and mail** in the appropriate paper work. If you have any questions regarding this, please do not hesitate to call our office.

The Enrollment office is constantly taking the census of our enrolled members. If you are 18 or older and haven't had a census taken in 2-3 years or have never had your census taken, please contact our office so we can make sure to get you counted. If you are interested in completing a census, you may print it out from our website, you can call us and complete it over the phone or you can ask us to mail you a copy for you to fill out and mail back. We use this census information to apply for grants and other government monies. We do not disclose personal information. It is all for statistical purposes. The census reporting is used by many different departments within the Karuk Tribe; Education Department, Housing, LIHEAP, Grant Writing and many more. If you would like to know more about what the census is used for please contact us.

Our office hours are Monday thru Friday 8-5 and closed from 12-1 for lunch. Our office processes Enrollment Applications, Census, DMV and sales tax exempt forms (for those who live on BIA trust land), family trees, Tribal ID's, and fishing license forms.



*Marsha Jackson, Census Specialist & Delores Voyles, Enrollment Officer*

The Enrollment office is constantly taking the census of our enrolled members. If you are 18 or older and haven't had a census taken in 2-3 years or have never had your census taken, please contact our office so we can make sure to get you counted. If you are interested in completing a census, you may print it out from our website, you can call us and complete

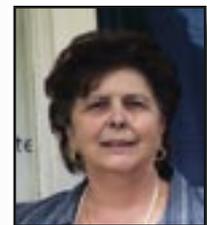
it over the phone or you can ask us to mail you a copy for you to fill out and mail back. We use this census information to apply for grants and other government monies. We do not disclose personal information. It is all for statistical purposes. The census reporting is used by many different departments within the Karuk Tribe; Education Department, Housing, LIHEAP, Grant Writing and many more. If you would like to know more about what the census is used for please contact us.

Our office hours are Monday thru Friday 8-5 and closed from 12-1 for lunch. Our office processes Enrollment Applications, Census, DMV and sales tax exempt forms (for those who live on BIA trust land), family trees, Tribal ID's, and fishing license forms.

## New CASA Program Manager

A previous employee of the Karuk Tribe of California has returned. Barbara Houle is now the CASA Program Manager and is stationed in Yreka, California.

Her credentials include an Associate of Arts (social work, law), Bachelor of Science (Criminal Justice), and a Master in Business Administration. She also has many years of experience in Tribal Court settings. As a legal advocate she handled many different cases such as adoption, divorce, criminal, civil, ICWA, garnishments, probate, and restraining orders. She has also worked with many different attorneys over the years.



*Barbara Houle*

Barbara moved with her family to Hoopa, California, in 1956. She grew up, married and eventually moved away in 1970, returning again in 1995.

In 1996 she went to work for the Tribe as an Assistant Planner, and in 1998 she became the Childcare Director.

Barbara is happy to be back and looks forward to the challenges that may come her way.

Court Appointed Special Advocate

## Looking for Volunteers/ Cultural Practitioners

*Corina Alexander, Program Supervisor*

The Naa Vura Yee Shiip Program is overseen by the Karuk Community Development Corporation which is owned and chartered by the Karuk Tribe of California. Developed under a grant from the Office of Emergency Services, Naa Vura Yee Shiip is a culturally appropriate, comprehensive treatment and preventative program targeting young Karuk victims of crimes ages 3-17. The program provides services to help develop healing through culture, build self-esteem by strengthening tribal identity and increases cultural knowledge. These services are provided in a variety of cultural education and enrichment activities, including classroom projects, field trips and Karuk Ceremonies.

Our program provides culturally sensitive therapeutic services to children in Happy Camp, Orleans and Yreka. Individual and Group opportunities will be available in each area. The program consists of Elders, Cultural Therapists, Practitioners, Volunteers and staff with the knowledge to implement the goals set for each child, along with the Licensed Clinical Social Worker.

The Naa Vura Yee Shiip Program welcomes anyone with cultural knowledge to become Cultural Practitioners with the program to work with kids who have been victims of crime.

Volunteers are also needed to help kids with projects, set-up classes and help supervise field trips.

### **Training for Volunteers/Cultural Practitioners**

**40 hour training will be provided in the following areas:**

Crisis Intervention; Child Abuse Dynamics; Mandated Reporting;

Victim Witness Services; Criminal and Juvenile System;

Indian Child Welfare Act.

If you are interested in taking this training and becoming a volunteer or Cultural Practitioner, please contact Corina Alexander, Program Supervisor at 530 841-0729 or P.O. Box 1148, Happy Camp, CA 96039.

## Grants Department

*Hester Miller, Grant Writer/Resource Developer*

Greetings from the Grants Department. Our summer is a busy one so far with several grants already submitted and many more in the works.

During May, we completed and submitted the 2006 Indian Community Development Block Grant for a Cultural Center in Orleans. The Cultural Center will have conference space, an education classroom, a computer room, and office space for KTHA and Behavioral Health. In June, the renewal application for the Indian Health Program was submitted. We also finished the FEMA draft Hazard Mitigation Plan, which will assist in repairing damage from the December 2005 storms as well as any future declared disasters. If you would like to read the plan, please contact Rick Hill or Hester Miller in the Grants Office at 530.493.1600, ext. 2021; we would appreciate your comments.

We are working on several proposals that will be due in August. They are: funding for the Senior Center's kitchen; an evaluation study proposal regarding Oak Knoll, east of Happy Camp, which would provide a transitional living facility to Tribal members and area residents; the Healthy Vision Community Award; and the third year renewal application for our HRSA grant, which supports our Health Program and clinics.

In the fall, we plan to begin work on projects that will renovate the Happy Camp Clinic and provide improved resources for Tribal archives.

## Karuk Language Program

ayukîi araaras. hûut kich iimkun? iimkun araráhîh kuchúuphîti hum?

Hello people. How are you all? Are you all talking in the people's language?

Congratulations to the Gehr family who recently welcomed a baby boy to their family basket. pamúthvuuy uum Logan Ifipan Gehr. We are all very excited for their family.

