



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

Karuk Tribal Council

January, 2008

Arch Super,
Chairman

Leaf Hillman,
Vice-Chairman

Florrine Super,
Secretary

Leon Hillman,
Treasurer

Roy Arwood,
Member at Large

Florence Conrad,
Member at Large

Robert Goodwin,
Member at Large

Alvis Johnson,
Member at Large

Charron 'Sonny' Davis
Member at Large

**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*

Karuk Tribe of California
Post Office Box 1016
Happy Camp, CA 96039-1016

Presorted Standard
U.S. Postage
PAID
Permit No. 2
Happy Camp, CA
96039

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.

Karuk Tribe of California

Quarterly Newsmagazine
January, 2008

Post Office Box 1016 • 64236 Second Avenue • Happy Camp, CA 96039
(530) 493-1600 • (800) 505-2785 (800-50Karuk) • www.karuk.us



*Tribal Enrollment Is Currently At
3,508 Enrolled Members*

Inside This Issue...

- The Chairman's Corner 2-3*
- Newly Elected Council Members Sworn In 3*
- Notes From The Secretary 4-5*
- Karuk Booster Club 6*
- Karuk Community Loan Fund 6*
- KTOC Financial Update 7*
- Housing News 8*
- Featured Housing Unit/Hockaday Home 8*
- In Loving Memory: Paul "Bud" Titus 9*
- Free Legal Clinic 10*
- Yootva Sam Super! 10*
- Orleans Students Learning Video Transfer 10*
- Gathering Language Tools 11*
- Quarterly Staffing Update 11*
- Happy 97th Birthday Hazel Joyner! 11*
- Low Income Assistance Programs 12*
- Winter Energy Saving Tips 13*
- Successful Online Learning 14*
- New Lifestory Writing Course 14*
- Get Well Wilson Donahue 14*
- Start or Grow A Business Workshops in HC 15*
- Employment, Career Planning & Jobs 15*
- "Thanks For Being There" Poem 16*
- The Nurses Corner 16*
- Student Celebration Dinner 16*
- Karuk Children 17*
- Education Grants & Rent Vouchers 18*
- Seven Myths About Online Education 19*
- The Nurses Corner 20*
- Dr. Curtis Hanst 20*
- Featuring Frank Merrill 21*
- Contract Health Services 22*
- HC Community Christmas Party 23*

Karuk Country

Photo courtesy Gerry Canning



The Super Tribe

Back: Larry, Don, Pete Jr.
Middle: Arch Robert, David, Gary
Front: Florraine, Nancy, Pete Sr.



Chairman's Corner

Arch Super, Tribal Chairman

Ayukii koovura pa araaras (Hello, all the tribal people). We would like to thank our Family, Friends and Relatives for the support and votes into office of the Karuk Tribe, 2007-2011. We are very happy, excited and honored to be given another opportunity to serve our Tribe. We look forward to working with the Tribe, Council and Members. We encourage Members to call upon your tribal leaders at all times. Yootva puxxich (thank you for much).

OCTOBER - Council members, Ms. Florraine Super, Roy Arwood and I attended our **California Rural Indian Health Board (CRIHB) quarterly meeting in Jackson, CA**. The meeting

consisted of the Indian Health Care Improvement Act; Legislative Priorities; Obesity Planning Grant; and Executive Directors Reports. CRIHB helps our Tribe move legislation. Mr. Michael Thom also gave a Committee report. Mr. Scott Quinn, our Roads and Land Manager and I **assisted an Elderly Tribal Member in Etna** on some Land issues. We like to assist as much as possible and encourage tribal members to call upon your Tribal Council. I attended a meeting with the **Oroville Tribe and the Department of Indian Health Service** to discuss a Youth Rehabilitation Treatment Center planned to be constructed near Oroville.

The Center would be a place that we could arrange for your youth to be placed. Susan Corum, fisheries Biologist from the Karuk Department of Natural Resources and I attend **a Consultation with the Regional Water Quality Board**. Susan and I presented a statement on the Tribe's stand on the Toxic Algae contamination.

NOVEMBER - Mr. David Wroblecki, Peoples Center Coordinator, held a meeting to bring Tribal Council and Staff up to date on the plan for the **Cultural Resource Management Program**. This is an exciting venture to start a Tribal Business with a Cultural Monitor Group. It looks like the group could be established very soon. NCIDC held the 26th **Annual Inter-Tribal Gathering & Elders Dinner** on the 10th of November in Happy Camp. The Gathering was a success, as it has been in the past. Our staff and volunteers did a great job. We held a **Ribbon Cutting Grand Opening of the Seniors Lunch Program** at the remodeled Headway Building. Tribal Council and the KTHA Committee Members were in attendance. The building is very nice and the seniors have a nice place to eat and congregate. The building also houses our monthly Tribal Council Meetings and Health Board Meetings. I attended a meeting of the **California Child Welfare Council**. Ms. April Attebury is the delegate for this Council and I'm her alternate. She was unable to attend. We are collaborating with many agencies for the State Offices and other agencies that deal directly with Child Welfare. We are seeking the best avenues for taking care of diverse issues of Child Welfare. The Tribal Council and Staff and the



Community celebrated the opening of the new Karuk Community Health Clinic in Happy Camp. We had a very good turn out. The Tribe entertained and fed people in attendance. Everyone is welcome to stop by and see the

Clinic, any time you're in town. We started our **Talking Circle (Chuupha Unuhyaaach) in Yreka** again. We had in attendance a small group of Tribal Members / Elders / Housing Residents. Vura yav Chuupha Unuhyaaach (the Talking Circle was just fine). We did an official **Swear In of the Re-elected Council Members, Ms. Florraine Super, Ms. Florence Conrad and myself** on November 21st and a celebration Swear-In at the Tribal Council Meeting in Yreka on November 29th. We will continue our Chuupha Unuhyaaach in January and we hope to start Chuupha Unuhyaaach in Happy Camp and Orleans.

DECEMBER - I attended the quarterly **Tribal Budget Advisory Committee (TBAC) Meeting** in Washington DC. The meeting is with other Tribal Leaders in the regions throughout the United States. We discussed and semi negotiated our Federal dollars budget. Unfortunately our budgets are strongly set by the Office of Management Budget, but we do have some pull as individual tribes and with our tribes pulling together. I met with **Mr. John Hay, Attorney with the National Indian Gaming Commission**, in DC. He stated that our Gaming Proposal would be delivered to the Department of Interior (DOI) for the determination of our land in Yreka to be eligible for Gaming. He stated that we should hear from the DOI at the end of the year. As before, we cross our fingers. We held our **Annual Employee Christmas Party in Happy Camp**. We had a very good turn out. We like to give the "workers of the Tribe" this annual activity incentive. Ms. Carrie Davis, Self Governance / Roads / Lands Assistance and I **met with Wal Mart in Yreka to accept the \$1000.00 check that they granted to the Karuk Tribe and Happy Camp community for this year's annual Christmas Party.** Carrie and Ms. Tamara Barnett,

Tribal fiscal deputy, were instrumental in the grant award. **The Karuk Booster Club met to review the program.** We have assisted a couple of tribal basketball teams and trips. In the Yreka area, the teams (the War Eagles and Native Strong) will be doing some community services for the elders and other projects that might need some an assisting hand(s). I have signed up with the **Happy Camp Computer Center (funding through the Tribe)** to take Leadership Development, Extension college online training, and in the summer and fall, I will sign up for classes towards an AA, BA degree. A couple of our staff have been taking classes to enhance their education and skills. We do encourage tribal members and employees to check out the ongoing programs in education.

JANUARY - Self governance director, Mr. Hector Garcia and Council Members, Sonny Davis, Roy Arwood and I attended a **Government (Feds) to Government (Tribes) Training that was sponsored by the Affiliated Tribes Northwest Indians (ATNI) in Portland OR.** The training was very good at informing us on our readiness to deal with the Feds on Appropriation, Budget, and Legislation. Council Member, Ms. Florraine Super, Ms. Florence Conrad, Roy Arwood and I attended the **quarterly CRIHB meeting in Sacramento.** CRIHB keeps our Tribe informed and lets us know of positions that the Tribes and CRIHB should take and also the services that CRIHB has for the Karuk Tribe.

OVERALL - We have been staying busy. More and more tribal members are getting in touch with me and other Tribal Council Members, I always continue to encourage doing so by writing, email, calling or coming and see us with any issues and concerns. Whatever way we can address these issues and concerns, we will always try. If you have a specific, director Council Member or Staff Member that you wish to get in touch with, please do so.
Yootva, (thank you) Suva nik. (see you later)

Coming Soon -
Talking Circles (Chuupha Unuhyaaach),
Yreka, Happy Camp, Orleans
Chairman's webpage on www.karuk.us website
Proposed revisions to the Karuk Tribe Constitution

Newly Elected Council Members Sworn In

All three of the re-elected Tribal Council Members (Arch Super, Florraine Super, and Florence Conrad) were sworn into office on November 20, 2007 in Happy Camp.



