

News From Karuk Country in Far Northern California

Yreka/Happy Camp/Orleans

Karuk Tribe

Winter
2010

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Happy Camp, CA 96039
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www.karuk.us

3581 Members

Special Election on April 5, 2010

ELIGIBLE CANDIDATES FOR OFFICE

(Pending Successful Completion of FBI Criminal Background Check)

Visit <http://www.karuk.us/election/elections.php> to read Candidate Statements

Vice Chairperson, Paid Position, Partial Term through 11/2/2010:



Phil Albers, Jr.



Douglas Goodwin



Alvis Johnson



Viola Silva

Orleans District Representative, Partial Term through 11/5/2013:



Dora Bernal



Clifford McLaughlin

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**KARUK TRIBAL
REUNION!**

August 21, 2010

**at the River
Park**

Happy Camp, CA



Chairman Arch Super speaking at the signing of the Klamath Basin Restoration Agreement in Salem, Oregon, 2/18/2010. See full article on pages 8 & 9.

CHAIRMAN ARCH SUPER'S CORNER

Ayukii koovura pa Karuk araaras (Hello all Karuk people and relatives). Yaxa, koovura pa araaras, takun itaptiheesh, takun chuupeesh pa Karuk ararahih, vuram yav. (look, all the Indians, they learn, they talk the Karuk language, very good).

December

The BIA Region IX selected me to represent the tribes of Northern California in consultation with the BIA Indian Health Services, (I H S). Dr. Yvette Roubideaux met with the regions of the United States in Washington DC to clarify and verify that the I H S consultation process was acceptable by Tribes throughout the US. We went over the existing Consultation Process and made necessary changes. The Self-Governance Director, Robert Goodwin and I attended the quarterly Tribal Budget Advisory Committee meeting (TBAC) in Washington DC. We have new leadership in TBAC, so the direction and strategy for the regional tribes throughout the US will take another approach at dealing and working for the federal office of Washington DC. We will strive to get more funding and more transparency with the federal offices. With the Obama Administration, we believe our Committee sessions will be more productive. The Tribal Council and the KTHA Housing Committee have been meeting to go over the KTHA Policies for review and approval. Most of the policies have been jointly processed, and the Tribal Council has determined that the KTHA Housing Committee would review and approve the KTHA policies. If any assistance and approval is required by the Tribal Council, it would be brought forth.

January

We had our second Indian Health Service (I H S) Tribal Consultation with Dr. Yvette Roubideaux in Washington DC. The selected tribal representative for the regions of the US made their final review and approval of the Consultation process and Dr. Roubideaux will be mailing the final product. Council members Ms. Florrine Super and Ms. Florence Conrad and I have been meeting with TANF staff. Florrine and Florence are the Tribal liaisons with the TANF program. It is very important for Tribal Council to understand the process and daily duties of the TANF program. The program seems to be running well and staying very busy. The TANF staff has been keeping up with the work and challenges. TANF will be collaborating with the rest of the services, programs and resources of the Tribe. Ms. Florrine, staff and I have been meeting with our IT Department to improve our Website. We have a lot of great ideas that will be implemented within the next couple of months. If any tribal members have any ideas, please get in touch with us. We are also open for input. The Tribal Council has met with our Klamath Coordinator, Mr. Craig Tucker in the update and progress of the Klamath Basin Restoration Agreement (KBRA) and the Klamath Hydroelectric Settlement Agreement (KHSAs). Mr. Tucker and staff have met with us throughout the process of the river and dam issues. We have been well informed and feel that our direction and stance makes a lot of sense. I do encourage tribal members to get in touch with Tribal Council and staff if you have any questions or concerns. There has been a lot of concerns throughout, tribal and non-tribal. The best way to understand is to ask and converse. Some of the Tribal Council sat in on the Audit Exit review. Our Audit was graded very well. The finances, program process and procedures were great. The Directors, Supervisors and Staff can mark up for another great Audit year. Tribal Council appreciates the hard work that tribal administration, departments and programs do for our tribal members, yootva puxxich (thank you very much). The Tribal Council met with the USFS Region 5 Deputy Forester in Happy Camp. We are continuing to diligently work, communicate and collaborate with the USFS. We have many meetings with the USFS. There is a lot to put on the table for discussion and strategy planning. We hope that there comes a day when the Tribe and the USFS prosper in many facets. The Karuk Booster Club held a Booster Parent meeting in Yreka. We would like to get parents, volunteers and youth to be involved. We are always looking for help on projects and we are very open to ideas that can easily raise funds for all youth. Please join us in all activities of the Booster Club. We will keep you posted.

February

We were saddened to hear of the passing of one of our Karuk full bloods, Mr. Anthony Tony Jerry Sr. In the honor of our full blood, the Tribal offices were closed. Our prayers and thoughts go out to his family, relatives and friends. Our full blood number is down to five and we hope they all last for another ten, twenty or thirty years and even longer. The Karuk Tribal Council met with the Yurok Tribal Council. The Yuroks are working on legislation. Tribes binding together can be strong in the presence of the federal government. We are hoping that we can help the Yuroks in some manner and

they bind with the Karuk Tribe when it's our turn to seek legislation or funding with the feds. I hope to report some good news back to the Tribe as we move forward. The Karuk Booster Club held a Spaghetti Feed in Yreka at the beginning of February. We had a low turn out, but it was one of our first ventures to offer a fundraising dinner for the Booster Club. We hope to do a nice dinner every month. Every month, when you plan to take the family out to a fun meal, bring them our way and we will try to make you a very nice meal. This would contribute to the Booster Club to help our youth. If you have questions about the Booster Club, please feel free to get in touch with me, Ms. Florrine Super or Councilman, Sonny Davis. Yootva kuukkum (thanks again).

The Chairman and Tribal Council – we have been staying busy with the many programs and projects that the Tribe is involved with. There has been a lot of travel on our schedules for continued services and meetings with the Federal, State and local governments. The office of Vice Chairman (short term and full term) and the Orleans District are up for votes. It is very important to be registered to VOTE. Your vote for Tribal Leadership is very important as well as voting for Local, County, State and National Leadership. It would be great to get as many votes from the Karuk Tribe to show that we have a voice. My office has an open door policy, please call, email, write or come and see me. We encourage and welcome Tribal Membership to be part of our monthly meetings and special events and services. 

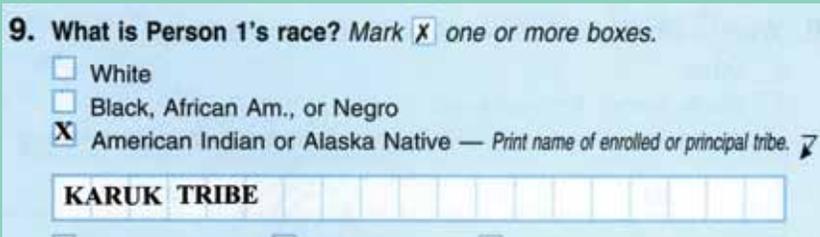
CENSUS

The Three
MOST IMPORTANT
Things To Remember
About The Upcoming
Census Are:

KARUK...KARUK...KARUK...!

Member or Descendent - Be Counted!

- 1) **BE COUNTED:** It is very important that EVERY Karuk Tribal Member AND Descendent is counted! Cooperate with the process and return the forms and/or answer all questions.
- 2) **LIST YOUR RACE:** be sure to identify that you are Karuk and list the Karuk Tribe's name as shown in the sample – DESCENDENTS need to be sure to indicate they are Karuk as well!



9. What is Person 1's race? Mark one or more boxes.

White

Black, African Am., or Negro

American Indian or Alaska Native — Print name of enrolled or principal tribe. ↕

KARUK TRIBE

**You don't
need to be
an enrolled
member to
answer KARUK!**

- 3) **COMPLETE THE HEAD OF HOUSEHOLD SECTION CORRECTLY:** whatever race is indicated for the Head of Household carries through to the ENTIRE household so be sure to list the Tribal Member or Descendent FIRST!

Why is this important? The Census Bureau uses the information collected through the Census to compile statistics about how many people are associated with a Tribe or group of Tribes. This data provides an idea of how many persons associated with a Tribe live in a particular city or other area. This information is used for planning, funding, and grant purposes to provide necessary services and facilities for the Tribal population!

**Arch Super, Chairman
Karuk Tribe**
Phone: (800) 505-2785, Ext 2019
Cell: 530-598-0475
Fax: (530) 493-5322

Notes from the Secretary



Ayukii, Here is my report from Karuk Country. I am extremely busy with several different projects. First of all, I am a college student again so the responsibility of homework and reading assignments continues. My goal is to obtain my Bachelor of Science in Addiction Counseling so I can acquire my Master of Science in Marriage and Family Therapy. So being a mother, a newly wed, and student, I still continue to be actively involved with several different tribal programs. I hope the information I provide will help you become more aware of the activities going on for our youth and elders.

Side note: Ivan Emmett Super, my son, is getting so big and knows his animals now. He will turn 3 years old on May 9th.



TRIBAL COUNCIL SECRETARY QUARTERLY REPORT

Youth Leadership-- "A View of Life Through an Elder's Eye"

The 2009 Karuk Youth Leadership Conference was held in Yreka.



We had a great turnout with lots of youth and volunteers. It is always nice to see our youth from out of town show up to our conferences. Some of the topics that were discussed were: Oral History Project, Website/Myspace Presentation, and Dam Removal – How to set up a campaign. Plus we had ice breakers so the youth can interact with each other.



Almost everyone went home with a gift. We provided breakfast, lunch, and dinner. There was a session to make necklaces, earring, and hair sticks. Conference T-shirts were given out to all participants, presenters, and volunteers.



Our Karuk Youth Council did all the preparing, coordinating, and presenting at their conference. I was very proud of their presentation they did on Teen Pregnancy. They welcomed all participants and introduced all the presenters. They presented the prizes. They thanked their elders who participated or attended the conference. We have great leaders coming up who will carry on the responsibilities of the Karuk Tribe and their communities.



Volunteers don't get paid even though their time is some of the most important work around. I would like to thank all the staff, parents, teachers, and friends who helped make this 5th Annual event a success! Yootva!

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

I'm still making an effort to serve our elders better. Since I work a lot with youth, I have tried to combine projects and activities that involve both youth and elders. I think both need each other because one has the knowledge and the others are always learning.

At the new Yreka Community building we will have one room dedicated to the elders again. We will have a sitting area, table for card games, and a friendly atmosphere to hang out and visit.

Our Language program has provided talking circle so those can speak and hear our Karuk Language. Those who participated



"Volunteers don't get paid even though their time is some of the most important work around. I would like to thank all the staff, parents, teachers, and friends who helped make this 5th Annual event a success! Yootva!"

seem to really enjoy this activity. We also have the Oral History Project where our youth interview elders so they can tell their stories. You'll find a detailed report on page 18 written by high school student Sinéad Talley who participates in the project.

We will continue to work on different programs that involve our elders. Please let me know your ideas of activities or gatherings in all areas.

Cultural Classes—NEW Date and Time!

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). Contact me for further information!

Nick Alexander is the planner. Please drop in and enjoy this opportunity to learn and teach.



Yreka Cultural Class

Every Tuesday from 6pm-8pm.

Basket Weaving Fridays from 10-2. We'll meet occasionally Saturday or Sunday for gathering material. Hope to see you there!

Dressmaking coming soon. Look for flyers.



Photo courtesy, Judy Busby

“Preserve Our Culture....

Open your heart to an Indian child”

Karuk Tribe Foster Home:

We are looking for Karuk foster families or people who can: Ensure the Karuk 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'll 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 at www.karuk.us



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 descendents with sports and extra-curricular activities. We support children who are involved in school and community programs!

We are here to help all the Extra-curricular activities our Karuk children are involved in. Please contact Chairman Arch Super for more information. If you need assistance, submit a written request to Arch Super. Provide what activity, cost of activity, and contact information for you and the organization your child is joining, and who will participate. Please note that we can assist when funding is available. So please volunteer with upcoming fundraisers or have your own fundraiser to help support your Karuk Booster Club.



Upcoming Fundraisers:

Penny Drive located at most tribal offices

Raffles

Basketball Tournaments – Yreka and Happy Camp

Spaghetti or Indian Taco Feeds --Yreka

Yard Sale and Indian Taco Feed -- Happy Camp.



Head Start

Our Head Start Program is going strong. We have great staff and great children in our Karuk Head Start. I've been busy working with staff getting ready for program review. I sit on the California Rural Indian Health Board and our Karuk Head Start as a liaison. I consider myself an advocate for the policy council. The policy council is a place where parents learn how to conduct a meeting and help make decisions for their child's school. Over the last several years, I have notice some parents are not quite sure what their responsibilities are as a policy

council member. I'm going to give a brief description of the duties. I hope this will help current and future policy council members understand why it is important for them to be a part of their child's education.



A) To develop review, approve or disapprove

1. All funding applications and amendments
2. Procedures describing process for shared decision making
3. Procedures for program planning, proactive management, identify needs
4. Philosophy, long range and short range goals and objectives
5. Composition and procedures for policy council membership and selection
6. Criteria for defining recruitment, selection and enrollment priorities
7. The annual self-assessment
8. Program personnel policies
9. Decisions to hire and terminate the Head Start Director (make sure hiring policies were followed)
10. Decision to hire or terminate Head Start Staff (make sure hiring policies were followed)

All duties will be reviewed with the Director and there will be time for questions. Once you attend the first meeting you will get a better understanding. You do not have to be on policy council to attend meetings. I would suggest you attend just to see the process. It is important to the Karuk Head Start to have your input on your child's education.

B) The Policy Council functions

1. To serve as a link to the parents and community
2. To assist with communication and encourage participation
3. To assist in planning, coordinating and organizing activities for parents
4. To assist in recruiting volunteers

If you want to research more information go to: <http://eclkc.ohs.acf.hhs.gov/>. You'll find questions like: If a parent is a Policy Council alternate, but does not actually vote for anything during an entire program year, must the grantee still count that as one of the three terms that the parent is allowed to serve on a Policy Council? No. If a parent alternate does not actually cast a vote during a program year, that individual did not actually serve as a Policy Council member. He/she would be allowed to serve up to three terms as a Policy Council member if elected or re-elected. Or can a parent member of the Policy Council be hired as a temporary or regular part-time employee of the Head Start agency? In accordance with 45 CFR 1350(b)(6), an individual may not serve on the Policy Council and also be hired as a temporary or regular employee of the Head Start agency. However, there is one exception permitted. A parent member of the Policy Council may "occasionally substitute for regular Early Head Start or Head Start staff."