Susan is still with her family enjoying the new one. While Susan is on leave, you can direct phone calls, emails, and correspondence to:

Phil Albers Jr.

800 505-2785 ext. 2203

palbers@karuk.us

páy uum vaa payêem pánukupîti.



*Karuk  
People's  
Center*

The literature review on distance education best practices is complete. The review includes reviews on documents covering distance education for Native North American, Hawaiian, Alaskan, and other Indigenous languages and programs. It also covers reviews on different language programs and schools that utilize various distance education delivery models. This information will help the Karuk Language Restoration Committee to select a model for our Karuk Language Distance Education Course.

The review has been distributed to the KLRC via the KarukLanguage@topica.com listserve. For a copy, contact me at the Language office and I will be happy to forward you the full review.

The Language Program has recently distributed the Karuk Language Distance Education Survey. The survey targets distance education delivery models, Tribal teacher certification, and fluency level assessments. This survey is being distributed to forty other language programs, and several programs that utilize distance education.

These results will be compiled and analyzed for the KLRC. Based on these results, the KLRC will review the information and create policy for the Karuk Language Program.

### Language Terms and Phrases:

#### **Topic: Food**

xuntápan – acorn

xuun – acorn soup

ikyavarahákaamha – to gather many acorns

iknátar – rock for smashing acorns

áama – salmon

ikúuykîrih – to barbecue (salmon)

chi nu'am – lets eat!

### Language Terms and Phrases: Spring Issue

#### **Topic: Babies and Parenting**

ararápiit – newborn baby

yupsítanach – baby

ákah – father

táat – mother

tháxtuuy – baby basket

piknáakva – to burp

hûut ti'îin? – what's the matter with you?

yith nu pi'pôorîh – let's change your pants

xáyfaat téextrátîh – stop crying

### **REMINDERS\*\***

**The Karuk Dictionary is now online!!** Look up words in either English to Karuk or Karuk to English. The “Semantic Domain” option allows you to look up words in a certain category, such as fishing or basketry.

<http://dictionary.karuk.org>

The Karuk Language Program is located in the People's Center in Happy Camp, CA. Our office is open and visitors are welcomed. There are two Karuk Language community classes, times and locations are:

Happy Camp, Karuk Language Office – Tuesdays @ 12:00 PM

Orleans, Panamniik Center – Thursdays @ 3:30 PM

**For more information, contact the Language Program:**

Karuk Language Program

Karuk Tribe of California

64236 Second Ave. • P.O. Box 1016

Happy Camp, CA 96039

[www.karuk.us](http://www.karuk.us)

## Housing News

*Sami Difuntorum, Executive Director*



*David Arwood sharing story of grandmother Grace and Great Auntie Madeline*

The Karuk Tribe Housing Authority (KTHA) Revolving Loan Program has 13 loans totaling \$1,149,453.65 obligated to Karuk Tribal members who are first time homebuyers. The KTHA recently received

attended by numerous family members, community members, and friends. The KTHA appreciates the time, energy, and talent contributed by many people in the design and implementation of this project including Fred Burcell, David Arwood, Laurie Bowers, Hawkeye Harrison, Lori Arwood, Ralph Starritt, Jeff and Suzanne Peters, and Steve Mitchell.



*Karuk Elder Charron "Sonny" Davis blessing the flowers and plants*

our 2006 Indian Housing Block Grant award which adds \$500,000 to the loan fund.

On June 23rd, the KTHA hosted a gathering to rededicate the Elder Memorial flower garden in Happy Camp. The garden was originally dedicated honoring Karuk Tribal Elders in memory of Madeline Charley Davis and Grace Charley Davis. Leaf Hillman welcomed family members and guests, Charron "Sonny" Davis gave the ground blessing, Alvis "Bud" Johnson concluded with the dedication. The dedication was



*Members of the Davis family and a few friends in the garden*

The K T H A is extremely pleased to announce that Lisa Haas graduated from the P.O.S.T. Training course at College of the Redwoods. Lisa currently serves as the Security Director for the KTHA, based in the Yreka community.

## History Fair Winners Go to State!

*Sinead Talley, Chelsea Preston, Erica Ammon, Ashley Myers & Francisca Tripp*

On March 9, 2006, five Orleans Junior High students from the Karuk Tribe claimed 1<sup>st</sup> and 2<sup>nd</sup> place in their categories for Humboldt County History Fair. The topic this year was: Taking a Stand; People, Ideas, and Events. The projects entered had to closely relate to this topic and the winners all chose topics related to tribal history and culture. Around 750 students from throughout the county entered and it was a great honor to be awarded.

Chelsey Preston, Erica Ammon, and Ashley Myers won 1<sup>st</sup> place in the Junior Exhibit division with their project; Basketweavers; Making a Difference, on the subject of CIBA (California Indian Basketweavers Association). They interviewed Laverne Glaze, Stan Pfister, Holly Hensher, and Maria Strauss. The girls thank them!

Francisca Tripp and Sinead Talley won 2<sup>nd</sup> place in the junior documentary division. Their PowerPoint presentation was titled: The Language of Our People Restored: How the Karuk Tribe Took a Stand in Not Losing Their Language. They interviewed Violet Super, Charlie Thom, Vina Smith, Jim Ferrara, Phil Albers, Elaina Supahan, Jeanerette Johnny, Alvis "Bud" Johnson, Susan Gehr, Terry Supahan, Marge Houston, Junie Donahue, André Cramblit, and Laverne Glaze. They sincerely thank all of them!



*Sinead Talley, Chelsea Preston, Erica Ammon, Ashley Myers & Francisca Tripp*



# CASA-Court Appointed Special Advocate for Children

## Make a Donation

Your donation helps the Karuk CASA continue its life-changing work by supporting the recruitment, training, screening, and supervision of caring volunteer advocates who will speak up for child abuse and neglect victims.

If you share in CASA's mission to prevent abuse and violence, please show your support by making a financial contribution.

