



Arch Super Elected New Tribal Chairman

Sara Spence, Human Resources Manager

The Karuk Tribe of California held their annual Tribal election on Tuesday, November 4, 2003, with Arch Super of Yreka elected as chairman with 166 votes.

Incumbent Chairman Alvis Johnson came in a close second with 160 votes.

Florence "Flo" Lopez received 32 votes, and Douglas Goodwin received 12 votes, also for the chairman position.

The chairman position is a four-year term.

Florraine Super of Yreka was elected secretary with 230 votes, and incumbent Carol Day received 137 votes. The secretary position is also a four-year term.

Florence Conrad of Somes Bar was elected to the Four-Year Member at Large seat with 189 votes.

Incumbent Hermanett Albers received 176 votes.

Roy Arwood of Yreka was elected into the uncontested Two-Year Member at Large seat with 291 votes.

Voters cast their ballots either by absentee or at one of the three polling locations in Yreka, Happy Camp and Orleans. There were a total of 375 valid ballots counted in the election.

All four new council members were sworn into office on November 18, 2003.



From left to right: Arch Super, Karuk Tribal Chairman; Florence Conrad, Four-Year Member at Large; Florraine Super, Secretary; and Roy Arwood, Two-Year Member at Large.

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Notes from the Secretary

Florraine Super, Council Secretary



Ayukii, my name is Florraine Super and I'm your newly elected Secretary. To give you a little of my history, I have lived in the Yreka area all my life. My parents are Peter Super, Sr. and Nancy (Jerry) Super. I am honored that I have been elected to this position and have the opportunity to represent Karuk Tribal members.

On November 18, 2003, I was sworn in with the other newly elected Council. Since then I have been very busy educating myself on all the projects and programs that the Tribe is involved in.

I have attended several meetings which include:

Road's Meeting on November 19, 2003 – The Tribe has a construction company which paved the roads for Yreka Housing. Some regulation differences were discussed with the Bureau of Indian Affairs (BIA). There was a slight variance of grade in road materials, but the matter was worked out between the construction crew, the Karuk Tribe, and BIA.

Council Meeting in Orleans on November 20, 2003 – At this meeting, I was appointed to sit on the Low Income Assistance Program (LIAP) Committee. Our goal is to revamp the program to run more efficiently for the director, Lisa Aubrey, and all participants. I also met our new Judge, Steve Campbell.

Tribal Court Information Meeting on November 22, 2003 – April Attebury, Tribal Court Administrator, and Judge Campbell gave a presentation and overview of what the Tribe's goal is for our Tribal Courts.

Tribal Courts Meeting on November 24, 2003 – Met with Stephanie Dolan, of California Indian Legal Services, April Attebury, and Judge Campbell. That same day we attended a housing meeting to introduce the Judge to the Housing Committee.

Interviews for Grant Writer and Resource Developer on December 1, 2003 – Trista Parry was hired.

Interviews for Self Governance Coordinator on December 3, 2003 – Hector Garcia was hired.

Land Management Meeting on December 11, 2003 – Met with Scott Quinn and Carrie Davis. They went over the process of placing land into trust, what the obstacles are, and what projects they are working on. We also met with the Tribe's Tribal Employment Rights Ordinance (TERO)

Committee. Judy Waddell and Corina Alexander were appointed to sit on the TERO Committee.

Health Board Meeting on December 11, 2003 – I was appointed to sit on the Health ACQI Board. They previously met every Wednesday but due to budget restraints, they now meet the first Wednesday of every month. Leaf Hillman was appointed to work with the Forest Service during fire season. Karen Derry and Florence Conrad were appointed to oversee implementing a Men's Transitional Facility.

Budget Meeting on December 16, 2003 – Met with Laura Mayton and Erin Hillman. Budgets reviewed were: BIA; National Environmental Protection Act (NEPA); Cultural Resource Archive; and Social Services.

Management Team Meeting on December 18, 2003 – I attended the meeting to observe. Management Meetings are held the third Thursday of every month. The following people sit on the Management Team: Arch Super – Chairman; Leaf Hillman – Vice-Chairman; Hector Garcia – Self Governance Coordinator; Erin Hillman – Contract Compliance Specialist; Vacant – TERO Director; Laura Mayton – Chief Finance Officer; Marty Waddell – Information Technology Manager; Sandi Tripp – DNR Director; Tom Waddell – Acting KCDC Director; Wes Valentine – Executive Director; April Attebury – Tribal Court Administrator; Trista Parry – Grant Writer and Resource Developer; Sami Jo Difuntorum – KTHA Director; Rod Hartman – Construction Manager. The purpose of these meetings is to go over new projects, resolutions, monthly reports, etc.