Arch Super

There was a small celebration at the Council Meeting November 29, 2007 in Yreka with cake and ice cream to congratulate the Council Members as well!!!



Florraine Super



Florence Conrad

Notes from the Secretary:

Florraine Super, Council Secretary

Ayukii, Hope everyone enjoyed their Holidays! Since being re-elected, I have started working on my campaign promises. First of all, I have put Elder top priority and started working on implementing cultural classes in the Yreka area. I have included these two issues in my quarterly report. I hope my information is helpful and keeps you up to date.

Side note:

Ivan "Ishnur" Super, my son, is getting bigger and started to get his teeth in. He will be 8 months on January 9th and in December he weighed 25 lbs.



TRIBAL COUNCIL SECRETARY QUARTERLY REPORT

Elders- Honor our Elders, They show us the way in life.

The Elder's have been my top priority. Our Council has always supported our Elder's and I want to make sure we are doing the best that we can. I have been talking with all the directors and putting Elder's on our committee agendas so we can discuss and come up with a plan to make sure our Elder's are getting the support they need. Once we get a plan and see programs supporting our Elder's, I will report back to you.



Cultural Classes—Now Available in Yreka!

Cultural classes will be available to all those who are interested in learning and/or teaching. Classes will provide tribal and cultural awareness by storytelling, history lectures, dances and arts and crafts (basket making, drum making, regalia, and jewelry). They will begin February 17, 2008 from 3pm to 6pm located at the new



Housing / Tribal building in Yreka. We will continue to have classes every Sunday until May. Contact me for further information!

Yav Pa Anav -- Programs meet at the table.

Yav Pa Anav is an intra-department committee. Our goals are to strengthen the Karuk tribal system of care and improve communication with tribal departments and tribal members. Some of the departments involved are Social Services, Housing, Elder's workers, LIAP workers, Head Start, Health, and Council members. We are all excited to move this program forward. So far we have worked on identifying accomplishments, barriers/challenges, and goals for 2008.

2007 Accomplishments: Established Vision, Mission, and Goals; Approved intradepartmental MOU; Designed Resource Guide for Employees, Designed and approved referral and information forms; Revised Housing policy; Strengthened Yav pa anav members; and Used Yav pa anav as a model for grant application.

Indian Child Welfare Committee (ICW):

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.

Our committee has continued with our regular duties such as keep our families together, engaging our traditional beliefs in our ICW and CASA case plans, and working with other tribal and county departments to better serve our members.

Karuk Tribe Foster Home:

Preserve Our Culture.... Open your heart to an Indian child

We are looking for Karuk foster families or people who can: Ensure the child maintains their connection with the Karuk Community by using culturally appropriate services. Understand the importance of the child's bond with their natural and extended family. Meet the needs of your own family while sharing your family with the child(ren) placed in your home.

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.

Cultural Sub-Committee for ICW:

We started a Cultural Sub-Committee. We want to see more traditional activities put into our clients case plan. I believe since we have jurisdiction over our children we need to make sure we make our case plans unique to our beliefs.

We are looking for people in all areas, where we may have jurisdiction over Karuk children, to share their traditional knowledge with our children. Please contact our social services if you'd like to participate in this concept.



State ICW Workgroup Meeting:

We met with other tribes, tribal organizations, and county agencies to discuss Indian Child Welfare matters. This is a very informative meeting that keeps us updated on Senate Bills, other statewide workgroups, and trainings for both tribes and county agencies. Some of the issues were Division 31 Update-the workgroup wanted information on upcoming changes regarding SB678 and BIA ICWA Regulations-Issues important to this topic is that one of the BIA representatives stated at the consultation that the BIA would only respond to ICWA Notice and Inquiry for Dependency cases, not Probate Guardianships or WIC section 602 cases and they would be stationed in New Mexico. If you would like more information on current ICW issues please contact your social services office or me.

Head Start: Children are our Future

Santa visited both the morning and afternoon classes. Each child got a gift that was donated from a local organization.

New Staff in the Yreka Classroom. Welcome back Nicole Finch. Nicole is the afternoon teacher for the Yreka Center.

Vina Smith and I visited the morning and afternoon

class and taught the children some Karuk language. We taught the children clothing. They picked it fast. It was great spending time with them and seeing them learn our language.

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 was to help those who didn't qualify for LIAP but were very much in need. So the council has obligated some funding to help those who need assistance. It's has helped a lot of our elders and families with children.

Karuk Youth Leadership 2008

I will begin planning in February for the 2008 Youth Leadership. This year's conference will be held in Happy Camp. If you have ideas please let me know.



Contacting your Karuk Tribal Secretary:

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*





Sammi Jo Goodwin

Karuk Booster Club

We need your support so we can support our kids in sports!

The Karuk Booster Club helps support Karuk enrolled members and enrolled descendants with sports and extra-curricular activities. We support children who are involved in school and community programs!

Upcoming Fundrai\$ers... We need your \$upport!

February 1-3, 2008 - 50/50 Raffle – Yreka Basketball Tournament

February 29, 2008 – Indian Taco Feed
(Yreka New Tribal/Housing building)

March 29, 2008 – Bingo (Yreka Greenhorn Grange)



Phil Tripp & Meeko Sanchez



Kevin Harrison

We are here to help all the Extra-curricular activities our Karuk children are involved in. Please contact Chairman Arch Super, Secretary Florraine Super, or Member at Large Roy Arwood for more information.

Karuk Community Loan Fund, Inc. is Busy Opening Its Doors!

The Karuk Community Loan Fund has been awarded a grant from the CDFI Fund, U.S. Treasury, for Technical Assistance for its first full year of operations. The newly seated Board of Directors includes Jim Burcell, President, Robert Goodwin, Vice President, Tina Britton deCoux, Treasurer, Jim Cook, Ellen Johnson and Jim Berry. Eddie Davenport has been hired as the Executive Director/Loan Officer.

“We have heard from the IRS, and the agent is recommending approval of our 501(c)3 non-profit status. We are hoping for official word within the month,” reports Eddie Davenport. “Our grant from the CDFI Fund should also be received by the end of January.”

The Karuk Community Loan Fund (KCLF) will have its office in the newly remodeled building on Second Avenue that also houses the Senior Meals program and the large Council meeting space (formerly the old Headway building) in Happy Camp. The office is just in the process of being set up for operations.

KCLF is part of a nation-wide expansion of Community Development Financial Institutions (CDFIs) that are certified by the U.S. Treasury. As a loan fund, KCLF will establish loan guidelines that are more flexible than “conventional lenders”. The purpose of a CDFI is to help those individuals who have not had the opportunities of conventional bank financing. CDFIs are financial institutions that invest in individuals and bring affordable housing and services by way of affordable loans and training to those economically disadvantaged people. KCLF will be able to help native and non-native

people in Siskiyou County and will service people outside of Siskiyou County as far as 300 miles away, including Southern Oregon. This will help individuals who are currently outside the Karuk area and have not been helped by the programs that have previously been offered.



The Karuk Community Building which houses an office for the KCLF is located at Highway 96 & Second Avenue in Happy Camp

KCLF initially will offer home purchase loans for Tribal members. As additional funding is raised it will expand into home improvement loans, refinance, debt consolidation and then into business and micro-enterprise loans. The programs will evolve as we develop the funding and the guidelines to ensure affordable loans that will help people succeed. KCLF will not have any grant programs. KCLF is a loan fund with loans that must be paid back. KCLF will strive to help individuals with loan programs that will help them achieve home ownership and a better quality of life.