*Become a friend of CASA  
Barbara Houle*

### Please visit your CASA office at:

Karuk CASA • Barbara Houle  
212 Lane Street, Yreka CA 96097  
530-842-4924

## Crime against the Karuk Arrara...

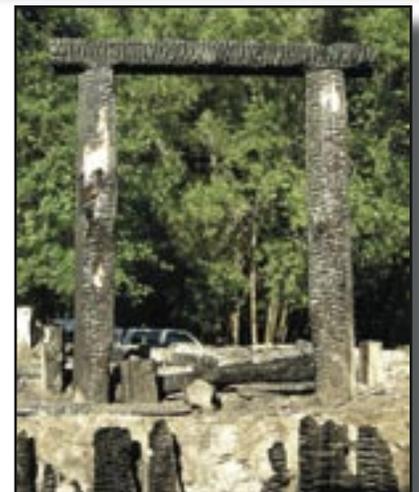
**REWARD!** WeTip™  
UP TO \$10,000

### Arson at Katiimin in Somes Bar, California

Saturday, July 1, 2006, a suspicious fire occurred at 1:20 a.m., at the sacred dance house at Katiimin in Somes Bar, California. The Karuk Tribe of California and Siskiyou County Detectives and Arson Investigators are asking for the public's help in solving this crime.

Anyone who has information regarding this fire or any suspicious activity at or around that location can call WeTip anonymously. Calls are taken 24 hours a day, 365 days a year.

All calls are anonymous, not just confidential. Rewards of up to \$10,000 are offered when information leads to an arrest and conviction. If you have any information regarding this crime or any other crime, contact WeTip at 1-800-47-ARSON.



24 Hours a Day 365 Days a Year

**1-800-47-ARSON**

1 8 0 0 4 7 2 7 7 6 6

You will remain completely anonymous!!

Se Habla Español

www.wetip.com

# Five Generations of Titus Women



*Left to Right: Great-Great Grandmother Arlene Titus (Mrs. Paul Titus) of Happy Camp, California; Great Grandmother Cheri Short, Grandmother Dawn Chapman, Mother Jessica Kenard and baby Alexis of Oakridge, Oregon.*

## Welcome Luncheon!

*Anthony Ballard, Substance Abuse Counselor*

*Chuck Lent, LCSW*



*Everyone Welcome to Attend*

**August 18, 2006**

1:30 pm - 3:30pm

*Lunch Will Be Provided*

**Panámniiik Center, Orleans, California**

**FREE  
Admittance**

## NCIDC Staff Presented With Thank You Plaque

*Dion Wood, TERO Director*



*Leaf Hillman, Joyce Jones & Florence Conrad  
Leaf & Florence present Joyce with plaque*

“Vice-Chairman Leaf Hillman and Tribal Council Member Florence Conrad present Joyce Jones, Director of the Northern California Indian Development Council office in Yreka (center) with a plaque as a small symbol of gratitude for Joyce’s many years of dedication and service to the Arraras of the Karuk tribe. Joyce, along with her Technical Assistant, Rose Kerr have both battled for, and served Karuk tribal members through the NCIDC office in Yreka for over two decades. A plaque was commissioned for Rose as well. Our Thanks (Yootva) to the Creator go out for Joyce and Rose and our Thanks (Yootva) go out to them as well! May the Great Spirit continue to honor and bless Joyce and Rose in all their endeavors!”

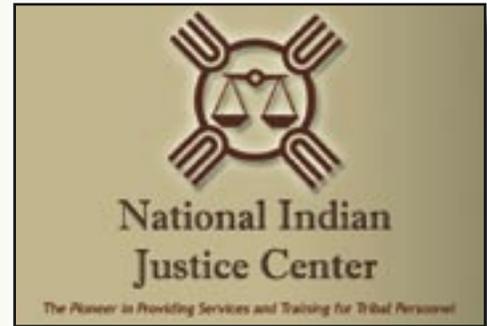
## Win A Pendleton Blanket And Improve Education For Tribal People In Your Community!

Please visit this website link and tell us about your educational needs and interests for a chance to win a Pendleton Blanket.

<http://www.surveymonkey.com/s.asp?u=38612255492>

### Please participate in this survey!

The Survey of Distance Education in American Indian Communities is an effort by the National Indian Justice Center (NIJC) to learn more about California Indians and distance education. The information you provide will not be sold or used inappropriately but it will be used to help tribal communities statewide obtain resources for education and telecommunications. We appreciate your help. Upon completion of the survey, your name will be entered into the raffle drawing. The winner will be chosen on September 22, 2006, California Indian Day!



# College of the Siskiyous

## Adult Distance Learning Classes at Happy Camp High School

Located in Room 11 at the High School, adjacent to the Computer Center

Fall, 2006

To enroll, call 888-397-4339

Classes begin 8/21/06

Monday	Tuesday	Wednesday	Thursday	Friday
9 am to 9:50 am <b>ENGL-44A</b> American Literature 1		9 am to 9:50 am <b>ENGL-44A</b> American Literature 1		9 am to 9:50 am <b>ENGL-44A</b> American Literature 1
10:00 am to 10:50 am <b>English 1A</b> College Composition		10:00 am to 10:50 am <b>English 1A</b> College Composition		10:00 am to 10:50 am <b>English 1A</b> College Composition
12:00 pm to 12:50 pm <b>Math 4</b> Pre-Calculus	12:00 pm to 12:50 pm <b>Math 4</b> Pre-Calculus	12:00 pm to 12:50 pm <b>Math 4</b> Pre-Calculus	12:00 pm to 12:50 pm <b>Math 4</b> Pre-Calculus	12:00 pm to 12:50 pm <b>Math 4</b> Pre-Calculus
	2:00 pm to 3:15 pm <b>ECE 4</b> Infant Development	1:00 pm to 1:50 pm <b>Math 56</b> Elementary Algebra (Partially Online)	2:00 pm to 3:15 pm <b>ECE 4</b> Infant Development	
4:00 pm to 5:15 pm <b>ECE 26</b> Multicultural Activities for ECE	4:00 pm to 5:15 pm <b>ECE 20</b> Parenting	4:00 pm to 5:15 pm <b>ECE 26</b> Multicultural Activities for ECE	4:00 pm to 5:15 pm <b>ECE 20</b> Parenting	
6:00 pm to 9:00 pm <b>English 1A</b> College Composition	6:00 pm to 9:00 pm <b>ECE 1</b> Intro. To Early Childhood Education	6:00 pm to 9:00 pm <b>ECE 7</b> Child, Family & Community	6:00 pm to 9:00 pm <b>FCS 11</b> Nutrition	

Learn More  
\$\$  
Earn More!