Newsletter Articles

If you have news, articles or events you would like placed in this newsletter, please submit your information to **Sara Spence, Newsletter Articles, P.O. Box 1016, Happy Camp, CA 96039**. Or you may email articles and/or photos to **sspence@karuk.us**. All submissions must include your name and address. No anonymous articles will be included.

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

Notes from the Secretary, continued from previous page...

Council Meeting in Happy Camp on December 18, 2003

– I was appointed to implement an Indian Child Welfare Act (ICWA) Committee. Members attended the meeting to ask why the contract with Saint Joseph's Hospital and the Orleans Clinic was terminated. Arch Super will have Wes Valentine set up a community meeting in Orleans to discuss the issue and answer questions for those who are concerned. We also assisted a Yreka Youth Girl's Basketball Team who asked for a contribution to help them with tournament entry fees.

Information Technology Meeting on December 19, 2003 – Met with Marty Waddell, Jonathan Parton, and Marsha Jackson. They discussed how Marty and Marsha can assist each other regarding all of our computer systems. The Tribe is going to require that all Tribal employees use *karuk.us* for business emails. We must discuss this with the Health Program before we implement the new guideline. We also talked about the Tribal Webpage. Our goal is to have the webpage available to the Membership by the end of January.

I attended the Housing and Karuk Tribe's Christmas parties. I was able to introduce myself to most of the staff. The Council gave Outstanding Employee Awards to selected employees; however, the Council appreciates all the hard work and dedication that every employee contributes to the operation and success of the Tribe.

LIAP Meeting on December 22, 2003 – Met with Lisa Aubrey and LIAP Committee. We are revamping the program. The committee edited program guidelines. We were unable to complete all program guidelines so we scheduled a meeting for December 29, 2003 but were snowed out. We plan to meet again but a date has not been confirmed.

During the week of December 29, 2003 we had difficulty carrying on Tribal business due to heavy snow and no electricity.

Providers Meeting on January 7, 2004 – We met with all Tribal Health providers from Orleans, Happy Camp, and Yreka. It was great to be able to meet all those who provide health care in our clinics. The Council met with the providers to discuss how they can help with the health budget crisis. Solutions were to advertise that we accept Medi-Cal to help with our patient count, and to make sure we are current with our billing. A goal was set for each provider to see 400 patients per month.

Department of Natural Resources Meeting on January 12, 2004 – Met with DNR Staff. Sandi Tripp accepted the position of DNR Director. A revised office organization chart was approved by the Council. Florence Conrad was appointed to sit on the DNR Management Team. They will meet every Monday for the next six months.

Karuk Website

Sara Spence, Human Resources Manager

The Karuk Tribe of California is proud to announce that a Tribal website is finally being posted on the internet and will be completely up and running soon. The address is <http://www.karuk.us>

At first, only basic information will be available about staff and programs, (though currently, there are job openings listed at: www.karuk.us/jobs). The website content will continue to grow as items are added and we receive feedback from the Membership and the public letting us know what they would like included. We hope the website will increase communication between the Tribe and the Membership, plus provide information to anyone who is interested in learning about the Karuk Tribe!



Our Information Technology Manager, Marty Waddell, and Information Technology Trainee, Jonathan Parton, have been working very diligently to bring the Tribe into the "technology age" and we are very proud of their hard work and accomplishments!

Notes from the Secretary, continued...

Karuk Community Development Corporation Meeting on January 12, 2004 – Met with KCDC Board. 2002 and 2003 financial information must be entered into the computer so we can prepare for the annual audit. We will hire three people to do data entry. We will have a follow up meeting (date not set). The Council is closely monitoring the situation. A detailed report can be provided to the membership once the audit is complete.

This is a note from your Secretary. My goal is to communicate with Tribal members, staff, and Council members. If you would like additional information and/or have any questions, feel free to contact me at any time. I send out a weekly schedule and information on upcoming meetings or openings for jobs and committees. If you would like to be put on my email list, send me your email address with a note saying you would like to receive this information.

Florrine Super (530) 842-7094 or fsuper@karuk.us
Yootva.

If you would like detailed minutes from Health Board and Council Meetings, contact Sara Spence at the Tribal Administration Office in Happy Camp (we also hope to post these on the website soon!).