Karuk Tribe of California Financial Update

Laura Mayton, CFO

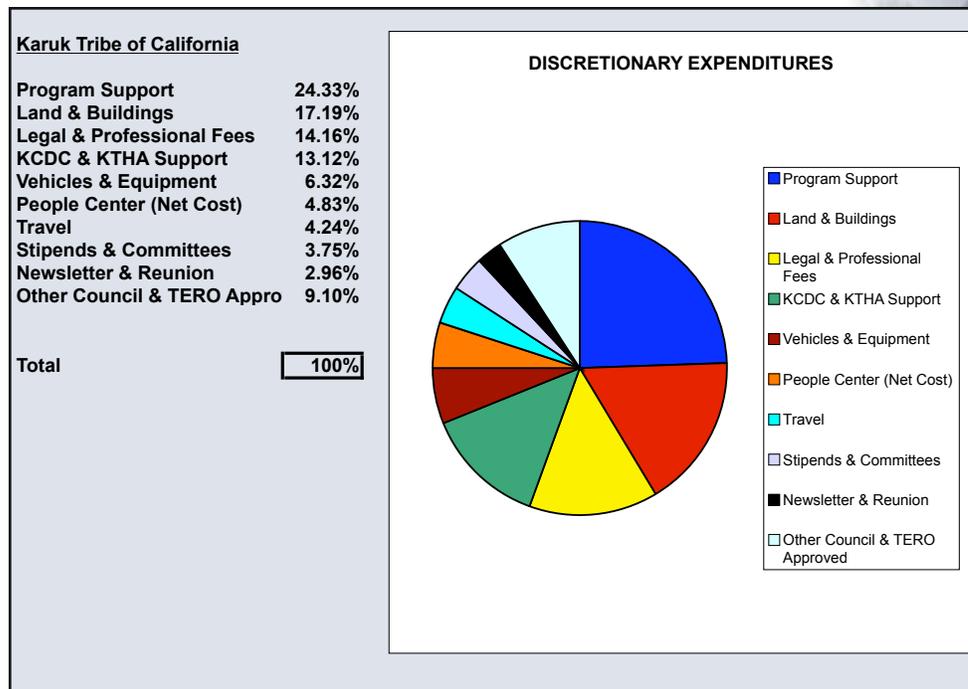
The Karuk Tribe operates the following three legal entities which are 100% owned by the Tribe:

- Karuk Tribe of California
- Karuk Tribe Housing Authority
- Karuk Community Development Corporation

The combined net asset value of these three entities is in excess of forty million dollars. The operating budgets for these three entities totals about twenty million dollars per year, and they employ about 200 people.

The Tribe provides a variety of services to qualified members and descendants, and in some cases to others who live the Tribe's service area. These services include but are not limited to the following:

- Medical and Dental Health Care
- Mental Health Services
- Drug and Alcohol Addiction Services
- Indian Child Welfare Services
- Low Income and Elders Housing
- Home Grants and Loans
- Energy Assistance
- Food Vouchers
- Education Benefits Including Cash Aid and Housing Assistance
- Culture Classes
- Head Start and Child Care Services
- Variety of Computer Center Services and Programs
- Seasonal Work for Firefighters
- Loans



Most of the funding that the Tribe receives is from the federal government, the State of California and private foundations. The money received from these sources has to be spent according to the guidelines specified in the grant documents.

The Karuk Tribe of California also receives one million one hundred thousand dollars per year from the Revenue Sharing Trust Fund which is funded by Gaming Tribes to help Non Gaming Tribes. This money is classified as discretionary and does not contain restrictions regarding how the money is spent. The Tribal Council has the discretion to spent this money as they see fit.

Some Tribes distribute the Revenue Sharing Trust Fund money to its members. The Karuk Tribe does not. The Tribal Council has decided not to distribute these funds because they are needed for Tribal operations and because with 3,510 Tribal members the amount per person would only be a little over three hundred dollars per year each. In addition to the Revenue Sharing Trust Fund Revenue the Tribe has a small amount of discretionary funds received from TERO fees and from interest income.

The graph shows how the Tribe has been spending this discretionary income.

I am pleased to announce the addition of Erica Mitchell to our Karuk Tribe Housing Authority (KTHA) staff. Erica is our new loan officer. She administers the KTHA loan program that provides funds to low income first time homebuyers at 4% interest. Erica works in the Happy Camp office and can be reached at emitchell@karuk.us or (530) 493-5434. There is no cut off date for applying, we accept applications all year.

The KTHA currently manages 172 units of affordable housing on Tribal land. We have three Tribal housing communities in Orleans, Happy Camp, and Yreka. We maintain a waiting list because we have many people who are in need of affordable housing. If you are interested in submitting an application, please contact Ashlee King at aking@karuk.us or (530) 493-5434. We accept rental applications all year.

For those who do not live near Tribal housing, we have had a lot of snow recently. If you have snow removal occurring near your Tribal residence, it is most likely our KTHA maintenance department. Our Tribal housing maintenance staff has done a fantastic job of keeping our roads plowed and driveways clear. Even though it takes them away from their regular job duties, they gladly assist our many residents. Many thanks to the KTHA maintenance staff for keeping our community roads open.



During the next construction season, we hope to build more homes on Tribal land for homebuyers. We plan to build in Orleans, Yreka, and Happy Camp. If you are interested buying a home on Tribal land, call any of our offices for details. There is no application deadline, you can apply any time.

KTHA has funding available for home replacement grants. We are able to provide limited grants to Tribal members in Humboldt and Siskiyou Counties to purchase replacement homes. For more information, please contact Sami Difuntorum at sdifuntorum@karuk.us or (530) 493-5434 x113. We have provided replacement homes for four Tribal members and have three more in progress. We accept applications for this program all year.

For the 2007/2008 school year, KTHA awarded \$119,875 in rental assistance to thirty-six Karuk Tribal members attending college or universities. This program is a grant and can help with rent up to \$400 per month. For information on applications, please contact Jennifer Goodwin at (530) 493-1600 or Lori Arwood at larwood@karuk.us or 530 493 5434. Complete applications must be received by August 1 each year.

In August 2007, KTHA developed recycling guidelines for all of our offices to reduce the amount of material that is taken to landfills. We are using two sided copy for most correspondence, board packets, leases, and other documents; and the paper is no less than 30% post consumer recycled material. Hats off to Elsa Goodwin for her efforts in finding recycled office products for use by KTHA staff and Committee Members. We are developing recycling incentives for our residential communities. Stay tuned for updates.

Karuk Tribe Housing Authority - Featured Housing Unit

Ann Escobar, Operations Manager

The Karuk Tribe Housing Authority will be featuring a Housing unit in each Tribal Newsletter. This will allow you to see the homes that K.T.H.A. has been providing for our tribal members.



"Red" & Glenda Hockaday on the porch of their Yreka Elder's Community home

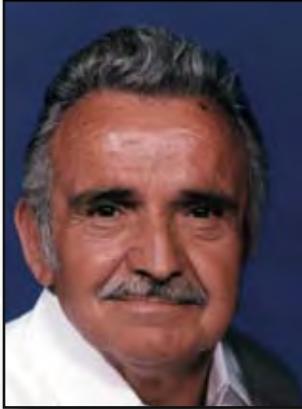
This feature is the home of Ronald "Red" and Glenda Hockaday. They currently reside in the Yreka Elders Community. They have lived within the KTHA community for about three years. "Red" is a Karuk Tribal member who was born and raised in Happy Camp. He has worked in the woods, construction and in mills. He moved to Arizona, retired and came home to Yreka. "Red" enjoys hunting and Glenda likes to make porcelain dolls and I must say they are very nice. They like their home.

Thank you "Red" & Glenda; for allowing KTHA to share this information with our tribal members.

Be sure to look for the next KTHA feature.

In Loving Memory... **Paul “Bud” Titus**

1927 - 2008



The Karuk Tribe lost another Elder on January 24, 2008 when Paul “Bud” Titus, lifelong native of Happy Camp, died of a massive heart attack at Rogue Valley Medical Center in Medford, Oregon.

Bud was born on November 5, 1927 to Albert “Bab” and Jeanne (Storrs), one of thirteen children, at their home in Happy Camp. He was the firstborn in a set of twins, weighing less than two pounds. He and his sis were kept warm and alive by sleeping in a shoebox in the warming oven of their wood burning cook stove.

Although “scrawny” at first, Bud was always a “scrapper” - playing football and baseball for the high school teams when he was in the 8th grade - still weighing less than a hundred pounds.

Many years passed before the track and field records that Bud held were broken.

Because of his athletic prowess he was awarded the very first Happy Camp High School letterman’s sweater when he was a senior.

Being an avid athlete did not detract from his musical talent. Although the trumpet was the only instrument Bud played in school, he, within a very short time, could create music on any instrument he picked up. He later played drums in a dance band but is most remembered for his dancing ability, whether it be the waltz or today’s crazy style, he kept up with the best.

On July 13, 1946 Bud married Arlene Cook, his high school sweetheart, and together they raised six kids.

Bud was a career timber faller who took great pride in both his work and in teaching his kids and grand kids “tricks of the trade.” His wife Arlene spent three seasons working with him also.

Bud loved the outdoors; fishing, hunting and gold panning. He also enjoyed the card games with family and friends.

The greatest love of Bud’s life, other than his wife of 61 years, was all of the little people who fell under his loving spell.