# Help Rebuild The Happy Camp Outdoor Sports Court!

## Goals:

- Total resurfacing
- Tennis nets and posts
- Tennis & handball practice wall
- Basketball backboards & hoops
- Line painting
- Drinking fountains
- Coin-op lighting
- Seating

... and more!

## Sports Court Outdoor Rebound Effort

Come help out the effort to take our courts from:



The SCORE Project is a community-wide effort to restore the High School tennis and basketball courts for everyone to enjoy!



**Y**our donations of money, materials, labor and expertise will be essential to the success of this court. This is a community wide effort with the help of grants, the high school district, local businesses & organizations, and community members from Seiad through Happy Camp to Orleans.

**T**o donate, send checks or other types of donation descriptions to:  
SCORE, P.O. Box 100, Happy Camp, CA 96039. Please make checks payable to Happy Camp Family Resource Center.

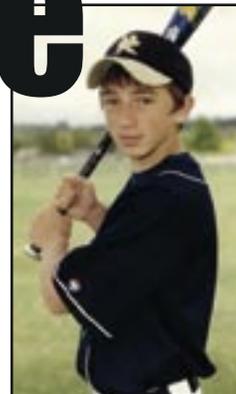
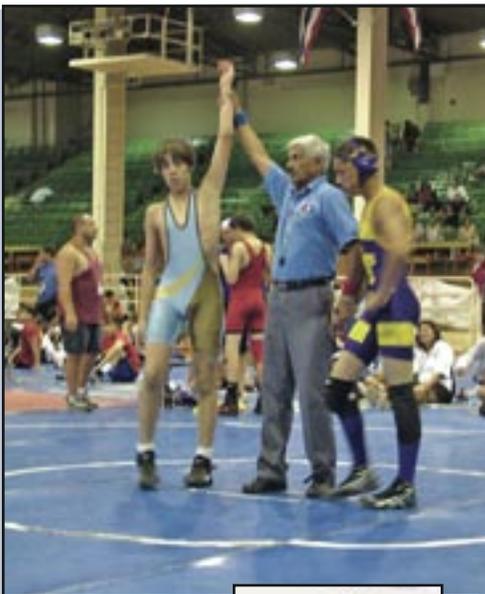
*This is a non-profit effort and receipts for your donations can be given for tax deductions.*

# Karuk Sports Page

## Daniel Merrill North American Indigenous Games Medalist!

Daniel Merrill recently competed at the North American Indigenous Games (NAIG) in Denver, Colorado. He won the 125 lb. weight division for cadets, 14-15 year olds, in wrestling.

**CONGRATULATIONS DANIEL!**



*Branden Davis,  
Eagle Point, OR*

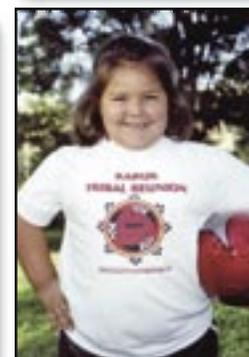


*Michael  
Attebury*

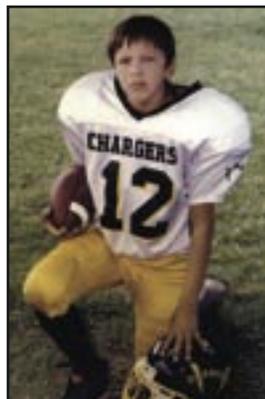


*Rosa  
Rodriguez*

*Maria Rodriguez  
Allen Attebury,  
Yreka CA*



*Sean, Kevin, & Brenden Berry, Yreka, CA*



*Aaron,  
Minnie  
& Tyler  
Hockaday,  
Yreka, CA*



# Phil Albers Wins Cage Fight

Cage fights were held on June 23, 2006 in Yreka, CA. Everything was a great success. We had 15 fights, including one girl fight. Eight fighters were from the Yreka area.



I fought Josh Rogers for the 205 lbs Title. Right away Josh started swinging, eventually we locked up and pushed each other all over the cage. I broke free and started chopping him down with leg kicks. After a body kick with my left leg, I immediately followed with an overhand right and knocked Rogers to the ground. I thought the fight was over, but he regained posture and the first round ended. We locked up early in the second and I countered his take down and took mount. Shortly after I set him up with strikes to the face and won by arm bar in the second round. There are talks of a rematch at a later time.



*Robert Goodwin & Phil Albers, Jr.*

Other fighters from the area were Dale “The MadMan” Mendes (Orleans) who won in 15 seconds with a rear-naked choke advancing to 2-0, and Frankie Donahue (Hoopa) who won in the first round with a rear-naked choke in his cage fight debut 1-0. Other Pikship Fighters include Bubba “The Púravaan” King, Cody “RedSavage” Donahue, Cogey McCovey, Luke Mace, and many in preparation all along the river.

For information on fighting or training contact Phil Albers (541) 261-8005, or [palbers@gotsky.com](mailto:palbers@gotsky.com). A special thanks go to the Karuk Tribal Council for the support and determination to make this event happen, CASA for providing concessions, my parents Rhonda and Phil Sr., and my brother Herman for their dedication and work on the production of the show, and my wife Elly Supahan for being so special and understanding.



yôotva, iimkun vúra tapas áraaras.