Karuk Tribal Pharmacy Update

*Wes Valentine,
Executive Director of Health and Human Services*

Due to the extreme weather in Happy Camp just prior to the New Year, we have had some additional construction delays. The pharmacy will be opening in early February of this year. Prescriptions sent to the pharmacy will be available for pick up at the Yreka and Orleans clinics the following day. For those patients who live in remote areas, prescriptions can be mailed. The Karuk Tribal Council has approved the pricing schedule which will be used. The policy is as follows:



*Updated photo of the Karuk Tribal Pharmacy still under construction.
Taken January 16, 2004.*

KARUK TRIBAL HEALTH PHARMACY CHARGING POLICY SUMMARY

I. Karuk Tribal Members

No charge for covered medications.

II. Medi-Cal Patients

- a. Native American- No charge for Medi-Cal covered medications.
- b. Non-Native American- Share of cost must be met first, then no charge for covered medication.

III. Karuk Descendents and Other California Indians Living Within the Karuk Service Area

\$2 for each 30 day supply of medication, maximum charge not to exceed \$10 per each day medication are filled. NOTE: Patients must call refills in at least two business days in advance for this \$10 daily cap to apply, otherwise patients will be expected to pay \$2 for each individual 30 day supply of medication. Non-prescription items (OTC) are not included in the \$10 daily cap.

IV. Non-California Indian Living Within the Karuk Service Area

Cost of medication plus \$5 dispensing fee, or usual and customary price, whichever is less.

V. Any Non-Karuk Tribal Member Living Outside the Karuk Service Area

Cost of medication plus 20% plus \$5 dispensing fee, or usual and customary price, whichever is less.

VI. Non-Indian Beneficiaries

Cost of medication plus 30% plus \$5 dispensing fee, or usual and customary price, whichever is less.

VII. Spouses and Dependents of Tribal Members

Cost plus 10% plus \$5, or usual and customary price, whichever is less.

Payment must be made at the time of service. The pharmacy will accept cash, checks, money orders, and credit cards.

We are very excited to be able to provide this service to our membership and our community.

Change in Regularly Scheduled Clinic Closures

*Lessie Aubrey,
Director of Quality Management and Compliance*

Previously, all Karuk Tribal Health Clinics were closed Wednesday mornings from 8 – 11am each week, for the purpose of Quality Improvement and Accreditation activities.

Clinical directors have decided to change that closure to one Wednesday every month, which means the clinic will be closed all day from 8 am – 5 pm on the designated day. This is being done to allow more provider time with patients.

Please note that these are only the “regularly” scheduled closures and there may be other times and reasons a closure may take place, though we will try to limit them.

Regularly scheduled closures will be the Wednesday just before the Health Board Meeting, which is every second Thursday. The following days have been designated for clinic closure:

- January 7, 2004
- February 11, 2004
- March 11, 2004
- April 7, 2004
- May 12, 2004
- June 9, 2004

Sometimes scheduled closures may be changed for some unforeseeable reason, so please call if you need more information.

Please don't hesitate to contact me at 530-493-5305 extension 2042, if you have any questions.

Karuk People's Center

Fred Nahwooksy

The Karuk People's Center is the museum/cultural center of the Karuk Tribe of California. Located in Happy Camp at the Karuk Tribal Office Complex, the Center is open on Tuesday through Saturday from 10am to 5pm, excluding holidays. The Center's Library is open on Tuesday and Thursday evenings from 6pm to 9pm. Call the Center Sales Shop for information or if you have any questions at (530) 493-5305 ext. 2201.

Basketweavers Project: The People's Center has received two grants to support the Karuk Basketweavers Project. With the support of the *Seventh Generation Fund* and the *National Endowment for the Arts* we will be able to host two gatherings of weavers; one in April 2004 and one in September, 2004. Dates for these two gatherings will be determined soon. You may call the People's Center for information. In addition, we will be able to honor some Karuk basketweavers as artists-in-residence at the People's Center. The artists-in-residence will be in-residence in the Center's education classroom during weekly business hours, and will make baskets while engaging visitors in dialogue. Also, the weekly basketweaving class that is hosted by Verna Reece will continue as part of the project. During each basketweavers gathering (April and September), the People's Center will exhibit baskets made by participants in the weekly basketweavers class, and participants in the basketweavers gatherings.