Temporary Assistance for Needy Families (TANF)

TProgram Goal: The primary goals of the Karuk Tribal TANF Program are: 1. Increase the employability of TANF clients, 2. Increase employment opportunities, 3. To prevent and reduce the unwanted and unplanned pregnancies, and 4. Encourage healthy stable families.

I am now involved in the TANF program along with Florence Conrad. We have a great staff that is very knowledgeable with the TANF guidelines. We have been up and running for about a year now. Now that we have cases, it is TANF's goal to provide supportive services. Please look for upcoming training in Fatherhood, Cultural Classes and Camps, Youth Camps, and Substance Abuse Workshops. I hope those who qualify take advantage of the great opportunities the Karuk TANF can provide.

California Rural Indian Health Board (CRIHB)—Advocating for a Positive Change...for 40 years!

C"California Indians are worth fighting for..." is what was said by a lady who works closely with CRIHB helping California Indians get better health care. I am part of the CRIHB board; I have been for about 4 years. I haven't reported on this activity because if I did I would have a whole newsletter to myself. So I'm going to refer you to their website so you can see what CRIHB is all about and if you have questions please ask. Roy Arwood and Florence Conrad also sit on the CRIHB Board. Their website is: <http://www.crihb.org/>

Other committees I participate in or oversee: Tribal Court Domestic Violence Program, Low-Income Assistance

Karuk Tribal TANF Program

Temporary Aid to Needy Families

Yreka

1836 Apsuun
P.O. Box 1730
Yreka, CA 96097
(530) 842-842-4775
Fax (530) 842-4702

Happy Camp

64101 Second Avenue
P.O. Box 1016
Happy Camp, CA 96039
(530) 493-2040
Fax (530) 493-2230

Orleans

39051 Highway 96
P.O. Box 80
Orleans, CA 95556
(530) 627-3452
Fax (530) 627-3459

Happy Camp Office Staff: Daniel Pratt—Director, Alphonso Colegrove—Program Development Manager, Cecilia Arwood—Fiscal Technician, Elsa Goodwin—Administrative Assistant and Lisa Aubrey— Family Services Specialist.

Orleans Office Staff: Pamela Risling—Site Supervisor and Clarence Hostler—Family Services Specialist.

Yreka Office Staff: Anthony Ballard—Family Services Specialist, Maria Applewhite—Family Services Specialist Assistant, and Janelle Jackson Reed— Family Services Specialist Assistant.

TANF MISSION Statement

The Mission of the Karuk Tribal Temporary Assistance to Needy Families (TANF Program) is to preserve and strengthen the children and families of the Karuk Tribe and all Native American children and families through an efficient and effective Welfare Service Delivery System that empowers individuals and families who are in need of work to work toward and achieve self sufficiency in a culturally appropriate way.

The Karuk Tribe can only provide TANF services and assistance to eligible needy Karuk tribal members and their descendants, eligible needy federally recognized Indians, eligible needy Alaska Natives, and eligible needy individuals on the California judgment roll, and their children (excluding Quartz Valley) who reside within the approved service area of Siskiyou County. KTCP services and assistance will be provided to eligible needy Karuk tribal members and their descendants who reside within the approved service area of the northeastern corner of Humboldt County.

If you should need any information or have any questions, please feel free to contact any of the three offices for more information.

All three offices have been busy this last year, we have been collaborating with different entities within the tribe to better serve our clients which has been very successful and we look forward to the coming year to provide more services.

Notes from the Secretary... continued

Program (LIAP), Yav pa anav, Indian Child Welfare, Documenting our Language, and Community Service Council.

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

**“California Indians
are worth fighting
for...”**

Agreement to Remove Klamath Dams Signed

S. Craig Tucker, Ph.D., Klamath Coordinator



California Governor Arnold Schwarzenegger signs Klamath Restoration Agreements while wearing Karuk necklace made by Tribal member Laverne Glaze and given by Molli Jane White

After laying waste to the Klamath River for over 100 years, California Governor Arnold Schwarzenegger declared that “its time to say hasta la vista to the Klamath dams”, and later adding, “I can see already the salmon fish are screaming, ‘I’ll be back.’”

Schwarzenegger’s remarks came on Thursday, February 18, as Karuk Chairman Arch Super joined dozens of political leaders from Tribal, federal, state and local governments to sign the Klamath Restoration

Agreements. The agreements will lead to the removal the lower four Klamath River dams, dramatically improve river flows, and invest a billion dollars in habitat restoration projects.

The two agreements -- the Klamath Basin Restoration Agreement and the Klamath Hydroelectric Settlement Agreement – were forged by a host of interests, including the Karuk, Yurok and Klamath Tribes, the states of Oregon and California, the US Department of Interior, as well as fishing and environmental groups.

The signing ceremony was hosted by Oregon Governor Ted Kulongoski in the rotunda of the capital building in Salem, OR. The event was kicked off by a prayer song by Klamath Tribal members and an invocation by Klamath Tribal councilman Jeff Mitchell.

“You wanted a future without conflict and understood that doing nothing wasn’t an option,” Oregon Gov. Ted Kulongoski told the crowd. “You love the land. You love your communities. You want a future of hope and prosperity, and now you will have one.”

“It is always difficult for diverse people and cultures to co-exist and even more difficult to collaborate. The fact that we are all here today serves as an example to diverse communities all over the world. We are proving that hard work and a commitment to collaboration can yield solutions that benefit everyone.”

Chairman Super

U.S. Interior Secretary Ken Salazar said the agreements marked the end of one of the “most intractable water wars in the country,” and the beginning of “the largest river restoration in the world.”

“Let us build a legacy for the American people that can be emulated across the country and across the world,” Salazar said.

Karuk Chairman Arch Super also spoke to the over 500 people crowded into the rotunda. Chairman Super said, “It is always difficult for diverse people and cultures to co-exist and even more difficult to collaborate. The fact that we are all here today serves as an example to diverse communities all over the world. We are proving that hard work and a commitment to collaboration can yield solutions that benefit everyone.”

Luther Horsley, president of the Klamath Water Users Association representing farmers, said when they started talking instead of fighting five years ago, they found out they had more in common with longtime enemies than they thought - a desire for “a future for our children and our children’s children.”

“The only way this is going to work is if it’s a healthy watershed for all of us, going on for 50 years,” he added.

The conflict over the dams stretches back over a hundred years when the federal government replumbed the Upper Basin to build a 220,000 acre farm project and allowed a private utility to build



hydropower dams. Over time the fisheries declined, with some runs of salmon going extinct and others nearing extinction.

In 2001, a drought brought the conflict to a head. In that year water was shut off to irrigators to protect sucker fish and coho salmon that had recently been added to the Endangered Species List.

The next year, the Bush administration restored water to the farms, but with the river low and warm, tens of thousands of chinook salmon died of disease in the lower river before they could spawn.

Besides blocking salmon migration, the dams raise water temperatures to levels unhealthy for fish, and allow fish disease causing parasites and toxic algae to flourish. The Karuk Tribe and others filed several lawsuits to address these issues.



California Governor Arnold Schwarzenegger and Secretary of the Interior Ken Salazar listen to speakers

Pressure to remove the dams has been building since PacifiCorp applied for a new 50-year federal operating license in 2004 and made no provision for fish passage over the dams.

Commercial fishermen added to the pressure after West Coast commercial salmon fisheries collapsed in 2006 because of declines in Klamath River returns, triggering a disaster declaration.

Then, starting in 2003, the Karuk Tribe spearheaded a corporate responsibility campaign aimed at the ultimate owner of dams, billionaire Warren Buffett. The Tribe collaborated with grassroots activists up and down the river, neighboring tribes, and conservation organizations such as the Pacific Coast Federation of Fishermen's Associations and Klamath Riverkeeper, to protest and disrupt Buffett's annual shareholders' meeting in Omaha Nebraska.

According to Leaf Hillman, director of Karuk Department of Natural Resources, "we'll never know just how effective those protests were, but I am certain that no one in the company wants us back in Omaha."

Then, about two years ago, all parties decided it was time to end the fighting and attempt to craft a settlement agreement to resolve the issues. The two agreements signed are the products of those talks.

Under terms of the agreements, irrigators will have

to take less water from the river than they have historically, but they will be assured an affordable power rate for pumping irrigation water, and they resolve long standing water rights disputes with the Klamath Tribes. In addition, in drought years, when their diversions will be cut further to protect ESA listed species, farmers can depend on federal assistance.

D a m removal is slated to begin in 2020. The gives PacifiCorp time to collect \$200 million from their ratepayers slowly so that they will have little impact on customers' power rates. In addition, the timeline allows the Department of Interior to complete necessary environmental reviews and develop a safe approach to removing the structures.

But the biggest hurdle remaining is passing federal legislation to authorize the plan. "We still have a lot of work to do before this dream becomes a reality, but we now have a powerful coalition of Tribes, irrigators, fishermen, conservation groups and the company working together."

The Tribe expects to introduce the federal legislation soon and the Council hopes that all Tribal Members will write their congressmen urging their support.

More information and regular updates can be found at our new website; www.klamathrestoration.org 

Invocation given by Klamath Tribes Councilman Jeff Mitchell



Karuk Tribal Chairman Arch Super signs the Klamath Restoration Agreements

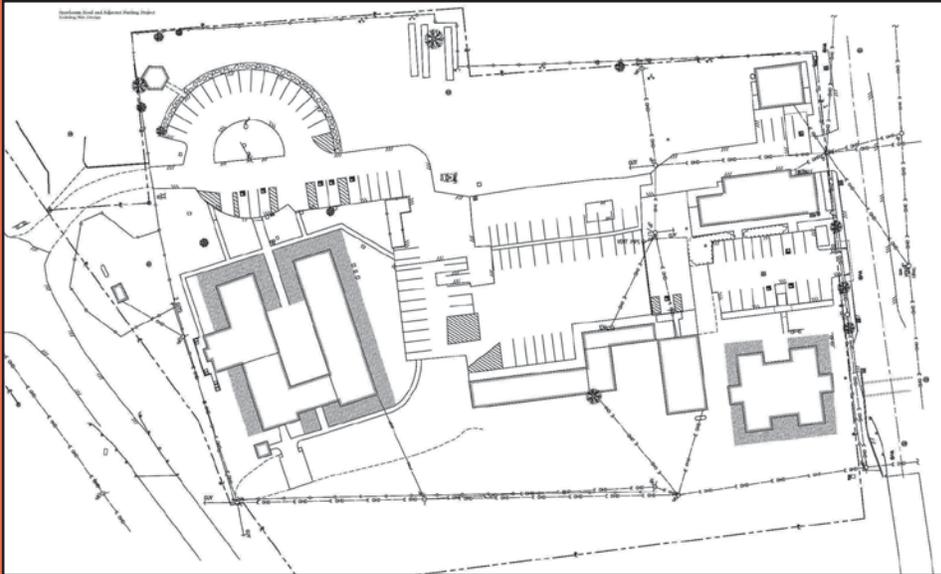


ANAVKAAM ROAD AND ADJACENT PARKING PROJECT ANNOUNCEMENT

Sandi Tripp, Transportation Program Coordinator

The Karuk Tribe Department of Land and Transportation would like to announce the Anavkaam Road and Adjacent Parking Project. The project site is located in Happy Camp, California at the Karuk Tribal Administrative Offices. The Project initiation date is planned for May 14, 2010. The expected Project completion is August 2010.

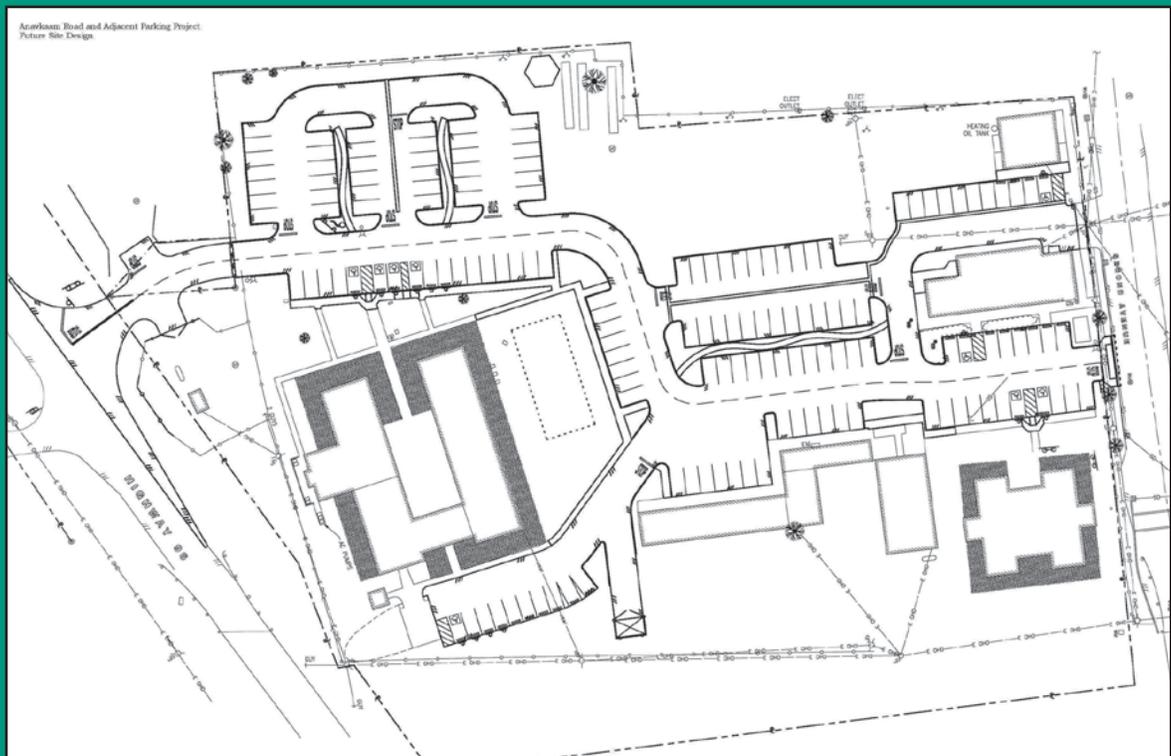
Anavkaam Project – Current Site Design



The Karuk Tribal Employment Rights Ordinance (TERO) will be implemented during the hiring process. All interested Tribal members and decedents are encouraged to contact Dion Wood, TERO Director at (530) 493-1600 ext. 2030 or at the Happy Camp Administrative Offices, to complete a TERO application and be included in the applicant pool for employment positions as they become available.