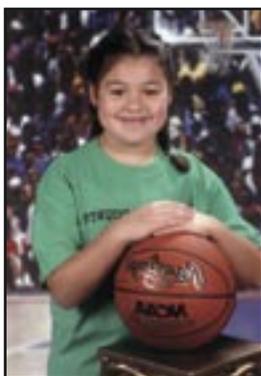
Phil “iykáran” Albers

[palbers@gotsky.com](mailto:palbers@gotsky.com)

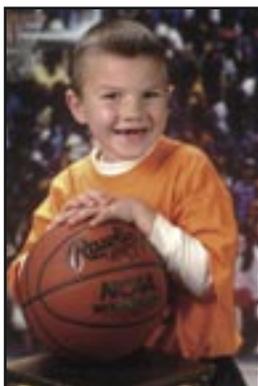
[www.brassnux.com](http://www.brassnux.com)



*Nate Shinar Davis, Happy Camp, CA*



*Ashley Bernal,*



*Jeremy Benal, & Grace Bruschi, of Crescent City, CA*



*Samuel, Frank, Madeline & Jacob Davis, Happy Camp, CA*



# Yupsítanach (Baby) Page



## Jenna Leeann Parry

**Born:** January 4, 2006 at 5:30 pm at Rogue Valley Medical Center in Medford, OR

**Weight/Length:** 5 lb 4 oz, 19 in long.

**Parents:** Bob & Trista Parry of Happy Camp

**Maternal Grandparents:** Jody & Judy Waddell of Happy Camp & Vickie & Shawn Slade

**Paternal Grandparents:** Bill & Sylvia Parry of Happy Camp

## Tanner Drake Lugo

**Born:** March 30, 2006 @ 8:40pm

**Place:** Mercy Medical Center, Redding, CA

**Weight/Length:** 6 lbs 15.2 oz, 20 inches long

**Parents:** Craig and Jessaca Lugo, of Redding, CA

**Maternal Grandparents:** Skip and Linda Davis, of Happy Camp, CA

**Paternal Grandparents:** John and Vicki Desmond, and Steven Lugo, of Redding, CA

**Sibling:** Big Brother Kason Davis Lugo



## Jacob Clyde Moreno

**Born:** November 19, 2005 @9:18am in Anchorage AK

7lbs 0oz 18 3/4inches long

**Parents:** Steven Craig and Gina Anne Moreno of Anchorage AK

**Paternal Grandparents:** Edward and Sharon Moreno of Stillwater MN

**Maternal Grandparents:** Clyde Randles Gammon and Dorothy Rose Robello



of Sparks NV

**Paternal Great Grandparents:** Late William and Hazelle Carroll of St Paul MN

**Maternal Great Grandparents:** Late James Randles and Late Caroline (Aubrey) Gammon of Seiad Valley, CA

## Happy 1<sup>st</sup> Birthday Alyssa!!

*Love always,*

**Your Auntie Liz & Cousin TyRee**





### Blake Alexander Harrison

Born: 11-23-05  
 Weight: 7lbs 4oz  
 Place of Birth: Bend, OR  
 Parents: Wendy & Marvin Harrison, Sr.  
 Paternal grandparent: Wynoma Harrison, Seiad Valley, CA  
 Maternal grandparents: Fred And Marsha Lywandowsky, Igo, CA  
 Paternal great-grandparent: Dollie Lee, Redmond, OR  
 Brother to: Tema Assof, Eugene, OR, Marvin Harrison Jr., Springfield, OR and Marissa Hammond, Bend OR

### Schuldzie Chulcina “Yahnaa” Bailey

**Born:** June 27, 2006 at Fairchild Medical Center, Yreka, CA  
**Weight/Length:** 8 lb. 1 oz. 18 1/2”  
**Parents:** Schuldzie Lily Bailey & Jaime Barreto  
**Maternal Grandparents:** Geraldine Peters & Richard Louis Bailey, Sr.  
**Maternal Great-Grandmother:** Lucille Albers  
**Aunts:** Hermanett Albers, Delila Super, Teeter Bailey, Rel Bailey  
**Uncle:** Richard Bailey  
**First Cousins:** Arron, Tyler, Minnie, & Hazel Hockaday, Jolie Ann Super, Cyliss & Carnell Bailey.



### Logan Ifipaan Gehr

mu’ákah - Greg Gehr  
 mutáat - Susan Gehr  
 mu’átish - William káru Robin Gehr  
 mukiit káru mukúut - Wanda Smith, Bob káru Mary Smith  
 mu’iipma - 4/29/06 at 9:12pm  
 ifyaa u’ máatheen - 6 pounds, 15 ounces  
 ifyaa vâaram - 20.5 inches

# Karuk Tribal Health Program

## Awarded Accreditation From Joint Commission



Exam room in Karuk Tribal Dental Clinic, Happy Camp

Happy Camp, June 23, 2006– By demonstrating compliance with the Joint Commission on Accreditation of Healthcare Organization’s national standards for health care quality and safety, the Karuk Tribal Health Program has earned the Joint Commission’s Gold Seal

of Approval™.

“Achieving accreditation demonstrates Karuk Tribal Health has voluntarily sought an independent



Karuk Tribal Health Clinic, Yreka

evaluation of its compliance with state-of-the-art performance standards,” says Michael Kulczycki, executive director, Ambulatory Care Accreditation Program, Joint Commission.



Karuk Tribal Health Clinic, Happy Camp



Karuk Tribal Health Clinic, Orleans

“We seek accreditation for our organization because we want to be the best,” says Lessie Aubrey, Acting Director. “We view obtaining Joint Commission accreditation as another step toward excellence.”

“Our staff is very supportive of the process. It gives them a feeling of prestige to work in an accredited organization,” says Mrs. Aubrey. “They also appreciate the educational aspect of the survey and the opportunity to interact with the Joint Commission team.”

An independent, not-for-profit organization, the Joint Commission is the predominant standards-setting and accrediting body in health care. Since 1975, the Joint Commission has developed state-of-the-art standards for outpatient ambulatory care organizations. Nearly 1,200 freestanding ambulatory care organizations maintain Joint Commission accreditation.

For more information, contact: Lessie Aubrey, Acting Director 530-493-1600 ext; 2042.

Quarterly Newsletter [www.karuk.us](http://www.karuk.us)

**Karuk Tribe of California**

PO Box 1016 • 64230 Second Avenue • Happy Camp, CA 96039 • (530) 493-1600 • (800) 963-2783

Tribal Enrollment is Currently At 3,442 Enrolled Members

*Fall 2006*

**Contents**

**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 [sspence@karuk.us](mailto:sspence@karuk.us) or to Rosie Bley at [rbley@karuk.us](mailto:rbley@karuk.us).