The Basketweaver's Art: Beyond the utilitarian role that baskets serve in culture and traditional activities, Karuk basketweaving is an art form characterized by balance, continuity of form, color, evenness of weave, and detailing of design. The materials that form the foundation or

framework for all Karuk baskets are hazel sticks and willow sticks. The materials that are to hold the framework of a Karuk basket together and establish the body and geometric design of the basket are bear grass, woodwardia fern, maidenhair fern, willow root, grape root and porcupine quills. Some of these materials are dyed, as is the case with woodwardia fern that is dyed by alder bark (red), to give additional



Baby basket with sun visor made by Madeline Davis. On display at the People's Center

color to the basket design. Some of the basket forms that Karuk weavers make include caps or hats, baby baskets, trinket baskets, berry baskets and burden baskets, medicine baskets, tobacco baskets and herb baskets.

Baskets continue to be used in Karuk dances, ceremonies, as gifts, as art objects and as sources of pride, memory and identity. The significance and role that fine baskets serve in Karuk culture is almost inestimable except to say that baskets are Karuk

and Karuk are baskets. The examples shown here are only some of the many fine examples of the Karuk basketweaving art that are on display at the People's Center.



Display of basketmaking materials at the People's Center



Trinket basket made by Verna Reece. For sale in the People's Center Sales Shop

GA/SWEEP/Adult Services/ LIHEAP/HIP Departments

Lisa Aubrey,

Low-Income Assistance Program Administrator

Ayukii, my name is Lisa Aubrey and I administer Low Income Programs. I will briefly expand on how these programs can assist low income families. They are as follows:

- **General Assistance:** This program provides low income families with food and/or clothing, shelter, burial and emergency assistance. The GA program is a secondary resource and must not be used to supplement or supplant other programs. To qualify you need:
 1. To be a member of an Indian Tribe
 2. Be income eligible
 3. Reside in the ancestral territory (Eastern Humboldt County from Bluff Creek area near Weitchpec to the Salmon River and Siskiyou County)
 4. Apply concurrently for financial assistance from another resource
 5. Must not receive any comparable public assistance

If the applicant is deemed eligible, he/she can receive \$250.00 annually for food and/or clothing, up to \$500.00 for a shelter voucher, up to \$2,500.00 for burial and \$1,000.00 for emergency assistance. All payments are payable to the vendor and not the applicant.

- **Adult Services:** Adult care assistance provides non-medical care for eligible adult Indians. To qualify you need:
 1. To be a member of an Indian Tribe
 2. Be income eligible
 3. Reside in the ancestral territory (Eastern Humboldt County from Bluff Creek area near Weitchpec to the Salmon River and Siskiyou County)
 4. Apply concurrently for financial assistance from another resource
 5. Must not receive any comparable public assistance
 6. Have needs that require personal care and supervision due to advanced age, infirmity, physical condition, or mental impairments
 7. Cannot be cared for in their own home by family members

The Individual Service Provider needs to be licensed or certified for homemaker service.

- **Skills, Work, Education Enhancement Program (SWEEP):** This program was created to enhance eligible Indians with skills/work and/or education to meet the goal of becoming more employable while obtaining an incentive payment. The eligibility guidelines are the same as General Assistance.
- **Low Income Heating Energy Assistance Program (LIHEAP):** This program provides energy assistance to eligible Tribal members. We can assist households with electricity, propane, wood and minimal weatherization. To qualify you need:
 1. To be an enrolled member of the Karuk Tribe
 2. Meet income eligibility
 3. Send in utility bill or energy burden
- **Housing Improvement Program (HIP):** This program provides grant assistance to repair or replace your home. To qualify you need:
 1. To be a member of an Indian Tribe
 2. Be income eligible
 3. Reside in the ancestral territory (Eastern Humboldt County from Bluff Creek area near Weitchpec to the Salmon River and Siskiyou County)
 4. Apply concurrently to two other lending resources for assistance
 5. Send a Disability/Handicapped Statement (if applicable)
 6. Send a copy of your deed, ownership papers or 25 year lease
 7. Current year tax statement

For further information regarding any of these programs, you may call me at the Happy Camp Administration Building, 1-800-505-2785 or 530-493-5305 Ext. 2025.



Self Portrait

*by Tribal member,
Courtney Culver, age 8*

Karuk Language News

Susan Gehr, Language Program Director

We have a new phrase booklet ready for distribution. It's called *payêem vúra araráhich ichúuphiti* and it contains many common words and phrases, as well as a conversation between three fluent Karuk elders. An audio CD is included with the book, so you can hear the language being spoken by native speakers. If you recently requested a copy of the pronunciation video, you probably received a copy of the new book too. We've given away over 130 copies of the video *húut ipíti: A Guide to Karuk Pronunciation*. There are still copies left so please contact Susan Gehr at (800) 505-2785, ext. 2205 or sgehr@karuk.us if you need a copy for your family.