Anavkaam Project – Future Site Design



Administrative Programs & Compliance

Erin Hillman, Director

Two new Tribal policies are in the pipeline. The first, a Land Use Compliance Policy provides a process for the Tribal Council to make informed decisions regarding the use of lands purchased by the Tribe and its entities. The Tribe is required to be in compliance with rigid legal requirements and restrictions imposed by grant agreements that may be used to purchase land for the Tribe. The policy will provide a mechanism for Tribal Department Directors to confirm if any land use plans exist for each parcel of property owned by the Tribe and then to plan appropriately for future land usage. The impact of this policy is primarily programmatic.

The second policy, in much earlier stages of development, is an Indian preference in contracting policy. The intent of this policy is to establish a method of applying Indian preference in the evaluation and/or award of a construction or professional services contract. A draft of this policy has been submitted to the Tribe's Management Team for review, and has been through two rounds of comments so far. The Tribal Employment Rights Office (TERO) has been instrumental in this process, providing input in order to tie all newly proposed language to the existing TERO Ordinance. This policy may have fiscal and programmatic impacts depending on how the final version is structured.

Revisions to existing Tribal Policies are being considered in at least two other departments. The Education Program is revisiting its Higher Education Policy. Education committee members met with new coordinator Emilio Tripp on February 3 to discuss the current policy and to make recommendations for changes. The changes being proposed include the addition of language for half year scholarships, probationary students (status clarification), the student submission of official transcripts requirement, and GPA's. The proposed changes will be submitted back to the Education Committee for consideration at its April 13th meeting.

The Low Income Assistance Program will review and revise its

General Assistance Policy with the goal of reviving the assistance program formerly known as SWEEP. The new SWEEP program is intended to reach underserved unemployable adults who have no dependents. The Low Income Assistance Program Committee will meet on February 22 to review and update the policy. This program was formerly funded under a category of the Bureau of Indian Affairs Annual Funding Agreement called TWEP. The proposed program will be supported by BIA General Assistance funds and any policy will have to reflect differences in the BIA's program regulations. For more information on the status of this program, please contact Robert Attebery, Low Income Assistance Program Coordinator, at extension 2025.

"The Tribe received 43 awards in competitive and continuation funding in the amount of \$7,805,855, again, the largest number of awards went to the Department of Natural Resources.

These numbers do not include amounts for the Bureau of Indian Affairs and Indian Health Services Compacts that fund multiple programs each."

Following each of these departments and its related committee's recommendations, the policies will be taken to the Tribal Council for consideration and approval. Tribal members or descendants may request to receive copies of the approved policies by contacting the appropriate Tribal department.

Currently, my office is administering American Recovery and Reinvestment Act (ARRA) funds from the State of California Department of Community Services. This funding has provided safety net services like food vouchers, shelter and utility payments to over 100 low income Tribal members and descendants. In Orleans, Yreka and Happy Camp, cultural and basket weaving classes have been initiated. The Tribal Youth Leadership Conference, funded in part

with this grant, was held in October and had fifty five (55) attendees! I am proud to have been able to collaborate with our Child and Family Services Program and Tribal Employment Rights Office to support part of our Transporter position and summer youth workers from this funding. Also in cooperation with TERO, Karuk Community Development Corporation and the Department of Natural Resources, this funding will be used support job training and certification for Tribal Cultural Monitors to be held this spring.

The audit for the year is over and I survived. The quarterly ARRA reporting, year end, semi annual and bi monthly reports for all of our many different programs pile up at the beginning of every year for prior period ending in December. This year was, of course, no different, and I have spent the last two months digging out of paperwork, passwords and logins. Just for fun, I decided to research our 2009 grants and contract administration activity and here are the statistics. The Tribe submitted 58 grant applications that totaled \$17,171,555, the highest number of applications originated from our Department of Natural Resources, the second from our Grants/Resource Development Department who submitted applications on behalf of multiple programs, including Health and Human Services. The Tribe received 43 awards in competitive and continuation funding in the amount of \$7,805,855, again, the largest number of awards went to the Department of Natural Resources. These numbers do not include amounts for the Bureau of Indian Affairs and Indian Health Services Compacts that fund multiple programs each. In addition, my office reviewed 98 Independent Contractor Agreements and 58 Memorandums of Agreement or Understanding (MOA/ MOU's).

In closing I'd like to remind everyone to stay prepared for emergencies. Be sure to stock up on clean water, medicines and food. Keep a look out for your neighbors, especially those who have small children, who are disabled or elderly, and always have your emergency phone numbers in a place you can find them easily. Take care. 

PRESS RELEASE

Karuk Tribal Health and Human Services Program Receives AAAHC Accreditation



L-R: Florraine Super (Council Secretary), Leon Hillman (Council Treasurer), Sonny Davis (Council Member), Arch Super (Council Chairman), Florence Conrad (Council Member), Lessie Aubrey (Executive Director), Alvis Johnson (Council Member)

Happy Camp, CA – The Karuk Tribal Health and Human Services Program received a three year accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC) in August of this year. This accreditation distinguishes our clinics from many other clinics as having a safe work environment and as giving the highest quality of care to our patients.

Status as an accredited organization

means the Karuk Tribal Health and Human Services Program has met nationally recognized standards for the provision of quality health care set by the Accreditation Association. More than 4,500 ambulatory health care organizations across the United States are accredited by AAAHC. Not all ambulatory health care organizations seek accreditation; not all undergoing the on-site survey are granted accreditation.

We believe our patients deserve the best care. When you see our certificate of accreditation, you will know that the AAAHC, an independent, not-for-profit organization, has closely examined our facilities and procedures. It means that we as an organization care enough about our patients to strive for the highest care possible.

Ambulatory health care organizations, seeking accreditation by the AAAHC, undergo an extensive self-assessment and on-site survey by the Accreditation Association's expert surveyors; volunteer physicians, nurses, and administrators who are actively involved in ambulatory health care. The survey is consultative and educational, presenting best practices to help an organization improve its care and services. Now that the Karuk Tribal Health and Human Services Program has received accreditation we will continue to strive to improve our services. We do this through Continuous Quality Improvement projects and constant internal monitoring of our services.



Northern California Inter-Tribal CASA Program

New Volunteer Training in Klamath & Hoopa

All trainees must participate in at least 30 hours of training and complete a background investigation before they can serve as a CASA volunteer.

Klamath

Saturdays & Sundays
March 6th – 21st, 2010
10:00 a.m. – 3:00 p.m.

Yurok Tribal Office

190 Klamath Blvd
Klamath, CA 95548

To Register Please Call:
Recruitment and Training
Coordinator

Isaac Kinney
(530) 276-7554
isaack09@gmail.com

Food/refreshments will be provided!



Those completing the training will then become sworn officers of the court.

Hoopa

Tuesdays & Thursdays
March 2nd – April 1st, 2010
5:30 p.m. – 8:30 p.m.

Hoopa Valley High School

11400 State Hwy 96
Hoopa, CA 95546

To Register Please Call:
Recruitment and Training
Coordinator

Isaac Kinney
(530) 276-7554
isaack09@gmail.com



Grants Department Update

Jaclyn Goodwin, Grantwriter

A yukii! I hope everyone enjoyed the winter holidays and festivities. As usual the Grants/Planning Department has been very busy working on multiple grants, and also keeping our eyes and ears open for new funding opportunities and project ideas for the Karuk Tribe. Since the last newsletter we were notified that we received funding for the Tribe's Special Diabetes Program for Indians FY 2010. This program provides diabetic patients with prevention education and treatment assistance. This year additional pre-diabetic prevention activities are also planned that will expand to include Karuk language, elders, and Head Start Children & Families.

Some of the grants we are currently working on include:

- A Proposal to the U.S. Department of Education Office of Elementary and Secondary Education's Application for New Grants Under the Demonstration Grants for Indian Children Program. This is a very competitive funding opportunity, providing the possibility for up to \$300,000 per year for 4 years. Our project would provide assistance to high school students, helping them continue on to college, and also develop some materials and resources for the Head Start Programs.
- A Proposal to the Robert Wood Johnson Foundation – Communities Creating Healthy Environments. This funding opportunity would provide approximately \$300,000 over a 3 year period.
- An Application to the National Parks Service for a Tribal Historic Preservation Officer (THPO). The amounts of this award vary depending on tribal lands, but this funding would allow us to develop a more stream-lined process for receiving information about Historic Preservation Issues, as well as more power and influence when dealing with local, state, and federal agencies. It will also help us establish a better record system for identified historic sites.
- A proposal to the Sierra Health Foundation in the amount of \$8,625.00 to support the efforts of the Karuk Language Program and the Karuk Language Restoration Committee in developing a strategic plan and a language teacher assessment tool.

Grants submitted since the last newsletter include:

- A proposal to the National Endowment for the Humanities (NEH) America's Historical and Cultural Organizations Planning Grant on behalf of the People's Center and the Language Program in the amount of \$62,225 to conduct museum user and language learner surveys in an effort to make more exhibitions and language resources available online, as well as increase the online presence of the People's Center.
- A proposal to the Environmental Protection Agency (EPA) in the amount of \$58,935. In comparison to other tribes we are not highly competitive as the area we live in is not very polluted. We are requesting the purchase of 3 E-BAM air quality monitors. We are also requesting to purchase a system that will transmit the data automatically via satellite.

Ongoing research continues for: funding to assist with DNR staff needs; the Education Department; and youth programs, including Boys and Girls Clubs in Indian Country. If you have any questions, comments or concerns please feel free to call the grants office at (530) 493-1600 ext. 2021 or e-mail me at jacllyngoodwin@karuk.us. We would love to hear your ideas or suggestions for funding opportunities or potential projects.

Yôotva! 

2010 Spring Baketweavers Gathering



April 23 - 25, 2010

**Karuk Tribal Offices Complex
in Happy Camp**

**www.karuk.us for registration forms
and updates
or call (800) 505-2785**



Karuk Tribe Housing Authority News

Ann Escobar, Operations Manager

The KTHA currently manages 190 units of affordable housing on Tribal land, with plans to build more houses in all three of the housing communities; Yreka, Orleans and Happy Camp.

I would like to introduce two key staff members of the KTHA's Management Team – Richard Black and Steve Mitchell. These two gentlemen are both Karuk Tribal Members who consistently demonstrate a high level of commitment and skill to the KTHA mission. They have both worked very hard to be where they are today and all of us at the KTHA are very proud of their accomplishments.

Richard Black is the KTHA Construction Manager. Richard started working for KTHA as a maintenance worker in the Yreka Community in April 1998. Richard currently supervises the Yreka Maintenance department and the force account construction crew. Richard loves construction work as evidenced in his pursuit of professional development. Richard is proficient in using Auto CADD and in December of 2009 Richard received his Contractor's License. He is a valuable asset to our Construction Department.



Richard Black, KTHA Construction Manager

I would also like to introduce Steve Mitchell, KTHA Construction Inspector. Steve started working for KTHA as a maintenance worker in December 1998. Steve supervises the Happy Camp and Orleans maintenance departments and is the inspector for KTHA Construction Projects. Steve has also displayed extraordinary dedication to the KTHA. He is currently a certified building inspector and he obtained his Contractors License in December of 2009. His work and his talent in the designing and gathering pertinent information and attention to detail is evidenced by the quality of KTHA construction projects.



Steve Mitchell, KTHA Construction Inspector

As part of the construction team Richard and Steve were integral in the successful completion of the Forks of Salmon home replacement; (3) unit subdivision in Yreka; (3) unit subdivision in Orleans; the community buildings in the Yreka, Happy Camp and Orleans; numerous KTHA home replacements for tribal members on and off trust land; implementation of many energy efficiency upgrades to existing KTHA units; not to mention the supervision of KTHA maintenance departments.

Richard and Steve both participate in the plan, design, bid, and construction phases of all KTHA

construction projects. Their contribution to our KTHA team is invaluable.

IT IS FANTASTIC THAT KTHA HAS TWO LICENSED TRIBAL MEMBER CONTRACTORS AS MEMBERS OF OUR STAFF. GOOD JOB RICHARD AND STEVE !!!!!

I would also like to take this time and mention and thank two other KTHA staff members who are part of the success in KTHA Construction activities. Erica Mitchell is responsible for environmental compliance and Tina Sherburn maintains construction files. Richard, Steve and Tina also attend U.C. Davis with the goal of achieving certification in Sustainable Planning, Environmental Site Design and Development.

KTHA has lease purchase units in Yreka, Happy Camp and Orleans. Interested low income Tribal members who are first time homebuyers are encouraged to apply.

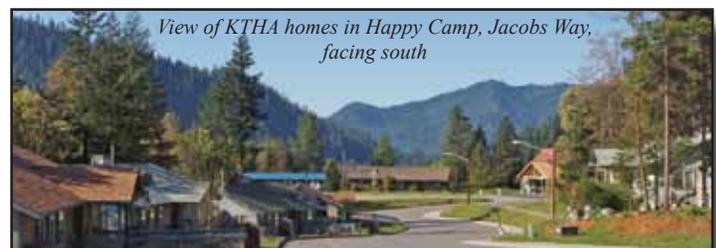
KTHA consolidated all of the Housing Programs into one application. KTHA currently has the following Housing Programs; Low Income Rentals, Elder Rental Voucher, Lease with Purchase Option, Elder Homes, First-Time Homebuyer Loan Program, Down Payment Assistance, Home Replacement Grant, Mortgage Relief Assistance, Student Rent voucher and Rehabilitation & Weatherization Home Improvement Grant/Loan Program. If you would like more information on any of our Housing Programs please feel free to contact Ashlee King, Admission/Loan Specialist at (530) 493-5434 ext: 108.