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.



search engines - Google Search  
 http://www.google.com/search?hl=en&q=search+engines&btnG=Google+Search

Google Web Images Groups News Enclose Maps more...  
 search engines Search Advanced Search Technical

**Seminar taught by Dave Donica**  
 Jefferson Economic Development Institute

Web Results 1 - 10 of about 329,000,000 for search engines (0.84 seconds)

## “Go to the Top of the List” - Search Engines and E-commerce

**Date:** Wednesday, August 23, 2006  
**Time:** 6-9:00 pm  
**Price:** Free

**Location:** Happy Camp Community Computer Center  
 25 Fourth Avenue, Happy Camp, CA 96039  
**(530)493-5213**

**Instructor:** David Donica, *Jefferson Economic Development Institute*

Learn a few simple tricks and tips that will help you get your e-commerce web site near the top of the search engine list - and keep it there.

- Tips for Search Engine Marketing
- How to choose Keywords & Phrases
- Linking your site to others
- Web site design do's and don'ts
- Paid versus free marketing
- How Search Engines work

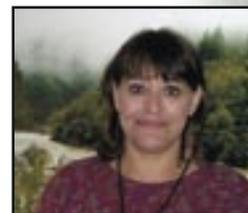
**Pre-registration is required. Workshop limited to 12 participants. Call 493-5213 to Register!**

## Department of Quality Management and Compliance

*Norlyn Peters, Quality Manager and HIPAA Privacy Officer*

Hi, I am the Quality Manager & HIPAA Privacy Officer for the Karuk Tribal Health Program. I have been here for seven months now working with Lessie Aubrey, QM Director and Acting Executive Director of the Karuk Tribal Health Program.

Since I starting working here, Lessie and I have been preparing for the unannounced JCAHO Survey. It was a lot of work, but it paid off when JCAHO showed up on June 22, 2006 for our unannounced survey. The two surveyors were here for two days and at the end of the second day they told us we passed and that we were reaccredited for the next three years. They commented that we were one of the best Health Programs that they have seen and that they really enjoyed the two days they spent with us.



*Norlyn Peters*

The Karuk Tribal Reunion and Health Fair was held on Saturday, June 24, 2006, the day after the JCAHO Surveyors left. Our department had an obstacle course for the kids to promote healthy children and gave out squirt guns to them when they finished it. It was extremely hot that day, so the kids and the parents seemed to enjoy the squirt guns.

On May 30, 2006 we put boxes in all our clinics for the 2006 Patient Satisfaction Survey. We plan on gathering them up sometime next month for the results.

Our Biannual Health Staff Meeting was held on June 14, 2006 in Yreka at the Siskiyou County Museum. It was a mandatory meeting for all health staff and substance abuse staff was also invited. The California Preparedness Education Network presented three modules with three different speakers during the course of the day. The first module presented was Disaster Preparedness for Primary Healthcare Providers; the second module was Emerging Infectious Diseases; and the third module was Avian Influenza: From Birds to Poultry to Humans. All three modules and speakers were informative and interesting.

Annual HIPAA Security and Privacy training was given by Patti White, Security Officer and myself.

Executive Director Awards were presented by Lessie Aubrey to the people who helped her with the Periodic Performance Review. Awards were presented to Dr. Todd Weaver, Dr. Don Solus, Dr. Mike Willett, David Eisenberg, Alissa Johnson, Claudia Ross-McLeish, Lois Gonzalez, Patti White and Suzanna Hardenburger for their hard work.

## Karuk Senior Program

*Babbie Peterson, Senior Center Supervisor*

The Senior Center Program is located in Orleans and Happy Camp **at this time**. With funding from the Older American's Act we provide nutrition programs at both sites – we also have funding from the Tribal Council to meet unmet funding needs, and donations by local organizations and people who stop by for lunch. Senior services are an important concern of our Tribal Council, Health and Human Services Department, our membership, and our whole community.



*Babbie Peterson, Bonnie Alvarez  
& Donna Zook*

- We care about the health and well being of our whole community and welcome everyone. By serving the whole community allows us the opportunity to expand services and service funding opportunities.

Many of our services are limited to Native American populations at this time, such as our Caregiver Support Program, home visits, transportation for elders who have no other source of transportation or have health needs that limit their ability to drive – but we work to collaborate with other local organizations and agencies to link all seniors to services they need. Meals are available to all seniors in the community and their spouses of any age; also any handicapped children who live in their home with them qualify. All others are required to pay \$5.00 per meal and are only served after our clients are served to make sure we will have enough food to feed the people that we are funded to feed.

We encourage senior involvement by asking seniors to write articles about what they feel is important to them, be involved with bike rodeo activities that the CHR program does, working with our schools as volunteers, doing story telling or sharing their knowledge of local plants and animals of our area for local events and school field trips. The article below is the beginning of that process – Please welcome their participation and input to our program. Our Program thanks them for their energy and sharing their wisdom with us each day.

## Happy Camp Senior Center News

*Roberta Everett – Happy Camp Senior Center Nutrition Program Volunteer*

Calling one and all seniors, 60 and above, to come and enjoy the senior meal program held at the Karuk Community Center. This site used to be known as the old Elementary School Multi-purpose room for those who have lived here for a number of years. Come and meet with many other seniors and enjoy the nutritious and delicious meals prepared by two great cooks, Bonnie Alvarez and Donna Zook. They are there to make your visit to the senior meal program all that it should be.

Lunch is served daily Monday through Friday from 12 noon until 12:30. Bread and milk are served with all meals. A great salad bar is available three days a week on Wednesday, Thursday, and Friday. There is a donation of \$2 per senior each day for the meal.

Fun is had by one and all on numerous special days. Birthdays are celebrated every month with cake and ice cream. Special meals are planned for holidays and other noteworthy occasions. There have been other unique events scheduled too. The seniors became artists one day when Beth Buchanan brought everything for painting with watercolors.