Bud was widely known for his sense of humor and his ability to tell stories and jokes for hours... but he also had a very private and dignified side. He was very proud to be a Native American, but more so proud of the values taught by his parents which he exhibited throughout his life. He was always there with a helping hand to anyone and everyone who needed it.

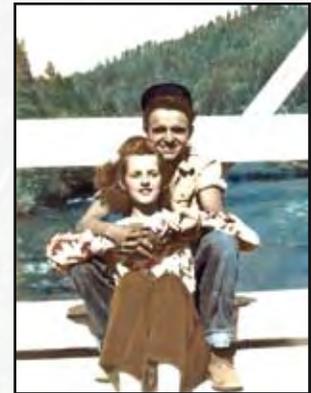
Preceding him in death were his parents; brothers Sam, Rusty, David and Bucky; sisters Gerry Hobbs, Shirley Martinez, Moynah Waddell and Patty Whitman, and youngest daughter Terry Lee.

His survivors include his wife Arlene, a brother Willard; sisters twin Pauline Attebery, Jeanne Burrer and Sharon Crocker; loving sister-in-law Jimmie Goodwin; sons Philip and Paul (Chopper); daughters Merry Garrison, Cheri Shortt and Leslie Greeno.

Paul Phillip Titus - Son of two, brother of twelve, father of six, grandfather of twenty-two, great grandfather of more than thirty, great-great grandfather of five, “Uncle Bud” to hundreds and a friend to many, will be missed by all.

A memorial service was held at the Kingdom Hall on Indian Creek, followed by a celebration of Bud’s life at the Karuk Community Center on Saturday, February 9, 2008.

On a warm and beautiful spring day, Bud and Terry Lee’s ashes will be scattered in the mountains they loved.



Free Legal Clinic for Tribal Members & Employees

Barbara Lee Norman, Attorney/Peacemaker

Ayukii Tribal members and KTOC employees,

Warm and Happy New Year wishes to all of you. I will be hosting Saturday legal clinics in Orleans, Yreka, and Happy Camp over the next several months. Your Tribal Council is providing this wonderful opportunity for you to consult with an attorney regarding legal questions that you might have or to assist you in drafting your Will. Elders are strongly encouraged to take advantage of this free legal service. Wills are very important and are the best way in which to make your intentions known to your loved ones.

Look for future notices and flyers setting the dates of the clinics in your community. This opportunity is available to both Tribal members and employees. I will be holding both group discussions and private consultations. I look forward to meeting you and assisting you in the near future. Feel free contact me and schedule your Saturday appointment in advance.

Yootva,

BARBARA LEE NORMAN
House Counsel for the Karuk Tribe
Attorney/Peacemaker

bnorman@karuk.us (530) 842-9200 Ext. 128

Yôotva Sam Super!

Karuk Tribal Council

Earl "Sam" Super presents Tribal Council Members with beautiful drum necklaces in thanks for the support they have shown him over the years.



Orleans Students Take Field Trip to Happy Camp Community Computer Center to Learn Video/DVD Transfer & Editing



Above: Kelly Worcester teaching students video transfer.

In December, Jeanette Quinn brought Orleans students to the HCCCC for a pre-arranged class to learn video transferring & editing. The video they were transferring was from a field trip to Irongate Hatchery and Bogus Creek Fish Counting Facility on 10/17/07. That field trip was part of a project called "Journey to the Sea," sponsored in part by a Whale Tail grant from the California Coastal Commission. The field trip to the Computer Center to transfer the video footage had a service-learning component: they'll be making a DVD to show to classmates and the community.



Right: Jeanette Quinn, Will Coragliotti, Alyssa Allgier, Sarah Kirste, Sinead Talley & Kelly Worcester. Will is at the controls learning video transfer

Gathering the Tools to Speak Our Languages

Susan Gehr, Language Director



The Karuk Tribal Language Program has joined forces with the Live Your Language Alliance (LYLA). LYLA's members include local tribal language advocates, including representatives from the Hupa, Karuk, Tolowa, Wiyot and Yurok tribes. We all are working towards reviving and documenting our languages, and we are all facing similar challenges.

To help us in our work, we are organizing a three-day workshop to bring to this area the language teaching & documenting experts. This workshop will take place March 17 – 19, 2008 at Humboldt State University. The full title of the conference, Shut up and Speak: Gathering

the Tools to Live Our Languages, is meant to spur people on to drop any lingering excuses for not doing what they can do to speak their language to the best of their ability today.

Workshops are being planned to help tribal language learners and their master speakers; language teachers and a variety of language specialists including program directors, people documenting languages, curriculum developers, people needing linguistic training.

If you are interested in gathering the tools to speak your language, you can get the conference information by contacting Marnie Atkins at (707) 672-4621 or marnie.atkins@gmail.com or visit <http://karuk.us/> after January 21st.

Quarterly Staffing Update

Sara Spence, Human Resources Manager

This update covers the months of October 2007 through January 2008. We currently have 143 employees on staff.

Muriel Frederick retired from her position as Accounts Receivable Clerk in the Happy Camp Business Office on 9/28. She had worked for the Tribe for over 17 years! Her position was filled by **Eileen Tiraterra**.

Hazel Whiting was hired on 10/4 to fill the position of Medical Records Clerk in the Yreka Medical Clinic; she is filling the vacancy created by **Michelle Charlesworth's**

transfer to the Elder's Worker position.

Tonia Pedro was hired on 10/15 to fill the position of Medical Receptionist in the Happy Camp Community Health Clinic.

Jolena Jerry resigned her position as Yreka Dental Clinic Receptionist on 11/2; **Chip Thom** was hired on 11/13 to fill this vacancy.

Arlene Titus and **Martha Sakota** were both hired on 11/6 to work as On Call Couriers to fill in for **Geraldine Peters** when necessary.

Misti Gayle was hired on 11/30 to fill the newly created Renewable Energy Intern position as well as be the On Call Natural Resources Receptionist when there is a need.

Sharon Cook was hired on 12/17 to work as the Sales Shop Clerk/Program Assistant in the People's Center in Happy Camp; she will be filling the position created by **Verna Reece's** resignation.

Alissa Johnson left her position as Registered Nurse in the Orleans Medical Clinic on 12/20; we are currently recruiting to fill this vacancy.

Bonnie Alvarez left her position as Happy Camp Senior Nutrition Site Cook on 12/28; **Troy Hockaday** filled the vacancy on 1/28.

The Karuk Tribe continues to recruit for employees on our website at www.karuk.us/jobs/ check it out if you are looking for work or tell a friend if you know of someone who is looking!



Happy Birthday Hazel (Humphries) Joyner!

This beautiful lady celebrated her 97th birthday among friends on November 14, 2007.

We wish her many more years to come!



Low Income Assistance Programs (LIAP)

1.800.505.2785 or 530.493.1600 Ext. 2025 or 2045

Low Income Assistance Programs:

- ◆ 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 Karuk Tribal member or descendant. For those of you that live outside of the service area try www.acf.dhhs.gov/programs/ocs/csbg/index.htm or www.csd.ca.gov/providers.html
- ◆ Low Income Heating Energy Assistance Program (LIHEAP): This program provides energy assistance to eligible tribal households with electricity, propane, wood and minimal weatherization. The applicant must reside in the service area.
- ◆ For those of you that live outside of the service area try The National Energy Assistance Referral program (NEAR) at 1-866-674-6327 or www.energynear.org The LIHEAP programs administered by tribes at www.acf.hhs.gov/programs/liheap/tribal.htm or administered by States at www.acf.hhs.gov/programs/liheap/states.htm. For Oregon residents you can contact www.oregonheat.org for social service agencies and utilities working to keep the homes of low income Oregonians warm and safe.
- ◆ REACH: Is under the LIHEAP program which helps with energy assistance and washing machines (3).

ATTENTION!!!!

Apply for the CARE program offered by PP&L and PG&E. This program gives a discount on your utility bill. If you need an application please call and request the CARE application be sent to you. Let's save on energy and our budgets.



Bureau of Indian Affairs Programs (BIA)

Each applicant will have to apply concurrently for financial assistance from other federal, state, county, tribal or local agency in the service area. An 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). Benefits will be adjusted depending on income received.
- ◆ 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 a maximum of two years or 48 payments.
- ◆ Adult Services: Adult care assistance provides non-medical care for eligible adult Indians. The providers must be certified or licensed. Background checks are required.

THE SWEEP PROGRAM NEEDS YOUR HELP!!!!