KARUK TRIBE HOUSING AUTHORITY WAITING LIST

If you have applied for any of our housing programs, please be sure that your application is updated with any changes that may occur. It is very important that you keep your contact information up to date at all times. You may check the status of your application by contacting;

Ashlee King, Admission/Loan Specialist
P.O. Box 1159, Happy Camp, Ca 96039
(530) 493-5434 ext: 108

Please note that the Karuk Tribe Housing Authority has used monitor stoves for sale, at a reduced cost. For more information please contact Tina Sherburn at 493-5434 ext: 111. 



TERO Department News

Dion Wood, Director



The following Tribal members make up the TERO Commission.

- Donna Goodwin ~ Sanchez
Chairperson
- Cecilia Arwood
Vice-Chairperson
- Elsa Goodwin
Secretary
- Dolores Voyles
Member
- Babbie Peterson
Member
- Roy Arwood
Council Representative

The TERO Director is Dion Wood and is supervised by the Tribal Chairman, Arch Super.

The TERO Department remains a busy department. There is always something happening. Currently, the TERO Commission is working on updating and fortifying our Tribal Employment Rights Ordinance into a Workforce Protection Ordinance. This is basically a stronger TERO Ordinance with greater protections for tribal employees and employees of entities of the Tribe. The Commission is holding special meetings to review the updated ordinance and contemplate the implications of implementing this stronger ordinance. Our goal is to enact this new ordinance by late spring or by summer.

A section of the proposed Workforce Protection Act requires Indian preference in contracting and employment. This is currently tribal law but TERO is working closely with the Compliance office to ensure that the Tribe adopts a stronger Indian preference policy that will promote healthy competition and provide more opportunities for tribally owned businesses and construction companies.

The TERO Department also administers the AVT (Adult Vocational Training) program. This program is for adults who find the need to change careers and require training in a new occupation. To be eligible for these funds, you must already be enrolled in the vocational school of your choice and must demonstrate a financial need. Upon being determined eligible, a grant award of \$1000.00 would be then sent to the school you are attending in your name and marked payable to your account. You must demonstrate that you are able to cover all costs that exceed the Tribe's grant. Internet courses are not eligible for AVT funding.

The TERO office maintains a

skills bank of tribal members who are seeking work and can refer tribal members to employers when asked. If you are seeking work please contact the TERO office to get registered for potential work. You may be called for work if an employer contacts TERO for referrals.

For more information or questions, contact Dion Wood at 800 505-2785 extension 2030. 🇺🇸



Karuk Youth Band In Yreka?



The Karuk Tribe Child Care Program serves youth ages 0–12. We are thinking of establishing a youth band in Yreka from this age group. We will be focusing on native instruments such as the flute and drums but the group will not be limited to that.

The Karuk Youth Band will practice during summer months and hold some performances at Tribal Council meetings, the Tribal reunion and other gatherings.

Youth must display a strong interest in music and must demonstrate their willingness to commit to the program. The instructor for the band will be our own Clarence Barger who is widely known for his musical abilities.

If you know of any youth who may benefit from this summer program please contact Clarence at his office at 842-1644 extension 7006 or Dion Wood at 493-1600 extension 2030 if you have any questions. Let's make some MUSIC!! 🇺🇸

Job Training Available for Wildland Fire Prevention and Suppression

The Administration for Native Americans (ANA) recently awarded a two-year Social and Economic Development Strategies (SEDS) grant totaling \$924,178 to the Karuk Community Development Corporation (KCDC) to build the Karuk Tribe's capacity to prevent and fight wildland fires. The envisioned Karuk Wildland Fire Prevention & Suppression Workforce Development Project not only will prepare Tribal members for culturally appropriate, economically viable, and environmentally sustainable employment and contracting opportunities within the Karuk Ancestral Territory, but also will protect the health and safety of the 3,000-plus people who live along the Klamath, Scott, and Salmon Rivers.

The new workforce development project will attract workers of all ages whose aptitudes and interests are aligned with the Tribe's traditional land stewardship practices—Tribal and other community members who enjoy outdoor, physical labor that requires knowledge of the

natural environment, as well as the natural and unnatural forces that threaten it.

Working in partnership with the KCDC, the Tribe's Department of Natural Resources has developed a forest fuels reduction crew of about 20 members, who also fight fires seasonally under contract with multiple federal agencies. With the recently awarded ANA-SEDS



grant, the Karuk Tribe will be uniquely positioned to respond to federal and state contracting opportunities, restoring and preserving ancient land stewardship traditions while exercising its inherent right of self-governance.

Over the next two years, KCDC-operated Community Computer/Distance Learning Centers will assist some 100 Tribal members in becoming certified as Firefighter I or II. In addition to offering College of the Siskiyou (COS) courses on-site and via live-feed videoconference to Karuk and other trainees at the Centers in Happy Camp, Orleans, and Yreka, the Karuk Wildland Fire Prevention & Suppression Workforce Development Project will partner with the U.S. Forest Service to provide local training for forest- and fire-related contractors who are required to be certified annually to work in the National Forests.

Working in partnership with federal and state agencies—and public school/community college districts—the Karuk Tribe also will assist community members in pursuing forest- and fire-related self-employment as contractors and private entrepreneurs. Technical assistance and small business financing will be provided to eligible businesses by the Karuk Community Loan Fund (KCLF), a Native CDFI, which also supports private enterprise development in the mid-Klamath River region. By leveraging and expanding the services provided

“ Land stewardship is our traditional role and responsibility as Tribal People, so we're preparing local people to earn a living as firefighters, fuels reduction workers, and contractors, as well as small business owners who support their efforts--it all contributes to a healthy forest and healthy economy.”

**Suzanne M. Burcell, MBA, MA
Indian Economic Development Office,
Humboldt State University**



*Left to Right top row: Kelly Worcester, Workforce Development IT Technician/Trainer; Jim Berry, KCDC CFO & Workforce Development Director; Bob Goodwin, KCDC Board Member; Ellen Johnson, KCDC Board Member; Chris Sorenson, KCDC Fiscal Assistant
Left to Right Seated: Rick Hill, KCDC Grantwriter; Michael Thom, KCDC Board Member; Emma Lee Johnson, Workforce Development Coordinator.*

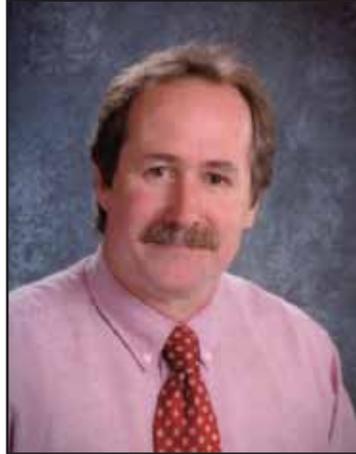
Continued from previous page...

through the KCDC, its three Distance Learning Centers, the Tribal Employment Rights Office, TANF and Low-Income Assistance Programs, local public schools and community colleges, Karuk Community Loan Fund and a host of other community partners, the Karuk Tribe will retrain/train its members to protect and preserve the beautifully forested mountains and river valleys within the Karuk Aboriginal Territory.

If you are interested in preparatory training for forest- or fire-related employment or contracting opportunities, contact Emma Lee Johnson at the Happy Camp Community Computer Center, 530-493-5213, or emmaleejohnson@karuk.us, Bari Talley at the Orleans Community Computer Center, 530-627-3081, or btalley@karuk.us, Molly White at the Orleans Department of Natural Resources, (530) 627-3446 or mwhite@karuk.us



Scott Nelson: Yreka Workforce Development Trainer



My name is Scott and I work at the Community Center in Yreka. I am originally from the Tacoma area in Washington State, but have family ties in the northern California area. I really love the climate in the Yreka area and also like the outdoor opportunities the area has to offer. I am married to my wife, Regina, who is a native of Brazil, and we enjoy travelling when we have the time. In my spare time I enjoy playing the guitar, hitting a tennis ball, and getting out into the great outdoors.

I have an extensive background working in the field of education. I graduated from St. Martin's University in Olympia, Washington in 1986 with a degree in Education and have been working in education ever since. I have worked in a variety of educational settings, including several years in the public school system, teaching computer skills at community colleges, working with the GED program, and also a stint as an English teacher in Saudi Arabia.

My goals as a trainer for the Karuk Tribe are to assist as many people as possible, in any way that I can, with attaining the educational or vocational goals they have set for themselves.



Tai Kim: Happy Camp Workforce Development Trainer

Hi. My name is Tai Kim. I am originally from the Santa Cruz Mountains in the San Francisco Bay Area. I graduated from Brown University with a Bachelor's degree in Religious Studies. I moved to Happy Camp five years ago, and I love it here.

I live on a little homestead with my wife and one year old daughter. We enjoy growing a large garden, and maintaining our apple orchard. We also keep goats and ducks for dairy, eggs, and meat. I am especially keen on beekeeping and am currently working on breeding a local strain of naturally resilient honeybees.

I am pleased and grateful to be joining the team at the Happy Camp Computer Center. I look forward helping with the center's programs and upcoming projects to the best of my ability. Feel free to contact me Monday – Friday from 8:00am – 4:30pm at (530) 493-5213 or tkim@karuk.us.

The Happy Camp Community Computer Center and Distance Learning Center is located at the high school campus across the street from the fire hall and sheriff's substation at 25 Fourth Ave, Happy Camp, CA.

The Karuk Voices Oral History Project

Sinead Talley, Karuk Voices Project Participant



Above: Ashley Allgier recording Laverne Glaze at basketball class.

Right: Brianna Conrad editing her video interview, with Mark Oliver looking on.

Below Right: Mark Oliver explaining use of FileCut Express to Orleans group.

Below: Lisa Jordan learning optimal camera use.



The Happy Camp team, Gabriella Ward and Krista Reynolds, are interviewing elder Hazel Joyner.

The Karuk Voices Oral History Project, funded by California Council for the Humanities' California Story Fund and Karuk TERO is a task designed to document Tribal elders' lives through a youth partnership. Since last October, Karuk youth from Yreka to Orleans have been interviewing elders about their experiences and memories.

There are seven teams, five of which are

stationed in Orleans.

Brianna Conrad is

interviewing elder

Florence Conrad;

Mike Polmateer is

interviewing David

Arwood; Tyler

Conrad is starting an

interview with artist

Brian Tripp; Geena

and Josa Talley are

interviewing Adrian

Gilkison; and Sinead

Talley and Ashley

Allgier are interviewing

basket weaver LaVerne

Glaze.

The Happy Camp

team, Gabriella Ward and Krista Reynolds, are interviewing

elder Hazel Joyner.

“...the students are learning how to interview and record stories, and then putting these pieces together.

It is a really great opportunity for youth to learn directly from elders; archive and share experiences that may otherwise be lost!”

Videographer, Mark Oliver

The Yreka station has Lisa Jordan working on a project. She is interviewing her grandmother, as well as Vina Smith, and is currently working on editing her documentary. Openings are still available for youth in the Yreka area to get involved in the program. Interested participants can contact Scott Nelson at 530-842-1644 #7004.

Trainings, taught by Videographer/Technology Mentor Mark Oliver, are being held monthly to demonstrate to the youth how to operate video equipment and use the Final Cut Express program, used to edit and revise the projects after the initial interview. Through trial and error, most groups have learned interview strategies, as well as how to successfully capture both the visual and auditory aspects of the interview.

Everyone involved in the project has been hard at work to meet the May deadline, where they will be viewed at a local Film Festival. Regarding the development of the projects, Mark Oliver remarks, *“The project is coming along slower than we'd hoped, but the students are learning how to interview and record stories, and then putting these pieces together. It is a really great opportunity for youth to learn directly from elders; archive and share experiences that may otherwise be lost!”*

SAVE THE DATE!

Karuk Tribal Reunion!

August 21, 2010 at the River Park



Elaina & Phil Albers Graduates of Leadership Training

Entrepreneurial/Small Business/ Economic Development



Indian Business Owners of River House Coffee and Tribal Arts Production & Design





Media Release



For Immediate Release
January 29, 2010

Contact: Teresa Peralta
California Indian Manpower Consortium, Inc.
738 North Market Boulevard
Sacramento, California 95834
www.cimcinc.org

Phone: (916) 920-0285
E mail: teresap@cimcinc.com

California Indian Manpower Consortium, Inc. (CIMC)

proudly announces that Ms. Elaina Albers, a resident of Orleans, California and a member of the Karuk Tribe has successfully completed the CIMC 2009-10

Leadership Training for Entrepreneurial / Small Business / Economic Development

Ms. Elaina Albers recently completed the four-month training course entitled "Leadership Training for Entrepreneurial / Small Business / Economic Development," conducted by CIMC from October 2009 to January 2010. During the training period, Ms. Albers developed a plan for her business, *River House Coffee*.

This comprehensive course was presented in four multi-day training sessions in four areas in California -- Susanville, Pala, Blue Lake, and Rancho Mirage. Recipients of this unique training opportunity were selected through a competitive application process. Trainees received extensive training from a select group of individuals chosen for their outstanding skills, accomplishments and expertise in their respective fields and for their contributions to Native entrepreneurship. The culturally-relevant curriculum included development of analytical skills (e.g., feasibility/market analysis; financial projections) and persuasive writing and presentation skills. Students learned how to develop a business plan and received information on resources to start and grow businesses. In addition, the group benefited from the experiences of other successful Native entrepreneurs.

To celebrate the accomplishments of these emerging Native entrepreneurs, a completion ceremony was held at the Agua Caliente Casino Resort and Spa in Rancho Mirage, California, as the finale to the training in January 2010. **Ms. Susan Masten**, Co-President/Founder of Women Empowering Women of Indian Nations (WEWIN), Treasurer of the National Center for American Indian Enterprise Development, and former President of the National Congress of American Indians delivered the keynote address. Also, remarks were made by **Ms. Lorenda T. Sanchez**, CIMC Executive Director, and **Mr. Benjamin Charley, Jr.**, Chairman of the CIMC Board of Directors.

This training program was made possible by funding provided by the U.S. Department of Labor as part of CIMC's Workforce Development Program and a USDA Rural Business Enterprise Grant. **The next session begins in March 2010; applications are due March 1, 2010.**

Through this Native entrepreneur training program, CIMC, a Native non-profit organization operating in California since 1978, makes every effort to provide leadership training to build healthy Native communities by developing the skills of Native entrepreneurs to be profitable and sustainable in the larger context of Native culture and sovereignty.