Language classes are going very well in Orleans and Yreka. In Orleans, Jim Ferrara and Violet Super are using the Coyote and Osprey story in their class. In Yreka, Phil Albers Jr. teaches a class at Discovery High School, and Vina Smith often comes to support Phil during his class. The Happy Camp class, which was on Tuesday nights, never had more than two students, so we'll reschedule this class to start Tuesday, January 27th, from 12:15 to 12:45pm in the Council Chambers. If there is enough interest in this lunchtime class, we'll have it twice per week.

Would you be interested in taking a Karuk language class for college credit this summer? Phil Albers is in the process of applying to teach a Karuk language class through Southern Oregon University in Ashland, Oregon. It would take place June 21 through July 6 and students would earn three units of college credit. Once the University approves the course, he'll need ten students to register in order to teach the class. For more information, call Phil Albers at (541) 488-4626.

Thanks to a print-on-demand arrangement with Legal Books Distributing, William Bright's book, *The Karuk Language*, is again available for sale both at the People's Center in Happy Camp for \$22.00, or through Legal Books Distributing for \$19.95 plus shipping and sales tax. *The Karuk Language* contains a description of Karuk grammar, a collection of stories, and a dictionary. The grammar section is difficult reading, but if you look closely at the examples and don't sweat over the linguistic terminology, you can gain an understanding of how our language is put together. To purchase this book, stop by the People's Center or call Legal Books Distributing at (800) 200-7110.

In other Karuk dictionary news, we now have over 3,200 entries in the database from which our new dictionary will be printed. A limited run of this dictionary will be printed in the fall of 2005, but a quality dictionary takes a long time, so work will continue on the project after that printing.

During the week of February 22nd, William Bright is returning to Karuk country. We'll have a language-immersion dinner sometime during that week, so give Susan a call to get the exact day and time. Finally, we'll be setting the dates for another language immersion weekend some time in the near future.

yôotva! súva nik!



CHS Approved Levels of Care Reminder

*Wes Valentine,
Executive Director of Health and Human Services*

We would like to remind the Membership that the Contract Health Services (CHS) Office is currently serving Tribal members up to Level II. The Levels of Care appeared on Page 12 of the Fall 2003 Newsletter for informational purposes. If you did not receive it or would like to request a copy of the Levels of Care, please contact the CHS Office at (800) 505-2785: extensions 2151 (Cheryl Titus); 2155 (Candace Atto); or 2156 (Anna Myers).

Karuk Tribe Housing Authority

**KTHA is One of Twenty-Four Tribes on the
Negotiated Rulemaking Committee**

Jessaca Lugo, Operations Manager

Sami Jo Difuntorum, the Executive Director of the Karuk Tribe Housing Authority, is representing the Karuk Tribe on the Negotiated Rulemaking Committee. The Karuk Tribe Housing Authority is one of twenty-four representatives in the United States, with only three from California. This is a great opportunity for the Karuk Tribe to have a voice in the review and revision of regulations that determine the amount Tribes are funded under the Indian Housing Block Grant (IHBG) Program.

Sami has done an excellent job keeping the Karuk Tribe informed on regulation changes. Sami has voiced the recommendations that would be beneficial not only for our Tribe but for Tribes with similar demographics as ours. If you have any questions in regards to the Negotiated Rulemaking Committee or any of KTHA's Programs, please call (800) 250-5811.

Karuk Military Intelligence

Tribal Member “Buzz Busby” is now a Private First Class- Military Police Officer for the United States Army. Buzz was born in Carmel Valley, California, to Tanya Harrison and Ken Busby, and raised in Seiad Valley, California. Buzz graduated from Happy Camp High School on June thirteenth 2003, where he excelled in sports such as football, baseball and track and field. His extracurricular activities include paintball competitions with his friends, hunting and jiu jitsu.



*Buzz Busby,
PFC-Military Police Officer*

Buzz states that his favorite part of boot camp was mail call because its “nice to know that people know where you are and remember you,”

and chow time, because that was one of the few times the drill sergeants were not yelling at you.

Buzz will be stationed in Vaighen, Germany, a little town outside of Stuttgart, for three years with the 64th Adjutant General Replacement Battalion, 554th MP (Military Police) Company.

Airman Apprentice Nickolaus Hillman, son of Tribal Member Leeon C. Hillman, joins the ranks of sailors aboard the USS George Washington (CVN-73), stationed at Norfolk VA, after a short visit with his family during the holidays.