We are accepting equipment donations for the SWEEP program. Some of the SWEEP Participants work in yard maintenance for elderly, disabled or for people who cannot supply these items to clean their yards. Due to budget restraints were unable to provide these items to the participants. Any donations are appreciated. You can bring the items to the Karuk Tribal Administration Office or call 1-800-505-2785 ext 2030 (Dion), 2025 (Lisa) or 2045 (Junalynn). Here are some examples of what is needed:

I'd like to thank tribal member Mr. Dave Nelson who donated a much needed weed eater.

- Weed Eaters
- Hand Clippers
- Ladder
- Pruning Shears
- Rakes
- Pruning saw
- Shovels
- Lawn Mowers

Or anything else you might want to donate.....

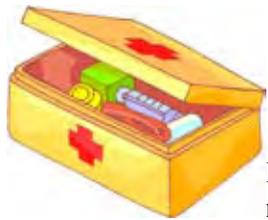


Winter Energy Saving Tips



Simple things you can do:

- ❖ Turn your thermostat down several degrees when leaving the house for the day or extended periods of time. One easy way to do this is to purchase a programmable thermostat. You can also save by turning the thermostat down a couple of degrees all the time - check out our Turn the Tide program for more info...
- ❖ Make sure your water heater is in good condition and keep the water temperature between 115-120 degrees. Even consider getting a tankless water heater that only heats the water you need.
- ❖ Limit your time spent in the shower to cut down on hot water usage. You can also install aerators to save on the amount of water you use while showering - this will cut down on the amount of hot water you use.
- ❖ Try and use cold water as often as possible when doing the laundry and line or rack dry your clothes..
- ❖ Make sure to turn off the lights when you are not in a room.
- ❖ Shut the doors to rooms you don't use on a regular basis.
- ❖ Call your energy company to come out and check for leaks and do a proper assessment.
- ❖ Call your utility company to lock into a year-round rate. Not all companies offer this - but it's worth checking.
- ❖ Keep baseboards and radiators clean and unrestricted by furniture and carpet or drapes.
- ❖ Use the smallest oven or burner when cooking, or a crock pot, or use the smallest pan possible.
- ❖ Don't peek into the oven as your are cooking.
- ❖ Defrost foods in the refrigerator before cooking.
- ❖ Use compact fluorescent light bulbs in standard fixtures. Find out how much impact this simple step can have on Turn the Tide...
- ❖ Replace or clean your furnace filters monthly. This could save up to 5% on your heating bill



Be Prepared For Disasters

Junalynn Ward, KTOC LIAP Clerk

Learning from such disasters as Katrina, and how it devastated a whole community, makes us realize that it is necessary to plan and be prepared for disasters that may strike at anytime.

Disasters seem to be in the news around the country, such as devastating fires, flooding, and earthquakes.

We all could use some tips to help us know that we are doing everything in our power to guarantee that our families are well protected.

The information covers water and food storage, medical kits, and first aid just to name a few of the necessities that we need.

We all have a responsibility to make sure we are well informed.

I'm doing some research on the internet, and obtaining some discs and references from Claudia Ross- McLeish I attained some very advisable information so please use this research to assist you in your planning and help you and yours be well protected, if the need ever arises.

A quiz for you to test your knowledge and preparedness skill is located at www.preparedness.com

The following are several written materials that information is obtained on the World Wide Web or by book.

- "With Common Sense Planning, You Can Survive Hard Times" by Jackie Clay
- "Common Sense Preparedness Just Makes Sense" - Nov. Dec. 1997 Backwoods Home Magazine
- "Medical Kits For Self-reliant Families" - Nov. Dec. 1999 Backwoods Home Magazine
- "Making the Best of the Basics" Family Preparedness Handbook 10th Edition by James Talmage Stevens

So to you and yours, I share this information with the hope that you can use it to your families benefit.

Successful Online Learning - Sign Up by April 14th

Let's face it: In today's world, education is the key to making good money, raising one's self esteem, achieving personal growth, teaching our future generations that they CAN reach their potential, and building our tribe's capacity for the benefit of tribal people. This is why the Karuk Tribe of California through funding by the Administration for Native Americans, is providing an online course, free, for the káruk va'áaraar to grow and to fulfill our dreams. Take the first step toward this goal. Help is available for those who need it.

- * Course can be taken from any Internet connected computer, any time of day or night
- * Course can be taken at the Happy Camp Community Computer Center if you have no computer
- * Course is sanctioned by our Tribal Council - Talk to your supervisor about coursework during your workday.
- * Help is available via phone, email or in person at the Happy Camp Community Computer Center.

Sign up now for the April 21st course!

Call (530) 493-5213, or email hcccc@karuk.us to enroll!

Funded by The Administration for Native Americans, Social and Economic Development Grant

Announcing a New Course in Happy Camp!

LIFESTORY WRITING - WRITING FOR RECOVERY

Cost \$9*

*"Writing becomes an act of compassion toward life...
we are healed by our stories."*

- Terry Tempest Williams, Writer

English 599 Life Story Writing - Writing for Recovery Sect. # 9097

Tuesdays, 1-3 PM, March 4 – May 20, 2008

At the Klamath Knot Art Council

Learn about the ways you can tell your life story. This class is great if you want to write for family and friends, for publication -- or for just yourself! Increase your self-awareness and creativity while sharpening your writing skills.

For any questions about classes, contact Donna May at 841-0911

*** You may be eligible for a fee waiver ("BOG")**

- ▶ if you receive AFDC, SSI, General Assistance, or
- ▶ if your 2007 income meets the standards below, per family member

1= \$14,700 2= \$19,800 3= \$24,900 4= \$30,000 (For each additional family member add \$5,100)

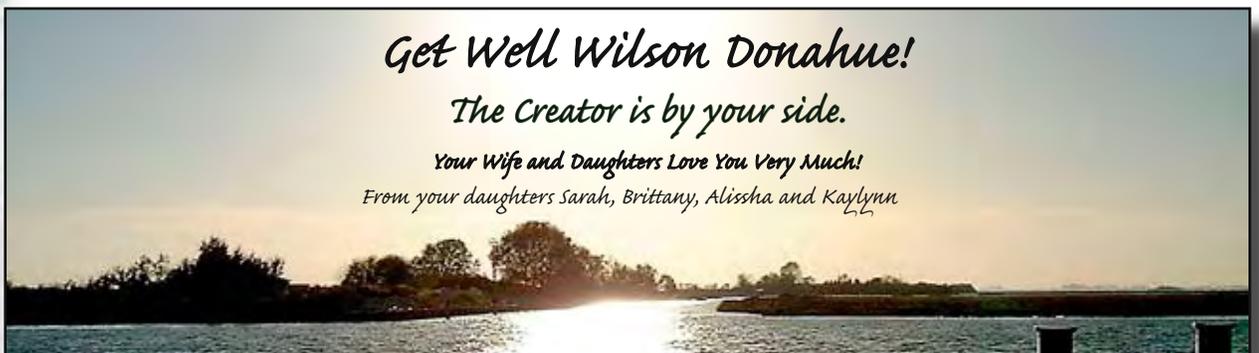
**For registration information, call COS Yreka, 842-1245,
or register online at www.siskiyou.edu, then click on Navigator icon on right**

Get Well Wilson Donahue!

The Creator is by your side.

Your Wife and Daughters Love You Very Much!

From your daughters Sarah, Brittany, Alissha and Kaylynn.



Grow Your Small Business Workshops in February & March at the Happy Camp Computer Center!

Fundamentals of Effective Website Development

Taught by Jefferson Economic Development Webmaster & Business Consultant Kim Solga

February 20, 21, 27 & 28 (Wednesdays & Thursdays)
This is a four-day class

5:30 to 8:30 PM

There's much more to a web site than just posting it on the Internet! This popular workshop helps you plan your website for great success. It assists participants to clarify their marketing strategies and how building a website could support it, creating a website structure, design "dos" and "don'ts", the right hosting company, how to register a domain name, search engine tips and shopping cart options. Participants will leave with a plan to begin to build or hire someone to help you build a site.

How to Sell Online: Increasing Your Customer Base

March 5, 6, 12, & 13 (Wednesdays & Thursdays)
This is a four-day class

5:30 to 8:30 PM

How can you increase your online business income? A successful website is more than pictures and technology. Explore ways you can sell online to generate more sales and build a positive customer experience that increases customer loyalty and sales. Discover the latest online selling strategies.

Go To The Top Of The List-Search Engine Optimization

Thursday, March 20 - ONE NIGHT ONLY!

Taught by Jefferson Economic Development Webmaster & Business Consultant Kim Solga

5:30 to 8:30 PM

How do you get a website up and running? Clarify the intent of your site, pick and register a domain name, find the right web hosting service, structure your site effectively, optimize for search engines and more. This is a one-day condensed class, going fast and furious so be ready to pack it in!