Creating Opportunities in Native Communities



Media Release



For Immediate Release
January 29, 2010

Contact: Teresa Peralta
California Indian Manpower Consortium, Inc.
738 North Market Boulevard
Sacramento, California 95834
www.cimcinc.org

Phone: (916) 920-0285
E mail: teresap@cimcinc.com

California Indian Manpower Consortium, Inc. (CIMC)

proudly announces that Mr. Philip Albers, Jr., a resident of Orleans, California and a member of the Karuk Tribe has successfully completed the CIMC 2009-10

Leadership Training for Entrepreneurial / Small Business / Economic Development

Mr. Philip Albers, Jr. recently completed the four-month training course entitled "Leadership Training for Entrepreneurial / Small Business / Economic Development," conducted by CIMC from October 2009 to January 2010. During the training period, Mr. Albers developed a plan for his business, *Tribal Arts Production & Design*.

This comprehensive course was presented in four multi-day training sessions in four areas in California -- Susanville, Pala, Blue Lake, and Rancho Mirage. Recipients of this unique training opportunity were selected through a competitive application process. Trainees received extensive training from a select group of individuals chosen for their outstanding skills, accomplishments and expertise in their respective fields and for their contributions to Native entrepreneurship. The culturally-relevant curriculum included development of analytical skills (e.g., feasibility/market analysis; financial projections) and persuasive writing and presentation skills. Students learned how to develop a business plan and received information on resources to start and grow businesses. In addition, the group benefited from the experiences of other successful Native entrepreneurs.

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Creating Opportunities in Native Communities



Benjamin Charley, Jr., Board Chairman of the California Indian Manpower Consortium, and Phil Albers, Jr. at the graduation ceremony held in Rancho Mirage, CA, January 2010

People's Center News and Review

Hélène Rouvier, People's Center Coordinator



*Elizabeth & Lousia Hickox, early 1900's -
Photo courtesy Grace Nicholson Collection,
Huntington Library*

The 2010 Spring Basketweavers Gathering has been scheduled for April 23-25 at Karuk Tribal Offices Complex in Happy Camp. Please contact the People's Center for more information, or go to the Karuk Tribe's website <http://www.karuk.us> for registration forms and updates.

Weekly men's and women's culture classes are once again offered at the People's Center in Happy Camp. Classes are free and everyone is welcome. Come learn traditional art, regalia, and activities, share your interests, and have fun. Teachers are Terry Tripp (women's regalia), Bryan Colegrove (men's culture class). Basket weaving classes are ongoing and held Sundays at 1 o'clock (Verna Reece and Paula McCarthy).

The Center staff has been working hard the last few months to bring in new products. Please stop by and check out our new selection – from chocolates to Pendleton blankets. We continue to add to our jewelry, traditional regalia, and books on Karuk history and culture. And you can now order many items through the internet – check out our online store at the Karuk website.

We have been working on bringing Karuk ceremonial and sacred items home through Native American Graves Protection and Repatriation Act. Recently, tribal representatives have made trips to the San Diego Museum of Man, UCLA Fowler Museum, Clarke Historical Museum, and Peabody Museum. We are also scheduling visits to the Phoebe Hearst Museum of Anthropology and Heard Museum. Our grant also covers testing for pesticides on selected materials, and their effect on human health and safety. Many museums used a variety of toxic materials – arsenic, mercury, DDT to name a few – to keep feathers, fur, leather, and baskets from damage. Fortunately, new collections management practices use non-toxic treatments.

The Center has also been working on several new grant opportunities. Primary is the Tribe's application for Tribal Historic Preservation Office. The THPO status will give the Tribe more authority and overview on projects that could impact cultural resources (this is much more than just archaeological material, but includes gathering places, sacred sites, and other "traditional" properties). The grant would also provide ongoing funding for the program.

Two other priorities are Institute of Museum and Library Services grants for museum services (such as strategic planning, cataloging the collection, training staff, and purchasing supplies and equipment), and for library growth (building a strong reference library). Both grants would be designed to serve all three centers at Happy Camp, Orleans, and Yreka. I envision museum displays in all three sites and interlibrary loan services. Eventually I would also like to develop tribal archives with help from the National Archives and Records Administration.

On a personal note, I have received permission from the Tribal Council to include the Karuk People's Center in my graduate program thesis discussing traditional care of museum collections. If you are interested in being part of this research, please give me a call at the People's Center 530-493-1600 x2202 or by email hrouvier@karuk.us. The draft will be reviewed by the tribe for accuracy, and copies of the final thesis will be kept in the People's Center Library. 



*Lidded Trinket Basket by Elizabeth Hickox
© President and Fellows of Harvard College,
Peabody Museum, 13-9-10/83969*

Report From a Language Apprentice

Successful Preschool Language Immersion

*Tamara Alexander,
Teacher Assistant, Yreka Karuk Head Start*

A yukii.

On February 1st, Florraine Super, Crystal Richardson, Ruth Rouvier and I went to the Confederated Tribes of Grand Ronde and visited their Chinuk wawa language immersion preschool. The goal of our visit was to learn more about how they started the program and what steps they are taking to further the language beyond the preschool.

Our guide Tony Johnson, the Tribe's Cultural Education Coordinator, took us into the Lúlu (which is Chinuk for wolf) classroom where the children and teachers only speak Chinuk wawa. Once you enter the classroom there is a No English rule. On the door before you come in is a sign that reads "No Speaking English. If you Speak English we will not listen to you."

Tony started the immersion preschool in 2001 as part of the Tribal Head Start program. Parents of immersion preschoolers take adult Chinuk wawa classes to help insure that the language is also spoken at home. After the children have graduated the preschool they go to English-speaking kindergarten at the public school. When the kindergarten class gets out they get bused back to the Tribal school and attend an afterschool program for kindergarten to fifth grade where they get two hours of Chinuk wawa immersion.

Visiting the Lúlu classroom gave us many ideas and was wonderful to see the young children speaking in their Native language. We thank Tony and the teachers for taking the time and speaking with us about their trials and triumphs. 🏞️

Yóotva



Children in the Lúlu classroom holding Salmon made by the Karuk Head Start

Yreka Karuk Head Start Happenings



Yreka Karuk Head Start Family Literacy Night



Our Four year old class on a field trip to Siskiyou Family Health Care.



Karuk Language Planning

Ruth Rouvier, Language Coordinator

Over the past year, the Master-Apprentice Documentation Project has brought together a dynamic and motivated group of tribal members and descendants who are dedicated to restoring the Karuk language. Six master speakers, seven apprentices, and many other community members and linguists gather regularly to learn new skills, share ideas and materials, and give each other support and inspiration. In addition to creating irreplaceable language recordings to support Karuk language revitalization, these individuals are building a Karuk language community, reaching from McKinleyville to Fort Jones, which will sustain and guide the Program and the language into the future.

As we near the midpoint of the three-year Language Documentation Project, we are all beginning to

think about what will come next. An important part of making that decision involves setting long-term goals for the Language Program so that we can be sure that each new project brings us closer to realizing those goals. Over the next few months, the Language Program will work with the Karuk Language Restoration Committee to develop a Strategic Plan. Once that is in place, we will be able to identify and pursue projects and funding opportunities that fit in with our overall plan.

Tribal members and descendants who would like to participate in the Strategic Planning process should contact the Language Program. To find out about all Language Program activities, you can also join our Yahoo Group, Karuk Announcements. Group members receive email announcements of Language Program activities and other regional Native language

activities and opportunities. To join the group, go to <http://groups.yahoo.com/group/karukannouncements/> and click "Join This Group!"

Live Your Language Alliance Conference

The Live Your Language Alliance is providing an exciting opportunity for Native language workers and advocates in Northern California to learn from and support each other. LYLE is hosting Returning To Our Way, a conference "focusing on new trends and developments in the work to invigorate and re-establish our Native languages in northern California."

This conference will be held March 16-17 at Humboldt State University in Arcata. To register, call the Center for Indian Community Development at 707.826.3711 or go to <http://liveyourlanguagealliance.org/>.



Quarterly Staffing Update

Sara Spence, Human Resources Manager

This update covers December through February.

Bucky Lantz started on 12/1 as the Lead Road Maintenance Worker, he will be providing supervision to Drew Difuntorum on projects assigned by the Land and Transportation Department in the Tribal communities.

Clarence (Hawk) White joined the Fisheries crew on 12/16 and will doing field work with that crew.

Sauna Kerns started on 12/18 as the On Call Natural Resources Receptionist and Part Time Custodian for the newly construction Panamnik Community Center.

Janis Madkins the Happy Camp Dentist resigned from her position on 12/24; Thanh Do filled this vacancy on 1/19 in the Happy Camp Dental Clinic, please see the full write up on Thanh in this edition!

Debbie Morton resigned from her position as Custodian on 1/22 and that vacancy was filled by the previous employee Lisa Schamehorn on 1/25.

John Parton left the Mechanic Shop on 12/22 and Mike Tiraterra filled that vacancy on 2/3; Mike is a previous employee of the Tribe who has returned to work.

Robert Super resigned from his position as Transporter on 1/31 and that vacancy was filled by Roberta Grant on 2/8.

Hester Dillon left the Grant Writing office on 2/9 and we are in the process of filling that vacancy at this time.

Leaf Hillman began as the Department of Natural Resources Director on 2/1; Earl Crosby, Interim Director, has returned to his position as Watershed Restoration Coordinator.

Be sure to check the Tribal Website for jobs at www.karuk.us/jobs/ on a WEEKLY basis if you are looking for employment or contracting opportunities, as that is the first place we post positions and they change constantly and quickly. Thank you!



Karuk Tribe Child Care Program



Dion Wood, Program Director

The Karuk Tribe Child Care Program is funded by the federal government and funding is based on the number of Indian children residing within the Tribe's service area. The program serves enrolled tribal children regardless of what tribe they belong to. Our service area is Siskiyou County and northeast Humboldt County. The program provides subsidies to low to mid income families and also supports training and health and safety information to providers and clients participating within the program.



The Tribe's program director, Dion Wood is active in National and State tribal child care associations to advocate for equal access to resources for tribal families that are available to states and counties. The current state system for early childhood programs is built without any mechanism for tribal consultation or participation. It is amazing to realize that even after all these many years of being "federally recognized" tribes still have to fight for a place at the planning table and have to become creative with the limited funds provided them for children and families. Our Tribe played the leading role in establishing the newly formed California Tribal Child Care Administrators Association.

The Tribe's child care program received 41k in Stimulus funding and plans are underway to open "Stimulus Libraries" in Yreka and Happy Camp within the Head Start Centers to accent tribal child care goals of literacy and health and safety for all children. The program is partnering with the Head Start and the Head Start policy committee to select exciting, stimulating toys and games and activities for families to check out and enjoy for a few days. Also included within the "Stimulus Library" will be cultural activity kits that will be developed in collaboration with the language program and other programs with activities based on the seasons, our environment and surroundings and the animals and other things that make us who we are as Karuk Araras. We are still seeking the best way to utilize these funds in the Orleans area. If you have ideas or suggestions for the "Stimulus Libraries" or any questions about services please contact the child care program.

Meet Orleans Medical Provider Fabian Alvarado, FNP

Steve Burns MD, Medical Director, Karuk Tribal Health Program



Fabian Alvarado is our new Family Nurse Practitioner in our Orleans medical clinic. Fabian is very excited about working with our Tribal Health Program. Since starting

his career in medicine, Fabian has been dedicated to promoting health and wellness in underserved communities. He is particularly interested in the rich history of the Karuk Culture and its unique heritage. Fabian hopes that the Community will appreciate his genuine concern and caring for each community member.

Fabian attended UC Santa Cruz where he majored in Anthropology and Environmental Studies. During this time Fabian spent a year in Africa at a critical wetlands site, where he worked with the village elders to found a nature center and studied traditional tribal medicine. He also set up a foundation to help further the education of the village children. On a separate project, he also studied history of the Coho salmon fisheries in California.

Fabian really enjoys Orleans living. He was a professional white water river guide for five years on the American Rivers and is really at home with "mountains and rivers".

Fabian's wife, Hillary, has a Ph.D from UCSC in environmental studies. She worked on community gardens, and food justice. She is currently involved in post-doctoral work, and is quite interested in helping the community develop ideas for sustainable food security.

Fabian went to Yale school of nursing, and Graduated with his Family Nurse Practitioner degree. We are very glad to have him as a new member of our health care team.



Do You Need Emergency Short-Term Financial Assistance or Business Loans?

Karuk Community Loan Fund Offers Help!



Karuk Community Loan Fund (KCLF) continues with assistance and training to help native and non-native in and around Siskiyou County. The KCLF Emergency Loan Program continues to be popular and successful in helping people through special circumstances.

Here are some guidelines on the "Emergency Loan Program" (ELP):

- Borrower must be employed continuously for over one year to be eligible. Those on seasonal work may only borrow based on their ability to repay during the seasonal work period.
- Application is required along with the two most recent paycheck stubs.
- Borrower's employer will be contacted to verify continuous employment, date of hire and to ask if automatic paycheck withdrawals can be made for repayment of the loan.
- Payroll deduction is required. The payroll department is to notify KCLF if an employee is terminated. The Payroll department will be provided a copy of the payroll deduction agreement, stating the borrower's agreement that in the event of job loss, their last paycheck will be applied to any balance outstanding. Borrower cannot make changes to the payroll deduction agreement. Borrower also acknowledges that the repayment is the borrower's responsibility, not the payroll departments. In the event of layoff the borrower must make the required payments to pay off the loan.
- \$1,000 maximum based on credit and other payment obligations. If borrower has other loans requiring employer payroll deductions, maximum may be limited based on available take-home pay.
- Credit report will be run. Credit is not the deciding point on the loan, but excessive

**"KCLF
Emergency
Loan Program
continues to
be popular
and successful
in helping
people
through
special
circumstances."**

obligations may lower the maximum limit available to borrower. The credit report will help the borrower and KCLF with any issues on the report that can be addressed to help the borrower with future credit. Borrower will be counseled on use of credit, amount of paycheck withdrawal and purposes for borrowing money.