*Luau luncheon at the Happy Camp Senior Center*



*Standing: Bonnie Alvarez & Beth Buchanan hosting an art workshop at the Senior Center in Happy Camp*

Stop by and pick up a menu or check out one of the bulletin boards in town and look over the menu that is prepared primarily with senior nutrition and good taste in mind. We'd all enjoy seeing you!



## Chelsea Gayle Receives Hutton Scholar Award

*Submitted by Florence Conrad*

WASHINGTON D.C.- Siskiyou County resident Sarah Chelsea Gayle received the prestigious Hutton Scholar Award. In May 2006 the Chief of the USFS and the American Fisheries society invited Karuk descendent of the Conrad family Sarah Chelsea Gayle to Washington DC to receive an award as a Hutton Scholar. Chelsea worked at the US Forest Service in Orleans as a Fisheries Biologist Trainee.

She was one of 65 participants nationwide and was the only one chosen for the Hutton Award.

Chelsea has lived in Somes Bar all her life. She is now attending College of the Redwoods in Eureka, California under a full scholarship from the Ford Family Foundation. She is working toward a degree as a fisheries Biologist. Chelsea's family is very proud of her!

*[The Hutton Junior Fisheries Biology Program is a summer mentoring program for high school students sponsored by the American Fisheries Society. The principal goal of the Hutton Program is to stimulate interest in careers in fisheries science and management among groups underrepresented in the fisheries professions, including minorities and women. Application to the program is open to all sophomore, junior, and senior high school students regardless of race, creed, or gender. Because the principal goal of the program is to increase diversity within the fisheries professions, preference will be given to qualified women and minority applicants. Students selected for the program are matched with a professional mentor in their area for a summer-long, hands-on experience in a marine or freshwater setting. A scholarship of \$3,000 is awarded to each student accepted into the program.]*

## Carol Thom Graduates from COS

*Submitted by Jessica Thom*



Carol Thom graduated in May of 2006 from College of the Siskiyous in Weed

We all are very proud of your accomplishments and love you! Keep it up!

**Love, all of us!!!!**

## Karuk High School Graduates Head for College!

**Charles Shaun Lindsay, Jr.**



Charles Shaun Lindsay Jr. graduated from Etna Union High School on 6/9/2006. Shaun is the son of Evelyn Thom Lindsay and Charles Shaun Lindsay Sr. He received the Scott Valley Scholarship and Robert Butch McCallister Scholarship. He will be attending the College of the Siskiyous in the Fall.

**Gregory Guy "Dobby" Hobbs**

Gregory Guy "Dobby" Hobbs graduated from Yreka Union High School on 6/10/2006. Gregory is the son of Patricia Ainsworth Hobbs and Guy Hobbs. He will be attending College of the Siskiyous in the fall, majoring in music.

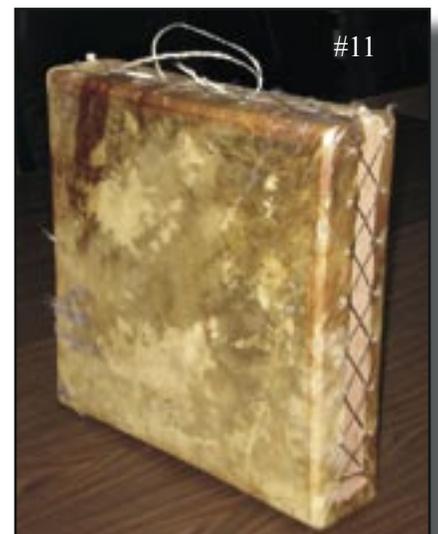


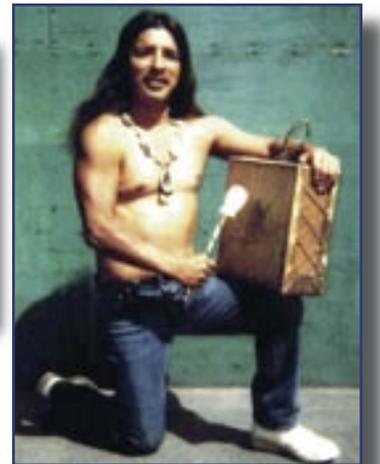
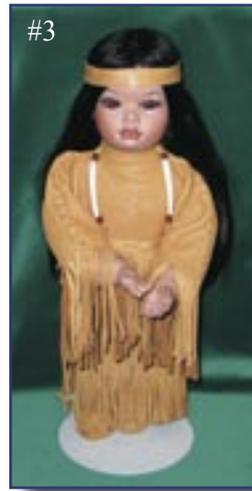
## Follow the Smoke Basketweavers Gathering Raffle

The Follow the Smoke Basketweavers Gathering was held July 10-14, 2006. Raffle tickets were sold previous to the gathering in an effort to raise funds to support next year's event. We would like to thank all of the individuals who made and donated items to be raffled off for this fundraiser and to everyone who bought tickets to support our gathering; we earned \$2,435 toward next year! Yootva!

### The winners of the beautiful prizes were...

1. Freda Walker, Baby Basket Earrings made by Synthia Figueroa
2. Janet Golio, Necklace by Lena Hurd
3. Kristen Carothers, Porcelain Doll by Glenda Hockaday
4. Walter Spinks, Doll Basket by Debbie McConnell
5. Frank Reece, Creek Willow Duck Basket by Virginia Melendrez of Baja, California/Mexico
6. Clifford McLaughlin, Kachina Doll by John and Jenny Larson
7. Karen Pearson, CD by Basketball Bob Attebery
8. Maymi Preston, Basket Covered Salt & Pepper Shakers by LaVerne Glaze
9. Clarence Hostler, Herb Basket by Dolly Elston
10. Paula McCarthy, Elk Hide Drum by Sam Super
11. Nick Angeloff, Deer Hide Drum by Leon Hillman and Drumstick by Michael Thom
12. Ama Fox, Fish Trap by Josh Saxon-Whitecrane
13. Marissa Calleway, Senica Basket
14. Tera Wilson, Sipnuk Basket by Deanna Marshall
15. Bonnie Alvarez, Trip to Seven Feathers
16. Andrew Difuntorum, Quilt by Renee Stauffer
17. Carol Cameron, Tobacco Basket by Paula McCarthy
18. Helen Smith, Dreamcatcher Gourd by John and Jenny Larson
19. Toz Soto, Bowl Gourd by John and Jenny Larson
20. Toni McLane, Hand-Twisted Dogbane String w/Abalone Pendant by Beth Pendelton
21. Toni Brend, Sipnuk Basket by Verna Reece
22. Gay Baxter, Basket Necklace by Laura Sanders
23. Nancy Bailey, Redwood Acorn Paddle by Brian Colegrove
24. Nell Sakota-Anderson, Hair Sticks by Alexis and Ashley Allgier
25. Nancy Super, Basket Necklace by Jennifer Goodwin
26. Kathy McCovey, PaiPai Basket by Daria Mariscal