Call 493-5213 now to enroll!

Harnessing the Marketing Power of the Internet: New Tools for Success

Thursday, March 27 - ONE NIGHT ONLY!

Taught by Tom Chandler, Jefferson Economic Development Marketing Consultant

5:30 to 8:30 PM

Internet Marketing evolves almost on a daily basis. This workshop will survey old and new online technologies and how you can apply them to create "sticky" web experiences, return buyers, higher profits and engaged customers. An intense-but fun-workshop!

For Employment Information/Career Planning and Job Opportunities With the Karuk Tribe of California, go to:

www.karuk.us/jobs - Current job information

<http://www.karuk.us/test/index-pp.php> - Paths to Prosperity

<http://www.karuk.us/test/index-pp2.php> - Career Planning

The Career Planning link above is a hierarchical map on employment positions within the Karuk Tribe of California. Links at <http://www.karuk.us/test/index-pp2.php> include summary's, full job descriptions, qualifications and requirements, duties, salary ranges, etc. on positions currently held at the tribe. Selected positions also have links to interviews held with people who work in those positions— describing their duties and responsibilities. There will be a minimum of 100 job descriptions and interviews posted by 2009. Use this website to plan your career by working toward acquiring the skills or education to fill these positions or others like them. Increase your employability for personal growth, while building the capacity of our community.

Funded by The Administration for Native Americans, Social and Economic Development Grant

On February 29, 2004, Tribal Member Sandra M. Spead submitted a wonderful poem to the Karuk Tribe of California to show her appreciation for all that they have done for her throughout the years. We would like to memorialize this poem in the Newsletter for everyone to enjoy.

Thanks for Being There

By: Sandra M. Spead

The world is moving faster now; we're on a changing course.
But you have helped me deal with life; you've been a stable force.

When I have had to follow; new directions, you were there.
When the world was hard on me; you always seemed to care.

When nothing held together; made the slightest bit of sense.
You have always helped restore; my inner confidence.

Everyone needs someone; who's reliable and true.
Through the moments I've endured; I'm grateful there was you.

Student Celebration Dinner

Rosie Bley, Karuk Paths to Prosperity Coordinator

On Friday, November 9, 2007, students and family members, Karuk Paths to Prosperity staff and invited College of the Siskiyous (COS) staff came together for a lovely catered dinner at the Grange Hall in Happy Camp. This dinner was held to celebrate student achievements toward their education while living in rural Karuk country. Suzanne Burcell spoke a few words congratulating those who participated in distance learning courses, and Jim Burcell talked about the goals of Karuk Paths to Prosperity.



After the event, Computer Center, COS and Tribal staff/officers went to the COS Distance Learning Classroom next to the Computer Center to show visitors the layout of the room and to collaborate further to bring college courses to Happy Camp and outlying areas.

CONGRATULATIONS TO ALL STUDENTS!

Pictured Standing Left to Right: Anne-Marie Kuhlemann, COS Distance Learning Technician; Patrice Thatcher, COS Career/Technical Education Instructor; Nancy Shepard, COS Videoconference/Distance Learning Specialist; Bob Kupaa Smith, COS DL Evening Class Proctor; Erin Hillman, KTOC Director of Admin Programs; Jim Burcell, ANA Student Services Coordinator; Rosie Bley, Happy Camp Computer Center Director; Kelly Worcester Happy Camp Computer Center Teacher/Technician; Leon Hillman, KTOC Council Member & Karuk Community Development Board Member





Jordan Michael Meyer

Born 06-08-2007

Son of Tribal Members Jeffery Meyer and Jennifer Shinar

Iimnih Mirena Lily Bailey

Introducing My Newest Niece!

By Delila Cortez

Born: 12-28-07 **Weight:** 7lbs 5oz **Length:** 18 ¾ in. long

Parent: Schuldzie Lily Bailey

Grandparents: Geraldine Peters of Happy Camp and Richard Bailey Sr. of Montague

Great Grandparent: Lucille Albers of Yreka

Iimnih also joins her sister Schuldzie Chulcina Yanna Bailey

Congratulations Schuldzie!

Love, Delila, Jolie-Ann
and Joshua



Colby Bridwell

Happy 4th Birthday

January 14th

From your family.

We love you!



Jackson Street School Student, Brenden Berry Honored

*Siskiyou Daily News, Wednesday, January 23,
2008 Siskiyou Daily News Photo/Heather Dodd*

Brenden Berry is the son of Karuk Community Development Corporation CFO and Tribal Member Jim Berry.

Brenden's fifth-grade teacher, Lauri Miller, reported the following about Brenden: "I have thoroughly enjoyed having Brenden as a student. He is a quiet, conscientious young boy who is athletic and likes to laugh.

He is kind and helpful to his peers at all times. He is positive and encouraging when helping other students. I have never heard a cross word from him when dealing with his peers.

Brenden is a good decision maker, and I can count on him unconditionally. Brenden is a quiet leader, leading by example. His fellow students are drawn to him."





~Education Department Information~

Submitted by: Jennifer Goodwin, Education Program Coordinator



Higher Education Grant Award & Student Rent Voucher Program Information:

- Applications for both programs will be available on the Karuk website after April 1st, 2008
- Applications for both programs can be requested by calling the Education Department at 1-800-50-KARUK extension 2034
- Both applications are due on or before August 1st, 2008 at 5:00 p.m. for the 2008-2009 school-year
- You must be a full-time student in order to qualify
- Students are limited to a six-year maximum participation in the program(s)
- Higher Education Grant Award Eligibility Requirements:
 - Must be an enrolled Tribal member (no funding is available to Tribal descendants at this time)
 - Must be pursuing an AA, AS, BA, or BS degree (no funding is available to graduate students)
 - You must maintain a 2.0 Grade Point Average
 - You must remain in good standing with the educational institution you attend
 - Students are not eligible for the Grant Award if they are in default with the Tribe for any loan
 - You must reapply each school-year
 - Only when funds exist will applications be accepted for spring enrollment



Grant payments are sent directly to the school only after all of the following paperwork is completed: Completed & signed application, Financial Needs Analysis, a copy of your class schedule, grades from the previous semester/ school-year (if you received funding from this program before) and your Karuk Tribal enrollment verification (copy of Tribal ID card or verification letter from the Karuk Enrollment Department).

Student Rent Voucher Program Eligibility Requirements

- ✧ Must be a Karuk Tribal Member or a Karuk Tribe Housing Authority Resident
- ✧ Must be low-income (in accordance with Federal income guidelines)
- ✧ Must be continuing your education attending college/university or vocational school full-time (no funding is available to graduate students)
- ✧ Only one voucher will be awarded per household
- ✧ Students are not eligible if in default with the Tribe or with Housing
- ✧ You must maintain a 2.0 Grade Point Average
- ✧ Rent Voucher payments cannot be used to pay rent to parents or family members
- ✧ Rent Voucher payments cannot be used to pay rent to the Karuk Tribe Housing Authority

*Upon approval, rental assistance is paid in two installments for the year, one in the fall and one in the spring. Grades and class schedules must be submitted as required. Student Rent Voucher payments are paid directly to the landlord. Complete applications include: Completed & signed application, proof of income, lease agreement, class schedule, grades (if you received funding from this program before), statement of living situation (roommates, family setting, dormitory etc.) and Landlord name, address and phone number.

Applications can be mailed to:

Karuk Tribe of California

ATTN: Jennifer Goodwin

P.O. Box 1016

Happy Camp, CA 96039

Or e-mailed to:

jgoodwin@karuk.us

Or faxed to: (530) 493-5322

Both programs will provide assistance only when funds exist and shall not be obligated to continue when program funds are exhausted.



Seven Myths About Online Education

(This information was gathered from fastweb.com) Submitted by Jennifer Goodwin



Myth #1. Online Courses are Easier

Online courses may give you more flexibility than traditional classes, but they require just as much work. Like brick-and-mortar institutions, the quality of classes varies between online degree programs. Since much of the work with online courses is completed independently, students need to

be disciplined. “In reality, it takes a very dedicated student to succeed online,” says Nathaniel Kennedy, director of marketing for [Argosy University online programs](#).

“The weight of learning the material rests squarely on your shoulders ... you have to be pretty motivated,” says Lisa Hardman, an online student at Arapahoe Community College in Littleton, Colorado.

Taking coursework online is not a shortcut to a degree, either. “You get the same quality of education you’d get at a campus setting, but doing it at your own pace,” Kennedy says.