- Initial setup fee is \$40 plus 15% interest on the balance. The \$40 covers the cost of the credit report and will be deducted from the proceeds to the borrower. Borrowers will receive basic course on credit, including determination of credit scores. Future advances will include a \$40 fee for each advance. Weekly or Biweekly repayment amount (corresponding to borrower's payday) will be structured to pay the loan in full within 6 months, rounded up to the next \$5.

- If the borrower pays the loan off within four months, KCLF will reimburse the borrower by opening up a savings account at U.S. Bank with a \$20 refund. KCLF will encourage the borrower to continue the payroll deductions and have those funds deposited into

their savings account.



Small Business Loans

KCLF also has loan funds available for Business Development or expansion in the down-river area. This funding is very limited and requires an application, financial statements and business plan. Anyone thinking about opening or expanding a small business should contact Eddie Davenport, Executive Director, at 530-493-2558.

Notice from Happy Camp Dental Clinic

We are very happy to welcome

Dr. Thanh Do, DDS to the Happy Camp Dental Clinic

The New Clinic Hours Are As Follows
Effective February 1, 2010

Appointments

Clinic Hours Will Alternate Each Week Between:

Monday-Friday 8am to 5pm
and

Monday-Thursday 7am-6pm

Open for Appointments EVERY OTHER Friday.



Dr. Thanh Do

Walk-In/Emergency Hours:

8am and 1pm Monday through Thursday ONLY

NO WALK-INS ON FRIDAYS

The Dental Hygienist Schedule Will Continue Unchanged

Meet Dr. Peterson, Oral Surgeon Now Available in Yreka!



The Karuk Tribe is proud to have Dr. Peterson coming to the Karuk Health Center in Yreka several days per month to do Oral Surgery. What a help to the community, that an Oral Surgeon is taking the time to actually see patients in Yreka.

Dr. Daniel Petersen attended the University of Maryland Dental School in Baltimore, Maryland. Dr. Petersen continued his post doctoral training completing a one year general practice residency at Long Island Jewish Medical Center. Dr. Petersen followed this training with a one year fellowship in oral maxillofacial surgery at New York Presbyterian Cornell in Manhattan. After his fellowship Dr. Petersen completed his six years of post doctoral training at Stonybrook University, Long Island Jewish Medical Center, and the Northport VA Hospital. Dr. Petersen currently has a private practice in Redding, CA where he specializes in dental implants and maxillofacial reconstructions. He relocated to Redding from Long Island, NY with his wife Melissa and his two children Alani and Maximus. 

Denture Wearers Beware!

There is a new warning about several denture creams that have zinc in them. There MAY be “potential health risks associated with long-term excessive use of zinc”, according to the company GlaxoSmithKline, who makes Poligrip. So should you stop using your denture cream? Well, if it has zinc in it, then MAYBE. There has been no study that clearly says that there is a relationship between zinc and neuropathy (nerve problems). Which ones have zinc in it? As far as I know, Fixodent® and Super Poligrip® (Original, Ultra Fresh, Extra Care) are the ones in question. Those brands are currently working on a denture adhesive that does not have zinc. An alternative to those could be Secure®, Effergrip®, Equate®, and Sea-Bond®. If you are using a lot of denture adhesive in your denture and you’ve had the denture for a long time, it’s a good idea to make an appointment at the dental clinic to get an exam and maybe an adjustment could be done to get your dentures fitted properly. 

Dr. Do (like doe, a deer)
Clinic Dentist
Happy Camp Dental Clinic

Department of Natural Resources Environmental Education Program

Jeanette Quinn, Environmental Education Coordinator

Fall 2009 Salmon Surveys. Orleans Elementary School 6th and 8th grade students completed Fall Salmon Spawning and Carcass Surveys on lower Camp Creek on November 18, 2009. Jillienne Bishop, Mid Klamath Watershed Council Education Coordinator, and I chaperoned the students on the field trip and Steve Robinson, USFS Fisheries, accompanied us to do some quality control for the season. Good work students—the number of redds flagged differed from the number of redds recorded on data sheets by only one!

Klamath Campaign Presentations. Craig Tucker, the Tribe's Klamath Campaign Coordinator, gave PowerPoint presentations focused on how to plan and carry out a campaign in January 2010. Craig used the Tribe's Klamath Dam Removal Campaign as a model and then led Mr. Rickel's 6th/7th and 8th grade Science classes and Ms. Espinole's Community Day School class at Happy Camp Elementary School in planning their own campaigns. Students were able to ask Craig questions about dam removal and its effects. Craig also shared with students his educational background and career path.

Native Plant Scavenger Hunt. I visited Mr. Bley's 3rd grade class at Happy Camp Elementary School in February and led students on a native plant scavenger hunt in their classroom. Students examined specimens from various native plants, matched them to clues on a sheet of paper and sketched a picture of each specimen. I also visited Chris Magarian's Special Day Class and worked with a student on plant identification.

Climate Studies & Global Warming. I attended a workshop on December 8 and 9, 2009 in Redding entitled "Fresh Fruits and Vegetables: Centerpiece for a Healthy School Environment." The workshop was sponsored by the California Department of Education and UC Davis. Some of the topics addressed were: Garden Enhanced Nutrition Education (GENE), Academic Connections to Nutritious School Gardens, Greening Your School Environment: GENE in Action, Connecting Schools with Farms:



Introduction to Farm to School, and A Local Farmer and a Food Service Director Compare Notes. The workshop provided excellent information and resources for me to use in the Climate Studies and Global Warming project. Greening Your School Environment was an especially helpful topic because the presenters provided information on waste management through use of composting and worm composting.

I visited Mrs. Laramie's K-2nd graders at Orleans Elementary School, Martha Tilden's class at Orleans Headstart, and Andie Butler-Crosby's K-3rd graders at Junction Elementary School in February to teach them about weather and climate change. Pre-school through 3rd graders learned the difference between weather and climate, about the water cycle, and how our use of resources can affect the weather and even contribute to climate change. Students visualized the water cycle by dipping "clouds" (sponges or cotton balls) in water then letting the water fall back into the "ocean" (bowl or tub of water). Students received a "W" coloring page to remind them about the water cycle and a cloud cut-out craft project to remind them about weather.

In February I also visited Andie Butler-Crosby's 4th-7th graders at Junction Elementary School, Shelly Slusser's 3rd-5th grade and Kim Hyde's 6th-8th grade classes at Orleans Elementary School. I read Chris Van Allsburg's book *Just A Dream* to students, then discussed actions the main character took that had either negative or positive effects on the environment. Students also listed actions they take that affect the environment, either negatively or positively, and how human actions contribute to climate change.

For more information about the Environmental Education Program, e-mail Jeanette Quinn at jquinn@karuk.us, or call 530-627-3446. 

Vera Davis-Arwood Elected to the CRIHB Hall of Fame



Vera V. Davis was born on April 24, 1930 at Ti Bar, California to Francis S. Davis Sr. and Grace C. Davis (Charley). Vera grew up in the rural area along the Klamath River corridor. Vera attended Sherman Indian Institute for several years before returning to Happy

Camp, CA to graduate from Happy Camp High School. Vera was the proud Mother of six children: Roy F. Arwood born in 1952 in Yreka, CA, David F. Arwood born in 1953 in Happy Camp, Cecilia G. Arwood born in 1956 in Happy Camp, Michael D. Polmateer born in 1959 in Yreka, Ronald R. Reed born in 1962 in Yreka and Ducayne D. Arwood born in 1966 in Yreka.

Vera has always been involved in Karuk Tribal entities, helping to get the Tribe federally recognized and was one of the original Board members that helped get the Karuk Tribal Housing Authority recognized. Vera served on many tribal entities, the Karuk Tribal Council, the Karuk Housing Board, the Karuk Health Board and the CRIHB Board to name a few.

Vera was born and raised on the River and learned most of what shaped her life from her parents. Both of Vera's parents came from medicine families. Vera's maternal Grandmother was Maggie Charley (Ike) one of the last herbal doctors on the River. Vera learned to speak Karuk before she learned English and one of her proudest accomplishments

David "Chewich" Arwood

was her coming full circle and speaking the Karuk language as well in her later years as she did when she was young.

Coming from medicine families, Vera was always involved in Karuk Ceremonies and traditions both as a participant and a spectator. All of Vera's children continue to be involved in Karuk ceremonies and traditions today.

Vera was well known and liked and had many, many friends and relatives that lived and continue to live on the river. Vera worked for the Happy Camp Elementary School for over twenty years before retiring. Both of Vera's parents and her Life-partner, James O. Rice have passed on but all of her children continue to live and prosper on the River.

If someone was to ask Vera what her biggest accomplishment was, she would've said "My children". Vera was a loving Mother who was very proud and protective of her children. Vera provided an excellent example for her children to follow and her children are as proud of her and her accomplishment as she was of them.

Vera was a pioneer in many ways but particularly for the Karuk Tribe. Vera was a very strong person who always gave her best efforts in all her endeavors.

Vera loved to travel and meet people and made life-long friends wherever she went. Vera's shining example will always be remembered by those who knew her.

Vera's Children would like to thank CRIHB for providing this honor. We know she would've enjoyed it as much as she enjoyed living on the River. 

Karuk Elder Celebrates 80th Birthday!

January 17, 2010



Merlin Tripp, Karuk Elder and Navy Veteran, was completely surprised with a birthday dinner given by loved ones and friends at the Willow Creek VFW Hall. It was truly a beautiful family gathering.

Cameras flashed and videos recorded. The place was filled with much joy, stories, and laughter. Merlin said "It made my day!" A special thank you to all who made this day one to remember. 

Picture L-R: Ian Tripp, Trudy Tripp, Roy, Jan Dalgliesh, Merlin Tripp Sr., Kevin Dalgliesh, Jan Barnes, Dusty Napier, Merlin Tripp Jr., Sunday Willson, Julian Lang, Preston Willson.

At home my brothers, sons, cousins
and dad

go out to the woods at our house
and they collect the long straight poles
and the curved oak branches
that will feed our family this winter

they sit on the old picnic table
with pocket knives, stripping the bark
bending and twisting and shaping
until hoops are attached to poles

Soon it will be time to fish again

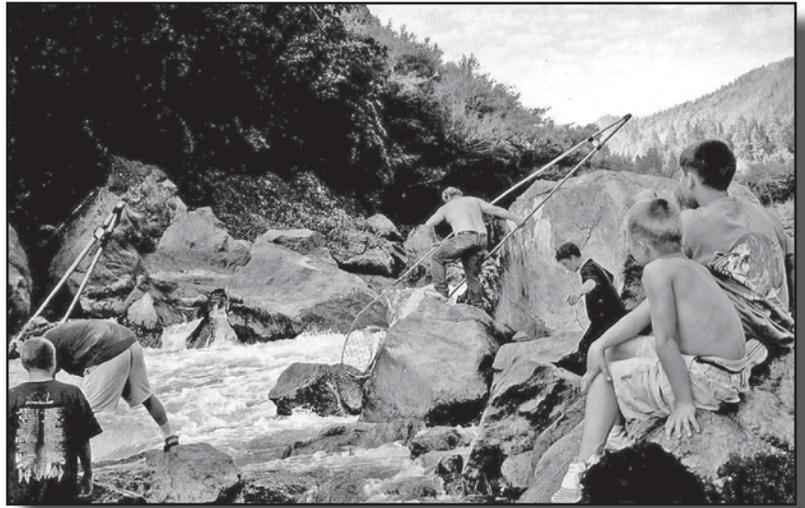
then fishing season comes
and we all stay up late
my dad comes home with the truck full
and they've been gone all day
the boys fingers are scratched
from pulling the fish from the nets
and packing them up the long trail from
The Falls

we lift the fish we will keep from the
truck bed
and my dad starts up the old red Chevy
he's going to take what's left to elders
up and down the river
their eyes shining when he brings the
truck
full of fish and their youth
they remember bringing fish to their
elders

and we filet and strip and salt
and bring old dead alder or cherry or
apple wood
from the hill above the smoke house
hanging strips of pink and red and
burnt orange
the pressure cooker breathes sighs of
late summer
and the promise of a healthy winter

while we wait for the fish to cook
my dad tells me stories of how
he was told
If we don't take the fish when they
come up the river
offering themselves
then they will cease to come

Dipping Fishing Season



But I don't worry
I know that we will always have the fish
I am young, full of promises and hope
A little older now
the fish are dying
our dipnets are not full
our people fall ill

So we traveled around the world
to take our stand
twenty Indians on an airplane
and Indians don't like to fly

We were going to save the Salmon
that have fed us since time began
"please keep the water in the river"
because a river without water is not a
river at all

Standing outside of those tall old
buildings
realizing that you're in another world
and it's somehow attached to your
world
of barefoot kids and dip nets

And we're in Scotland
we're saving the Klamath Salmon
pleading for shareholder's
understanding
white haired ladies and tall skinny men
in suits
holding my children's futures in their
un-worked hands

We are apprehensive when we arrive
unsure of what to expect
how these people look so white
and we look so brown

we're dressed in our finery
regalia singing, drums beating
soft skins of animals decorate my hair
people stare

But I don't worry
I know that we will always have the
fish
I am just a little older now
full of promises and hope

and at home my brothers, sons,
cousins and dad
go out to the woods at our house
and they collect the long straight poles
and the curved oak branches
that will feed our family this winter

and they sit on the old picnic table
with pocket knives, stripping the bark
bending and twisting and shaping
until hoops are attached to poles

Soon it will be time to fish again

Molli J. White



Proud to be Native American

Submitted by LaVien Lang

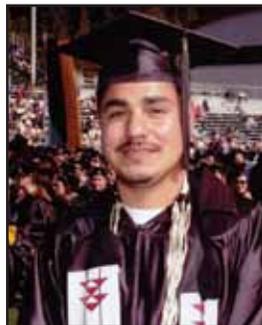
I began college at College of the Redwoods not sure what to expect. Then to my surprise received an A for a narrative that I wrote on Native American brush dances in my English 350 Class. The narrative was so good it was printed in the Tribal TANF Newsletter.

I, LaVien Lang, hope to graduate with my degree, and will work proudly for our Karuk Tribe.