Sam Super with Hand Made Elk Hide Drum

## Cost Cutting Tips for College Students

From the Education Department

Submitted by: Education Program Coordinator, Jennifer Goodwin



### Book It: How to Find Cheaper Textbooks

Your arms strain under a stack of brand new hardcover books while the prices flash on a monitor: chemistry, \$75; American literature, \$95; calculus, \$125. You look at the rest and think, "How am I supposed to pay for this?"

The price of textbooks has risen at twice the rate of inflation over the last 20 years according to the Government Accountability Office. Even used books don't soften the blow. What's a student with a bruised bank account to do?

#### Net Yourself a Used Textbook

Amazon <http://www.amazon.com/>, Abebooks <http://www.abebooks.com/> and eBay <http://www.ebay.com/> are familiar resources. Other Web sites (like Campusi, <http://www.campusi.com/>) list available titles from many different used book sellers, organized by price. Before you buy online:

- Check the International Standard Book Number (ISBN) to verify you're getting the book you want.
- Factor in shipping time and cost. Don't fall behind because your book got lost in the mail.
- Wait until the end of the semester. Lower demand means more favorable availability and price. Don't know what books will be on the syllabus? Ask your professor.

More websites for low cost books are:

- Textbook Revolution at <http://textbookrevolution.org/>
- Swap Simple at <http://www.swapsimple.com/>

For more information on college cost cutting, go to [www.fastweb.com](http://www.fastweb.com), by Chris Dieh

## Congratulations to all of the 2006 GRADUATES!

## Hot Weather Safety

*The following information is from the Karuk Tribal Health Program and the American Geriatrics Society.*



*Steven Burns, MD*

Hot weather is more likely to cause health problems in older adults than in younger ones. About 200 Americans die of health problems caused by high heat and humidity every year. And most of them are 50 or older.

Thanks to some of the physical changes that happen as we age, older adults can't cool down as well as younger ones. Just as important, older people may not feel hot when the temperature is dangerously high. They are also less likely to feel thirsty, even when they are almost dehydrated, which means that their bodies have lost dangerous amounts of water.

Heart disease, diabetes and some other diseases that are common among older adults can make it even more likely that they'll have problems when it's hot. So can certain drugs, including water pills, allergy and sinus medications, and drugs for depression and nerve problems.

### Staying Safe When It's Hot Outside

Temperatures don't have to be that high to cause health problems in older adults --temperatures in the low 90's can be very dangerous for older people. Because older adults may not feel hot, even when it's dangerously warm, they

and the people who care for them should check the temperature often during the summer. When temperatures hit 90 degrees Fahrenheit, caregivers should check on older adults, and older people:

- Should turn on the air conditioner or go where it's air-conditioned - a shopping mall, grocery store, senior center, movie theatre, museum, or library, for example. (Fans aren't enough.)
- Should Not walk long distances, lift heavy objects, or do other strenuous things.
- Should drink lots of water and other clear drinks that don't contain alcohol or caffeine (these can "dry you out"). Remember: If your urine is a light yellow color, you're drinking enough water. If it's darker yellow, you need to drink more.
- Should take cool showers, baths, or sponge baths.
- Should wear lightweight, light-colored, loose-fitting clothing. Clothes made of light-weight cotton are a good choice.
- Should wear hats.
- Should stay out of the sun.



## How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and to get help. Here's a list of health problems caused by heat, and what you need to know about them:

### Dehydration

What it is: A loss of water in your body; this can be deadly.

**Warning signs:** Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

**What to do:** Call your doctor or 911. Meanwhile, drink plenty of water and, if possible, "sports drinks" such as Gatorade, which contain important salts called "electrolytes" that your body loses when you're dehydrated.

### Heat stroke

What it is: A very dangerous rise in your body temperature; it can be deadly, too.

**Warning signs:** A body temperature of 103 or higher; red, hot and dry skin; a fast pulse; headache, dizziness, nausea or vomiting, confusion, and passing out.

**What to do:** Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes, drink water or drinks such as Gatorade. If possible, douse yourself with cool water, or use cold, wet compresses to help lower your body temperature.

### Heat exhaustion

What it is: Illness caused by too much heat and dehydration

**Warning signs:** Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, and fainting.

**What to do:** Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water, or drinks such as Gatorade. If you don't feel better fast, call 911.

### Heat syncope

What it is: Fainting caused by high temperatures

**Warning signs:** Dizziness or fainting.

**What to do:** Lie down and put your feet up, and drink plenty of water and cool fluids such as Gatorade.



## 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

Summer 2006

- Arch Super,**  
*Chairman*
- Leaf Hillman,**  
*Vice-Chairman*
- Florraine Super,**  
*Secretary*
- Leon Hillman,**  
*Treasurer*
- Roy Arwood,**  
*Member at Large*
- Florence Conrad,**  
*Member at Large*
- Robert Goodwin,**  
*Member at Large*
- Robert Grant, Sr.,**  
*Member at Large*
- Alvis Johnson,**  
*Member at Large*

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*Sara Spence*

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

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**Change of Address**  
If you are not sure whether your correct address and phone number are on file with the Tribe, please write us or call (800) 505-2785 Ext. 2028 and let us know your current address and phone number for future reference.

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**Karuk Tribe of California**