“Online courses are more time consuming. I spend the majority of my time trying to figure out my online course,” Hardman says. Some online institutions offer accelerated programs, but most institutions let you work at your own pace. Earning an online degree may take more time than a traditional degree.

Myth #2. There’s No Personal Attention and Communication with Other Students

Many online institutions go to great lengths to make their programs more personal. “We try to provide the same sort of comfortable and familiar academic experience that you would experience at one of our campus locations, but to do that through an online setting,” Kennedy says. Some programs use discussion forums, weekly conference calls, and academic and career counselors to let their students know that they are not isolated at their computer screen. Students usually get personalized feedback from their professors. Like any educational environment, students must make an effort to work closely with their professors.

Myth #3. Online Schools aren’t as Good

Like all schools, the quality of online education varies from institution to institution. You can earn a degree online from a well-regarded school like [Harvard University](#) or enroll in a lesser-known program that may not be as challenging. To [judge the quality of an online program](#), check its [accreditation](#), see what support services are available, ask if you can take a sample class, and talk to other students and professors.

Myth #4. The Credits You Earn Online Won’t Transfer to Traditional Colleges

If you earn your degree at a regionally-accredited online institution, your credits are the equivalent to credits earned at a brick-and-mortar school and will be accepted by most schools. Transferring credit becomes more complicated if you earned them at a program accredited by the [Distance Education and Training Council](#) (DETC). Some schools accept credits from DETC-accredited programs and some do not. Credits from programs that are not accredited will not be accepted for transfer.

Myth #5. Employers Don’t Take Online Degrees Seriously

As the number of people earning online degrees grows, more employers are recognizing their value. A [2005 survey](#) shows that 85 percent of employers find online degrees to be more acceptable than they were five years before. Earning an online degree can also show employers that you are motivated and disciplined to work. Online programs have gone from a novel new way to get a degree to a common education program. “As more and more universities offer online degree programs, more employers will recognize and embrace someone who got their degree online,” Kennedy says.

Myth #6. You Must be a Computer Whiz to Take Online Courses

While you must have a basic understanding of how to work a computer to get started with online courses, you don’t need to be a tech prodigy to succeed. “Anybody who can do email can do online courses. It’s not too difficult to figure out,” Hardman says. Most online institutions realize that students may not initially have a lot of technical know-how and offer support to make taking courses online less intimidating. From tech support hotlines to introductory computer courses, check out what technical support services an online institution offers.



Myth #7. You’ll Never Set Foot on a College Campus

Many online learners complete their degrees without ever setting foot on a brick-and-mortar college campus, but others choose to combine campus and online courses. Online courses can help busy students at traditional colleges add more flexibility to their schedules. Students who attend online courses at traditional colleges usually have the same access to campus resources as students on campus. “Being an Argosy student, no matter if you’re online or at a campus-based location, you are an Argosy student and become part of a community of learners and can go to any of the campus locations and access any of the campus resources that a traditional student can,” Kennedy says.

The Nurses Corner

Staying Warm in a Cold World

David Eisenberg PHN

Despite all the talk of global climate change, and how the world may be warming, all of us that live along the Klamath River know it can still get pretty darn cold. So even though we don't have the extended freezing temperatures of say, Minnesota or North Dakota, cold weather can raise some serious health concerns. We can protect our health by planning for the effects of cold weather at home or while traveling.

Emergency Supplies

Blankets	Matches	First Aid Kit	Flashlight
Extra Batteries	Can Opener	Smoke Detector	Battery Powered Radio
Dry Firewood	Fuel for heater	Fuel for generator	

Prepare Your Home for Winter - Keep Several Days of the Following on Hand

- * Food that does not need refrigeration:
bread, crackers, cereal, canned foods
dried foods (baby formula if needed)
- * Water stored in clean containers or bottled water (5 gallons per person)
- * Medicines that any family member may need
- * Insulate your water lines to prevent freezing - or let a faucet drip

As we grow older, our ability to detect temperature changed decreases. If you are over 65, have an easy to see thermometer in an inside location and check the temperature frequently.



Photo courtesy Gerry Canning

Prepare Your Car for Winter

Service the radiator in the fall - check antifreeze level
Replace worn tires, check the tire pressure - Have a Car Survival Kit:

Blankets	First Aid Kit	Windshield Scraper	Cell Phone
Booster Cables	Road Maps	Tool Kit	Compass
Paper Towels	Tow Rope	Tire Chains	Folding Shovel
Matches	Flashlight/Batteries	Water/Canned Food	Can Opener

If You Are Stranded in Your Car

- Tie a bright colored cloth to the antenna - to signal rescuers
- Move anything you need from the trunk to the passenger area
- Wrap your entire body (head included) in extra clothing, blankets, newspapers
- Stay Awake. - Keep your arms and legs moving - Huddle with other people for warmth
- Run the motor and car heater for 10 minutes every hour - crack the window to let in outside air (Make sure the tail pipe is not blocked by snow)

Dr. Curtis Hanst Now at Yreka Clinic



Hello, I'm Dr. Curtis Hanst, the "new guy" at the Yreka clinic. I've been here for the past five months and have greatly enjoyed meeting many of you.

I am an active duty officer in the Indian Health Service. I have been in that position for the last nine years, and I spent that time upriver in Chiloquin with the Klamath Tribes. I'm a native of California. I was born and raised in Santa Barbara, and went to college at Stanford University in the Bay Area. It's good to be home!

I did my medical training in the Army and spent many years serving in various places including Germany for four years. I am board certified in Family Practice and love taking care of patients of all ages. I've met some awfully cute kids since getting here and only got a few to cry. Remember it is the mean nurses who give the shots!

I have a wife and four children. My oldest son is in the Navy and he will be leaving for Iraq this month to work with special operations as a computer technician. Please keep his safety in your prayers! My oldest daughter is an exchange student in Italy at a school with kids from 80 countries. I would like to visit her there. Her school is near Venice where they all ride around town in those long boats. My wife and youngest two are still with me and all of us like our new home in Yreka.

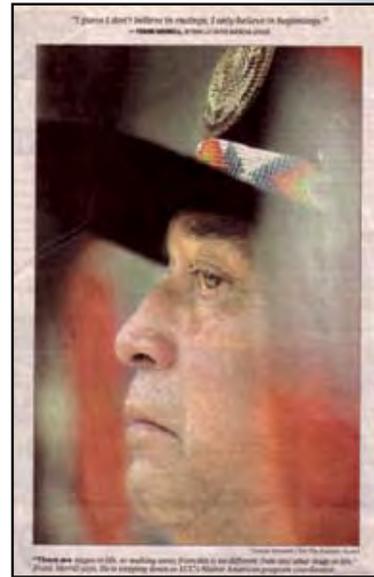
Please feel free to come by for a visit and get to know your new doc - but remember it's usually a bad sign if you know your doctor too well. Nobody wants to be sick enough to do that!

Where are our Tribal Members?

Featuring Frank Merrill

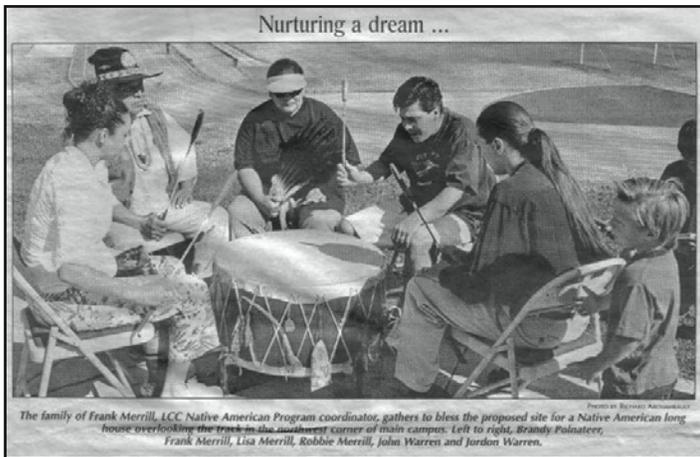
My name is Franklin Lee Merrill; I was born September 21, 1938 on Grouse Mt. near Hoopa, CA on a hunting trip. My parents are Lee Bert Merrill Sr. and Inez Jerry Merrill. My great grandparents are Frank Merrill and Elizabeth Conrad, grandparents are Luther Hickox and Jessie Mae Merrill, great grandparents Bernard Jerry and Lucy Albers and grandparents William Jerry and Lottie Albers. I lived on Bill Jerry's place and also Luther Hickox's mine across the River from the Jerry's.