Going to the yearly Native American brush dances are definitely the best times of my life. In my adolescence the memories of the brush dances are scattered. Yet all that changed on one warm vivid night because the brush dance came alive again. Not only in the spirit, but in the center gravity of me, no longer a child, it made its powerful manifestation alive to me now as an adult. On that night, the spirit world I came to realize had never left me, but rather lay dormant inside me waiting to awaken again.

My children and I travel to Northern California. We visited the sacred place I remembered as a youth, the place this world and all its crushing furies could not touch. I went to the ceremonial dance pit because I felt lost in my life. I waited patiently for the divine brush dancers of purity and grace to fill the grounds. As dark night covered us like a wet blanket, the bright illuminating fluorescent stars shot out at the crowd in creativity and bold light. It was as if mother earth stood up for what is hers. All of it I see now as the domino effect of what would become me. I then froze. Like shivers of chipped ice down my hot back, I heard the jingle of fine cut abalone shells bouncing off one another as if to introduce the dancers themselves. I slowly turned to look over my left shoulder, and with my heart almost stopping, I caught sight of what I will never forget. The silhouette of grace, yet with much authority and power, the row of twenty Native American brush dancers made their way to the center of the pit. Time itself seemed to stop. Their eyes facing to the ground, they gracefully passed me and swept into my spirit like a high ocean tide. Their energy bounced into me like a ray of light. As they began to sing and dance, the earth seemed to move with them. I was alive again. The breath in my lungs felt air again. The spirit in me no longer lay dormant anymore. I was awakened out of a dead sleep like a hibernating brown bear demanding its next meal. The brush dancers were doing what they had fasted three days to do, give our people life again. The ceremony of the Karuk brush dance was the moment that defined my life. The chess pieces were set. I was proud to be a Native American, and I knew deep inside that I would always turn back to my roots because there is power there. When I saw the brush dance as an adult and no longer as a child, I realized I no longer had to play host to the battles of the world. The memory of the brush dance survives in me because at that moment my eyes saw the dancers for the first time. It was the moment I understood I was proud to be a Native American. 

Karuk Tribe Education Department An Introduction to the New Education Coordinator



Emilio Tripp

Ayukii nuni araar,

My name is Emilio Tripp and I am the new Education Coordinator for the Karuk Tribe. I recently graduated from Humboldt State University in Spring of 2009 with a Bachelors of Science degree in Cellular/Molecular

Biology with minors in Native American Studies, Chemistry and Art Studio. I, my wife Tanna and our two daughters are excited to be welcomed by and to take part in the river communities.

In addition to my job as the Education Coordinator I also work as a Karuk language apprentice with master speaker Julian Lang in the Karuk Language Program's current Karuk Documentation Project. I strongly believe that being active in our unique culture is an asset that enables us as "the beautiful people" to be successful in both worlds!

I feel privileged to have the opportunity to help our Karuk students excel in education. Remember, the more we know the more we can assist our people and create a greater foundation for those that will come behind us. If you have any questions about the Education Department please feel free to contact me at the number below. If you have access to the internet you can also visit the Karuk website and the tribal education page for general information on the services offered by the Education Department.

ATTN: California College Students Only

The Education Department is accepting applications for Book Reimbursements from enrolled Karuk member/descendants that are college students enrolled in California. Applications directions and materials are available on the tribal education webpage at www.karuk.us. 

1-(800)-50-karuk Ext. 2034

California State MediCal and Budget Cuts Impact Karuk Health and Human Services

Lessie Aubrey, Executive Director of Karuk Tribe Health & Human Services

As many of our Medi-Cal patients already know the State Medi-Cal cuts have greatly impacted them and the Karuk Tribe Health and Human Services Program (KTHHS). The State Medi-Cal Program cut optional benefits which include acupuncture, adult dental, audiology, chiropractic, optometry, podiatry, psychology and speech therapy services.

The main impact to our health and human service program was the cuts in adult dental and counseling services provided by our Licensed Clinical Social Workers, (LCSW). However, children under the age of 21 years may still receive these services. There are a few exceptions for adult dental services, but they are very limited.

Most of these services are still provided at our facilities but patients must pay for them unless they have insurance or other means of covering services.

The KTHHS program has had to make a few sacrifices. In July, eleven health and human service

employees were laid-off due to the shortfall on program income from just the loss of revenue that we usually receive from adult dental-cal billing. Because of this loss many of our remaining staff has had to take on additional duties or work without assistance, and this has been program wide, e.g. clinical and administrative.

I and many other California Health Program Directors have been meeting regularly with the State Medi-Cal Tribal Representative to pursue our options for the lost optional benefits. Unfortunately, they don't appear to be retrievable in regards to CA State expenditures.

In addition to the optional benefit cuts, the State cut the Indian Health Program which greatly contributed to our budgetary needs, as well as all Indian Health Programs across the State

The Council and staff realize that this is a big surprise to everyone and promises to do our best to offer any available assistance. However, most resources are temporary and very limited. 

Take the **GED** Exam in Happy Camp! Preregistration is a Must!

LOCATION:

Happy Camp Community Computer Center
Emma Lee Johnson
25 Fourth Avenue (corner of Washington & Fourth)
Happy Camp, CA 96039
(530) 493-5213

TESTING DATES:

April 12 2010
June 14, 2010

GED
Testing

You MUST Register Ahead of Time!

Yreka Union High School District

in partnership with the

Happy Camp Community Computer Center

GED
Testing

What's That Building On Hwy 96 Going To Be?

Eric Cutright, IT Director

Former hardware store on Highway 96 in Happy Camp under construction



Those who have recently visited Happy Camp will have seen that the building that used to be the Karuk Building Center is being completely renovated. This construction is a joint project between the Karuk Tribe and the Housing Authority. Part of the building will be a warehouse, and the other portion will be a data center.

A data center is a building designed to house computer servers and other technical equipment. This data center is being specifically designed to withstand both natural and human disasters. The brick walls and new roof are fire resistant, and there will be a state-of-the-art fire suppression system designed to protect the equipment inside the center. The location of the building is important too; it is out of the flood plain and away from the tree line in case of a forest fire.

In addition, the data center will be resilient against human error and equipment malfunction. The two most critical services in the room, air conditioning and power, will both have redundant systems backed up by batteries and a generator. The center is complete when you add the security system designed to keep

visitors out and monitor anyone authorized to enter the room.

Why does the Tribe need this high-tech center? First and foremost, the data center is for housing electronic health records (EHR). This center will remain operational 99% of the time, even during most emergency situations. To enable all of the Tribal clinics to continue to provide quality care, no matter what else may be happening, a room like this is absolutely essential.



The rest of the building will serve as a warehouse and delivery point for the Karuk Tribe Housing Authority for items such as building materials, office supplies, and maintenance supplies. 

Attention All Artists: Logo Contest!!!

The Northern California Tribal Court Coalition ("NCTCC") is sponsoring a logo contest.

The NCTCC is a coalition of Tribal Courts in Northern California including the Yurok Tribe, Hoopa Valley Tribe, Karuk Tribe and Smith River Rancheria. NCTCC will reimburse the winner \$100 plus gifts from each member Tribe in exchange for the legal ownership and use rights of an original logo. Two runners up will also receive prizes from each member Tribe.

The NCTCC strives to: promote dynamic and effective tribal courts in our region, assist in federal, state and local court and child welfare planning, promote increased advocacy in tribal courts, seek opportunities to preserve contemporary and traditional dispute resolution methods, and raise awareness of tribal court and community issues.

The logo should reflect our region, the NCTCC's purposes and be culturally relevant. The contest will run from February 1, 2010 through April 15, 2010. The winner will be announced April 30, 2010. Please e-mail submissions in a digital format if possible to stephjd@mac.com. Submissions may also be mailed to NCTCC, 2305 Ashland St, Suite C, PMB 502, Ashland OR 97520.

If you have any questions, please contact Stephanie Dolan at stephjd@mac.com or 541-488-2235. 

In Loving Memory Anthony "Tony" Joe Jerry, Sr.

Maria Miranda

Our family is sad to announce the loss of our Father, Grandfather, and great-grandfather. "Tony" Anthony Joe Jerry Sr. of Montague passed away on Jan. 26, 2010 at Rogue Valley Medical Center.

Tony was born on June 2, 1938 to John Jerry and Geneva (Thom) Jerry. He was the oldest of three children. He was a logger for 30 years until his unfortunate medical condition of renal failure forced him to retire. Tony was a full-blooded Karuk tribal member, who loved to attend tribal gatherings. He was an avid hunter and fisherman. He loved to go creek fishing where he showed his grandchild that it IS possible to hook a fish in a creek...

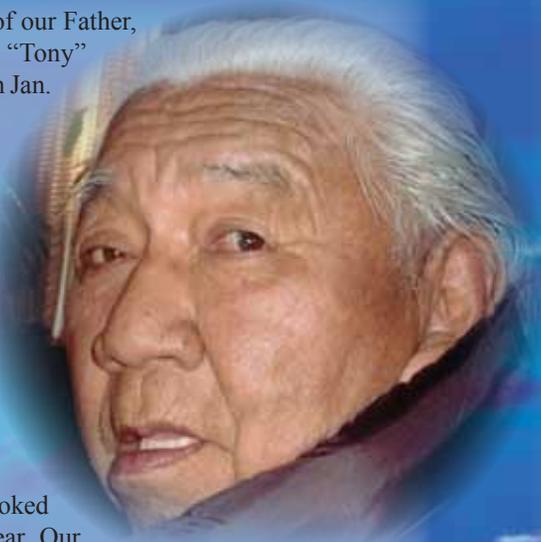
He was one tough and outspoken man. He looked as mean as a grizzly but was as cuddly as a teddy bear. Our best memories were rocking out to oldies along with a variety of other music. He was always willing to help anyone in need.

Another of his favorite pastimes was to go to yard sales; he just loved those good deals. Tony was an avid Bingo player and a cribbage champion.

Tony is survived by his wife Elberta Jerry and his children, "My Cry Baby" Rebecca Miranda-Linderman and Billy Linderman, Kathleen Butterfly, Jenny and Dennis Brown, Anthony Joe Jerry Jr., Penny Holsinger, Laura Cramer, Edwin and Young Hee Cramer, Fred Cramer, Mike and Phyllis Barber, Cindy Lucinda Chickerell and her foster son Malachi Sligar-Martinez, and his sister Ida Quimayousie. Anthony has a very large family and is also survived by many, many grandchildren, great-grandchildren, nieces, nephews and cousins.

He enjoyed playing with the new generation of great-grandchildren because to him it was a replay of the times played with the grandchildren. He fought a long a hard battle of renal failure and to us that showed what a warrior he truly was. He will forever be missed and will always be in our hearts, for he made the strongest impact and impressions in our lives.....

WE LOVE YOU GRANDPA!!!!



Saturday, April 3, 2010

Karuk Tribe Multi-Purpose Room

Happy Camp

The Karuk Tribe will be hosting a Community Yard Sale and Indian Taco Sale.

Proceeds will be donated 50/50 between the Karuk Boosters Club & Supporting Tribal Youth Activities

Anyone who would like to donate items from home for the sale is welcome to contact Laura Mayton or Tamara Barnett at (530) 493-1600 to arrange for a drop off. 



Contract Health Services (CHS)

(530) 493-1600 Ext. 2156, 2151, 2155

IHS Contract Health Services (CHS) is Not an Entitlement Program, and Not Everyone is Eligible!

Know Your Status Before Obtaining Services.

CHS Eligibility Requirements:

1. Must be an Indian or descendant of an Indian from a Federally-Recognized Tribe of California or descendant of an Indian of California.
2. Must be a permanent resident of Karuk Tribe's Contract Health Service Delivery Area (CHSDA).

Even if you are eligible, IHS/CHS coverage is not automatic. Should you have an emergency situation requiring you to obtain care at a non-IHS facility, you must notify Contract Health Services within 72 hours. If you do not do this, you will be responsible for the bill.

IHS/CHS coverage is for emergent, life-threatening situations only! Sore throats, ear aches, rash, follow-up care, medicine bills, etc... are not considered emergent or life-threatening and you may be responsible.

Emergency visits will not be covered if you go to the emergency room when the Karuk Clinic is open. If there is an IHS facility in the area and you choose not to

use the facility, then you will be denied by CHS and held responsible for the bill.

Referral:

Medical care that is not available in a Karuk Clinic will be referred by one of our doctors. **A REFERRAL DOES NOT IMPLY THAT IHS/CHS WILL PAY FOR CARE.** A patient must meet eligibility criteria, medical priorities, and use of alternate resources. The referrals are reviewed and based on availability of funds; the referral is then approved, denied or deferred. If a referral is denied, the patient may obtain medical care at their own expense.

IHS/CHS Authorization:

In most cases, an approved referral is limited to one medical treatment and or one appointment. Please call Contract Health Services prior to any follow-up appointments, or additional referrals to another specialist/facility for approval to make sure your coverage is still in effect.

Alternate Resource:

CHS is a payer of last resort. When a patient has Medicare, Medicaid, Private Insurance, Veteran's Assistance, CHAMPUS/TRICARE, Worker's Compensation, or is covered by any

other resource, that resource is the primary payor. When received by the patients, all Explanations of Benefits (EOB) and payment checks from the primary payor(s) must be brought or mailed to the CHS office immediately. Many times the non-IHS provider will turn the patient's bill over to collections because they are unable to get the EOB from the patient. The non-IHS provider cannot collect payment from IHS until they filed the bill with the EOB. Therefore, it is crucial for the patient to provide the EOB either to the non-IHS provider or to the Contract Health Office in order to complete the payment process.

Pregnant/Prenatal Care:

According to Federal Register IHS Regulations, it is mandatory that all other resources be utilized before CHS funds can be obligated. All pregnant women will be interviewed, advised and/or assisted by an IHS Patient Benefits Coordinator in applying for OB Medi-Cal. If you are denied, you will need to take the letter to the CHS office to be filed with your OB referral form. Failure to cooperate with CHS will result in denial to authorize payment for any charges you may incur. 



Charlotte Ruby Sylvest

Brian and Tammy Sylvest welcomed their daughter Charlotte Ruby on December 12, 2009 at Mad River Hospital she weighed 8lbs. 3ozs. she joins big brother Jacob he is 12 years old. She is named after both her grandmothers who passed away in 2003. Charlotte Sylvest (Brian's mom) and Karuk member Ruby Beck (Tammy's mom). She has numerous family members in Happy Camp, Orleans, Weitchepoc, Hoopa, Eureka, and Mississippi.

We hope everyone has a healthy, joyous NEW YEAR 2010.

Ayianna Amanda Arlene Counts



Parents: Eric Counts Jr & Misti Titus

DOB: 11/21/09

Weight: 5lbs 1oz

Length 17 3/4 inches

Proud Grandparents: Cheryl & Tuffy Tims,
Eric Counts Sr, Sherry Counts and Chopper
Titus

Great Grandmother: Arlene Titus & many
Aunts, Uncles, Nephews & Nieces

Noah Davis Aguilar

The newest addition to
the Davis family tree--
-- Noah Davis Aguilar.

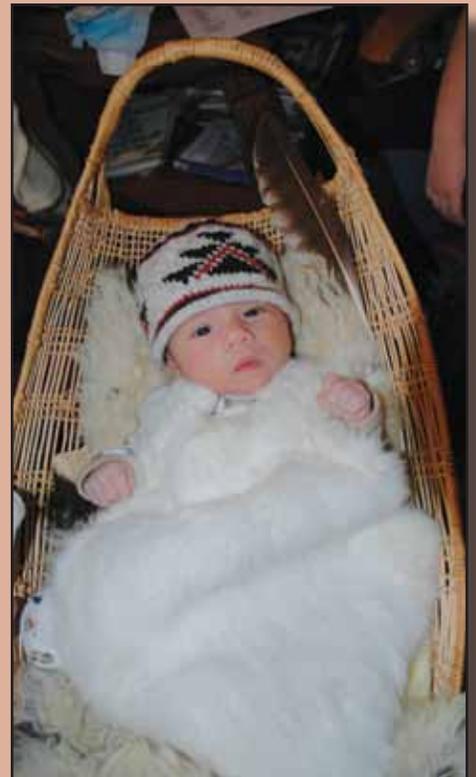
Born Jan. 21, 2010 in
Redding.

Parents: Anjanette
Davis, tribal member,
and Noe Aguilar.

Grandparents: Arnold
Joseph Davis & Hazel
Davis Gendron.

Noah is the 13th great-
grandchild of Hazel
Davis Gendron and
the late Arnold Davis,
all formerly of Happy
Camp and now living
in Shasta Lake City.

P.S. the baby basket
was made by Madeline
Davis and treasured by
my family. *Hazel*



Children's Corner

Joe Snapps Great-Grand babies!

From Left to Right

Uriha Elizabeth Roland Snapp: 9/21/09

Cryssiny Evelyn Kurtz: 9/30/09

Ashton Haze Robely: 10/27/09



Amanda Rose Lang



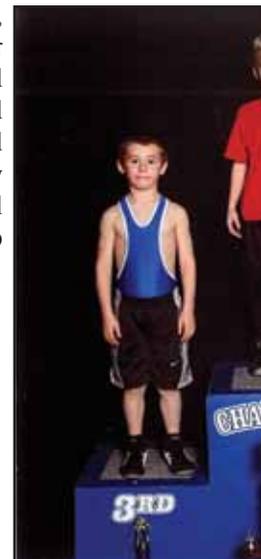
LaVien Lang

I want to say “proudly” that my daughter, Amada Rose Lang, had a fine score in basketball for Toddy Thomas Elementary and on her report card received straight A’s with a 4.0 GPA! Your family is very proud of your achievements! 🏆

Congratulations Tanner Wood!

Priscilla Wood

Tanner Wood, son of member Brandon Wood and grandson of deceased Councilman Frank Wood placed 3rd in the Rocky Mountain National Wrestling Championship for his division. 🏆



Joseph Allen Carstensen

Our little handsome new Tribal Member, Joseph Allen Carstensen, is now two years old. His father is Tribal Member, Barney Carstensen and his mother is Judy. His great-grandmother is Lillian Bennett of Forks of Salmon. 🏆



Diabetic Luncheons A Success... Expanding to Happy Camp & Orleans

Vickie Simmons, GPRC Coordinator

Because the Yreka luncheons have been such a success, the Karuk Tribe Health and Human Services Department would like to help prevent/manage diabetes in the Happy Camp and Orleans areas by offering diabetes information at special luncheons. The once a month diabetic luncheons will begin in March. Our Native American diabetics will receive invitations in the mail, but everyone is welcome to attend. Flyers will be posted as reminders. Each luncheon will begin at 11 AM with a gathering and then a short presentation by our providers. Questions are encouraged. Lunch will be served at 12 PM by



Dr. Goodwin educating luncheon guests

Orleans & Happy Camp Diabetic Luncheon Schedule

(there will be no November luncheons)

| Month | Orleans Senior Center | Happy Camp Senior Center |
|-----------|-----------------------|--------------------------|
| March | 11 th | 18 th |
| April | 8 th | 15 th |
| May | 13 th | 20 th |
| June | 10 th | 17 th |
| July | 8 th | 15 th |
| August | 12 th | 19 th |
| September | 9 th | 16 th |
| October | 14 th | 21 st |
| December | 9 th | 16 th |

Babbie Peterson's senior nutrition employees. The lunches will be nutritionally correct for diabetics. Recipes will be available. Cooking demonstrations may be presented. Also, at times, the Master Apprentice Language Documentation Project participants lead by Ruth Rouvier will make presentations. Mark your calendars for these special events. We hope to see you there!

If you have any questions about this program please call me at 493-5257 X 4020 or e-mail me at vsimmons@karuk.us. I would love to hear from you. 

Dr. Goodwin and Sharon West, describing ways to live with diabetes



Diabetic Luncheon guests enjoying delicious food, tips on how to live a satisfying life with diabetes and enjoying each other's company.



Donna Nance, Door prize winner!



Elders Christmas Party In Yreka

Michelle Charlesworth, Elders Worker

Christmas season is gone but not forgotten by these Yreka elders. They had a wonderful Christmas party full of cheer, great food and friends.



Traffic Violation Fees for CA

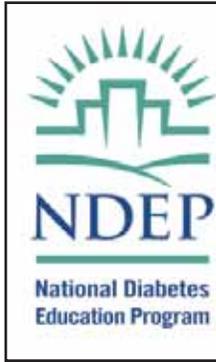
Be Safe, Save Money

Karen Daniels, Director of Quality Management, Compliance & HIPAA

Below is the current traffic ticket fines for 2010. Please note that fines for not using a child restraint have gone up to \$436.

| Violation | Total Fine Due |
|---|----------------|
| VC 12814.6 Failure to obey license provisions. | \$214 |
| VC 14600(A) Failure to notify DMV of address change within 10 days <i>Note: The fine may be reduced with valid proof of correction.</i> | \$214 |
| VC 16028(A) Failure to provide evidence of financial responsibility (insurance) <i>Note: This fine may be reduced with proof of insurance on or after the violation date.</i> | \$796 |
| VC 21453(A) Failure to stop at a red signal. | \$436 |
| VC 22350 VC 22349 Unsafe Speed, 1 to 15 miles over the limit. | \$214 |
| VC 22350 VC 22349 Unsafe Speed, 16 to 25 miles over the limit. | \$328 |
| VC 22450 Failure to stop at a stop sign. | \$214 |
| VC 22454(A) Passing a school bus with flashing red signals. | \$616 |
| VC 23123(A) Drive using wireless phone not hands free, First offense | \$148 |
| VC 23123(A) Drive using wireless phone not hands free, For each subsequent offense. | \$256 |
| VC 23123.5(A) Drive while wireless device to send, read or write text. | \$148 |
| VC 23124(B) Minor drive using wireless phone. | \$148 |
| VC 22500(I) Parking in a bus loading area. | \$976 |
| VC 22507.8(A through C) Violation of disabled parking provisions, first offense. | \$976 |
| VC 22507.8(A through C) Violation of disabled parking provisions, second offense. | \$1,876 |
| VC 26708(A) Unlawful material on vehicle windows. | \$178 |
| VC 27150(A and B) Adequate muffler required | \$178 |
| VC 27315(D and E) Mandatory use of seat belts. | \$148 |
| VC 27360(A and B) Mandatory use of child passenger restraints <i>Note: This fine may be reduced by completing a court authorized child seat diversion program.</i> | \$436 |
| VC 27400 Headsets/Earplugs over both ears. | \$178 |
| VC 27803 (A through C) Motorcycle safety helmet requirements. | \$178 |
| VC 34506.3 Commercial Driver - Log book violation | \$616 |
| VC 4000(A) No evidence of current registration. <i>Note: The fine may be reduced with valid proof of correction.</i> | \$256 |
| VC 4159 Notify DMV of change of address within 10 days. <i>Note: The fine may be reduced with valid proof of correction.</i> | \$178 |
| VC 5200 Display of license plates. <i>Note: The fine may be reduced with valid proof of correction.</i> | \$178 |
| VC 9400 (A through C) Commercial weight fees due. <i>Note: The fine may be reduced with valid proof of correction.</i> | \$178 |

America's Seventh Leading Cause of Death



The Facts About Diabetes

What is diabetes?



Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in

insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to manage the disease and lower the risk of complications.

How many Americans have diabetes and pre-diabetes?*

- 23.6 million Americans have diabetes — 7.8 percent of the U.S. population. Of these, 5.7 million do not know they have the disease.
- Each year, about 1.6 million people ages 20 or older are diagnosed with diabetes.
- The number of people diagnosed with diabetes has risen from 1.5 million in 1958 to 17.9 million in 2007, an increase of epidemic proportions.
- It is estimated that 57 million adults aged 20 and older have pre-diabetes. Pre-diabetes is a condition where blood glucose levels are higher than normal but not high enough to be called diabetes. Studies have shown that by losing weight and increasing physical activity people can prevent or delay pre-diabetes from progressing to diabetes.

What is the prevalence of diabetes by type?

- Type 1 (previously called insulin-dependent or juvenile-onset) diabetes accounts for 5 to 10 percent of all diagnosed cases of diabetes.
- Type 2 (previously called non-

insulin-dependent or adult-onset) diabetes accounts for 90 to 95 percent of all diagnosed cases of diabetes. Type 2 diabetes is increasingly being diagnosed in children and adolescents

What is the prevalence of diabetes by race/ethnicity?*

Non-Hispanic Whites

- 14.9 million; 9.8 percent of all non-Hispanic whites aged 20 and older have diagnosed and undiagnosed diabetes

About 16.5 percent of American Indians and Alaska Natives aged 20 years and older who are served by the Indian Health Service have diagnosed diabetes.

African Americans

- 3.7 million; 14.7 percent of all non-Hispanic blacks aged 20 and older have diagnosed and undiagnosed diabetes.
- Non-Hispanic blacks are about 1.8 times more likely to have diabetes as non-Hispanic whites aged 20 and older.

Hispanics/Latinos

- 10.4 percent of Hispanics/Latinos ages 20 or older have diagnosed diabetes.
- Among Hispanics/Latinos, diabetes prevalence rates are 8.2 percent for Cubans, 11.9 percent for Mexican Americans, and 12.6 percent for Puerto Ricans.

American Indians and Alaska Natives

- About 16.5 percent of American Indians and Alaska Natives aged

20 years and older who are served by the Indian Health Service have diagnosed diabetes.

- Diabetes rates vary -- among Alaska Native adults (6.0%) to American Indians in southern Arizona (29.3%).

Asian Americans and Pacific Islanders

The rate of diagnosed diabetes in Asian Americans is 7.5 percent. However, prevalence data for diabetes among Pacific Islanders is limited.

How many deaths are linked to diabetes?*

- Diabetes is the seventh leading cause of death listed on U.S. death certificates.
- Cardiovascular disease is the leading cause of death among people with diabetes — about 68 percent die of heart disease or stroke.
- The overall risk for death among people with diabetes is about double that of people without diabetes.

Treating Diabetes*

- Diabetes can lead to serious complications, such as blindness, kidney damage, cardiovascular disease, and lower-limb amputations, but people with diabetes can lower the occurrence of these and other diabetes complications by controlling blood glucose, blood pressure, and blood lipids.
- Many people with type 2 diabetes can manage their blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication. Some people with type 2 diabetes may also need insulin to manage their blood glucose.

Low Income Assistance Programs (LIAP)

1.800.505.2785 or 530.493.1600 Ext. 2025

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 income eligible and a Karuk Tribal member or descendant. For those of you that live outside of the service area try www.acf.dhhs.gov/programs/ocs/csb/index.htm or www.csd.ca.gov/providers.html

- For those of you who 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.

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.

For information or assistance, call Robert Attebery at 800-505-2785 or (530) 493-1600 ext. 2025

Apply Now for the Low Income Assistance Programs!!!!!!

Low Income Heating Energy Assistance Program (LIHEAP)

This program provides energy assistance to eligible enrolled Karuk Tribal households with electricity, propane, wood and minimal weatherization. The applicant must reside in the service area.

General Assistance

This program provides low income families with food and/or clothing, shelter, burial and emergency assistance (burn out, flood, destruction of home). The applicant must reside in the service area and be an enrolled Federally Recognized Tribal Member. Benefits will be adjusted depending on income received.

Adult Services:

Adult care assistance provides non-medical care for eligible adult Indians. The providers must be certified or licensed. Background checks are required. 

LIAP - Low Income Assistance Program Committee

This program helps enrolled Karuk Tribal members with special need services. Applicants do not have to live in the Karuk Tribe's Service Area to receive services. The LIAP Committee meets on the 4th Wednesday of every month.

KARUK TRIBE





Karuk Tribe

Post Office Box 1016
Happy Camp, CA 96039-1016

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96039

Let us know if you've changed your 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 so we may be able to continue sending Tribal news and other correspondence.

Karuk Tribal Council

Winter, 2010

Arch Super, 2007-2011
Chairman

Vacant, 2006-2010
Vice-Chairman

Florraine Super, 2007-2011
Secretary

Leeon Hillman, 2006-2010
Treasurer

Florence Conrad, 2007-2011
Member at Large, Orleans

Alvis Johnson, 2008-2012
Member at Large, Happy Camp

Wilverna Reece, 2008-2012
Member at Large, Happy Camp

Charron "Sonny" Davis, 2009-2013
Member at Large, Yreka

Roy Arwood, 2009-2010
Interim Member at Large

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.



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