We moved to Oregon in 1949, where I went to grade and high school. I was in the Navy from 1955 to 1959, in the sub-service USS Redfish and discharged in 1959. I got married to my wife Dixie Pennock and we have been married for forty-five years. We have four children, Teresa Page, Lisa Merrill, William Merrill, and Robert Merrill. From our four children, we have eight grandchildren and four great grandchildren. After being discharged from the service I worked in the logging and mill industry until 1970.



In 1970 I returned to school.

I graduated from Lane Community College in 1972 with my Associate's Degree. I continued my education at the University of Oregon, and graduated with my Bachelor's Degree in community service and public affairs in 1974. I attended Portland State College to work towards my Masters for two terms.



In 1990 I was hired at Lane Community College as a coordinator for the Native American Program. I continued working for Lane for fourteen years. I have built one of the biggest Native American student programs in the higher education system in Oregon. We started with fifty students and have grown to six hundred and fifty self-identified students. We have had over fifty plus Karuk Tribal Members pass through this college.



I have been sharing my culture over the years to schools and pow-wows throughout all of Oregon. I have been instrumental in trying to get a longhouse built on the Lane Community College campus. This would be the first longhouse ever to be put on the community college campus. I have also become an Elder and spiritual leader in my community. I have been asked to do many things such as bless families and drum at funerals; I have also visited ill people in hospitals and nursing homes.

I would like to thank the Tribal Council and whoever else was involved in making it possible for me to attend the grand opening of the Smithsonian National Museum of the American Indian.

NOTE: Frank Merrill was invited to attend the grand opening of the

Smithsonian Museum as he was placed on the Honor Wall.



Last powwow, fresh start
Frank Merrill sees his retirement from LCC's Native American program as a new beginning
City/Region, C1

A photograph of Frank Merrill in traditional Native American dress, including a feathered headdress, at a powwow. He is looking towards the camera with a slight smile.

Karuk Tribe of California - Karuk Tribal Health Program
Contract Health Services (CHS) Department

Anna Myers, CHS Supervisor

What Is Contract Health Service?

Contract Health Service (CHS) is a federally funded program administered through Karuk Tribe of California. Karuk Tribal Health assists eligible Indian clients with payments for approved medical and dental services.

Below are some of the eligibility criteria for our clients:

To be eligible for CHS services, clients must provide proof of Native American Verification which includes:

1. A member of a federally recognized California tribe or a descendant of CA. Indian with a Certificate Degree of Indian Blood (CDIB) living within the Karuk Tribe of California service area.
2. Any Indian in California who is included on one of the California judgment rolls,
3. Or their descendents (A copy of the judgment roll that includes the individual's name must be provided).
4. Non-Indian woman pregnant with an eligible Indian's child is eligible during her pregnancy through six weeks postpartum.

How To Use Contract Health Service:

1. Clients must have a referral from one of the Karuk Tribal Health medical or dental clinics for outside services (services not provided in our clinics). Pre-authorization is required for all non-emergency services and follow-up care.
2. Emergency room visits must be reported to CHS within 72 hours after the service is rendered to be eligible for CHS coverage. Any emergency room visit will be reviewed and prioritized for payment by CHS staff, which means an alternate resource or a denial for an alternate resource may be required. This is a federal regulation that must be adhered to,
3. Elders, 60 years of age and older, are required to report emergency room visits within 60 days of the emergency room visit,
4. Any client requesting CHS must fill out an annual family intake for alternate resources if they have no other insurance. This will assist clients in obtaining insurance coverage, and assist CHS in covering services for clients for an entire fiscal year,
5. Clients must mail CHS all bills and insurance explanation of benefits (EOB) that they have received within 60 days of the outside service if so rendered.
6. CHS asks that clients maintain close contact with CHS staff for coverage updates.



Refusal to Apply for Alternate Resources:

- If clients refuse to apply for alternate resources, any and all CHS coverage will be denied for payment,
- If CHS staff receives documents proof of a clients ineligible status for alternate resources (MediCal denial letter, etc.) then CHS will authorize payment for approved services.

REMEMBER;

1. The disadvantage of having no alternate resources is that not all services will be covered by the CHS program, and our goal to assist all clients in the best service possible,
2. Since CHS has limited funding, there are levels of care that are approved levels of care, meaning that certain services although necessary, are not covered through CHS (such as surgery, inpatient care at a hospital and other services),
3. There may not be enough funding to last an entire fiscal year, so close contact with CHS staff is imperative.

CHS Staff;

- o Anna Myers, CHS Supervisor: (530) 493-1600 ext. 2156
- o Lucille Tiraterra, CHS Clerk: (530) 493-1600 ext. 2151
- o Cheryl Titus, CHS Clerk: (530) 493-1600 ext. 2155

We are all available to talk with you and assist you with your needs at any time. Please feel free to contact our offices with any questions or comments you may have. We encourage you to keep in contact with us.

Happy Camp Community Christmas Party

Carrie Davis, Event Organizer



The Karuk Happy Camp Community Christmas party was a very big success. It was held on December 15, 2007. We had a very large turn out of about 300 people. During the first hour we gave out goodie bags for the children, had the color contest, face painting, photos with cut-outs of Santa, and a Snowman. Santa showed up just as the color contest was ending and all children 0-13 received gifts. After Santa had talked with all

the children, dinner was served.

Everyone had a great time and I would like to take this time to thank all the people who made this happen. First I would like to thank the Karuk Tribal Council for providing a place to have the party as well as financially supporting this event. I would also like to thank the Karuk Tribal Membership because without you, we would not have a tribe.

This year unlike any of the others we were given a donation of \$1,000.00 from the Yreka Wal-Mart. I would like to thank Wal-Mart for the financial help, as well as their employee Shane for all his hard work.



I would also like to thank all the people who worked hard to make this happen. Tamara helped me purchase the gifts, food, and decorations. She also worked with me on wrapping gifts, making flyers, getting raffle gifts, and color contest prizes. I would also like to thank her family for their help and for supporting her efforts. I would like to thank our special guest who came all the way from the North Pole, Santa Claus. Next I would like to thank Santa's Elves; Erin Hillman, Barbara Snider, and Sara Spence who helped Santa hand out

gifts to the children. In addition, Erin had a large line of kids lined up for face painting during the first hour. Barbara worked hard snapping pictures until the last of the film was used up, then she helped Tanya Busby who was in charge of the check-in table. She worked with Tamara making sure that people were

informed of what events were taking place. It is always nice to be greeted with a big smile and these two are hardly seen without one. This year the Boy Scouts and Cub Scouts assisted as the community service part of their program. They felt helping the Karuk Tribe was a way of earning patches and showing the Tribe how they appreciate what the Tribe does for the community. The boys were a big help and we would like to thank them for all their

hard work. I would also like to thank our cooks, Blanche Moore, Carolyn Moehring, Norma Jean Goodwin, and Jerry Brink. Yootva to everyone who came and spent the day with us!



REVISIONS TO TRIBAL CONSTITUTION

For two years, the Tribal Council has been hard at work preparing revisions to the Constitution so that they may be presented to the membership for a vote in a Special Election. Key proposed changes include greatly expanding Tribal jurisdiction to better protect our resources and reinstating District Elections, consistent with the intent of the Karuk governing body before adoption of the current BIA Constitution.

Your feedback and participation in these important changes are needed!

The Tribal Council will be posting the proposed changes on the website by the end of this month and community meetings have been scheduled for Happy Camp, Yreka, and Orleans.

Once the final changes are available, you may pick up copies of the current Constitution and proposed changes at one of the Tribal Offices or if you live out of the area you can call the Administration Office (800-505-2785) and request that the information be mailed to you. All of the Offices will have access to this information.

All eligible voters are encouraged to attend the meetings and give their valuable input.

The community meeting dates, times, and locations are as follows:

- ◆ Monday, March 10, 2008 at 5 PM at the Orleans DNR Community Room
- ◆ Monday, March 17, 2008 at 5 PM at the Happy Camp Headway Building
- ◆ Monday, March 24, 2008 at 5 PM at the Yreka Housing Administration Office

Dinner will be served at all three meetings at 5 PM!

Keep Up To Date with Tribal Council Activity



Fully Seated Karuk Tribal Council

The Tribe recognizes that many Tribal Members currently live outside of the communities that are served by the Tribe. For this reason the Tribal Council maintains a page of the website devoted to Council Meetings.

You can access the page by going to www.karuk.us and clicking on Council & Staff and then clicking on Meeting Information.

You will find the entire meeting schedule for the year, information on how to get on the Agenda if you wish to speak to the Council and meeting minutes for all Tribal Council and Health Board Meetings held since December of 2003.

Visit the site and keep up to date!

For more information, go to:

www.karuk.us **then click** **Council & Staff** **then click** **Meeting Information**