*Nickolaus Hillman,
Airman Apprentice*

Hillman is a 2003 graduate of Happy Camp High School who joined the U. S. Navy in September of 2002 in the delayed entry program. He graduated from basic training at Great Lakes Naval Base outside of Chicago, IL in October. From there he went on to attend Advanced Individual Training in Pensacola Florida where he was recognized for excellence in class team leadership while engaged in EMT and fire fighting training.

The USS George Washington (CVN-73) is a Nimitz Class Aircraft Carrier that is scheduled to be deployed for six months in late January 2004.

If you have information about a Tribal member or descendent in the military that you would like to share via the newsletter, please feel free to contact Erin Hillman at 800-505-2785, extension 2017.

Tribal Court Summary Report

Karuk Tribal Judge Steven A. Campbell

Dear Tribal Members:

Happy New Year. There are many exciting developments occurring at the Karuk Tribal Court. I have been happy to attend three community informational meetings regarding the Tribal Court. Meetings were held in Yreka, Orleans and Happy Camp. It is very important to receive input from as many Tribal members as possible concerning the Tribal Court.

The Court has been busy researching Tribal codes and drafting sample codes for the Tribal Council to consider. The Children’s Code should be ready to present to Council no later than the February Council meeting. My goal as your judge is to begin hearing cases as soon as practical.

During the week of January 12-15, I met with the State Court Judges in Yreka to begin the process of collaboration

between the two courts. I provided the State Court judges with a packet of information regarding Indian Law and Tribal Courts. Most state court judges do not have experience dealing with Indian law issues so general reference material will be useful.

I also had a meeting with Siskiyou County Counsel for the Department of Social Services. The County raised several questions they had regarding the Tribal Court. I explained my visions and goals for the court and the role the county could play in the future.

We agreed to continue meeting and trying to resolve legal issues that present a barrier to cooperation between the County and Tribe. I am pleased with the willingness of the State and County to work with the Tribal Court and further development of the Tribal Court.

I work four days a month as your judge. This schedule may increase in the future depending on the caseloads and needs of the Tribe. I look forward to serving as your judge.

Tribal Committees

Enrollment Committee - Main Contact: **Dolores Voyles**
(800) 505-2785, ext. 2028

1. Pauline Attebery
2. Jeanerette Jacups-Johnny
3. Charlene Martin
4. Millie Grant
5. Leaf Hillman, Council Representative

Tribal Employment Rights Ordinance (TERO) Commission - Main Contact: Vacant, TERO Director (800) 505-2785, ext. 2030

1. Dolores Voyles, Vice-Chairperson
2. Lynn Parton
3. Elsa Goodwin
4. Alvis Johnson
5. Judy Waddell
6. Corina Alexander, Alternate

Election Committee - Main Contact: Judy Waddell, Acting Chairperson

1. Judy Waddell, Acting Chairperson
2. Florraine Super, Secretary, Registrar of Voters
3. Cecilia Arwood
4. Elsa Goodwin
5. Scott Quinn
6. Ellen Johnson
7. Florence Lopez



Karuk Tribe Housing Authority (KTHA) Housing Committee - Director: Sami Jo Difuntorum (800) 250-5811

1. Leaf Hillman, Chairman
2. Verna Reece, Vice Chairperson
3. Sheila Jerry, Secretary
4. Paula McCarthy, Treasurer
5. Ellen Johnson
6. Roy Arwood, Council Representative
7. Vacant

Karuk Community Development Corporation (KCDC) Board of Directors - Acting Director: Tom Waddell (530) 493-5376

Board of Directors vacant at this time.

Indian Child Welfare Act (ICWA) Committee - Main Contact: Lisa Sartuche-Goodwin (800) 371-8080, ext. 104

1. Florraine Super, Council
2. Florence Conrad, Council
3. Steven Zufelt, Yreka Representative
4. Vacant, Happy Camp Representative
5. Joshua Saxon, Orleans Representative

Committees continued...

Low Income Assistance Programs (LIAP) Committee - Main Contact: Lisa Aubrey (800) 505-2785, ext. 2025

1. Arch Super
2. Florraine Super
3. Florence Conrad
4. Karen Derry



Maintenance Update

*Fred Burcell, HIP/Maintenance Supervisor
Trust Land Building Inspector*

For two weeks at the end of 2003, the crew stayed busy moving snow and clearing snow damaged trees and brush. Many of our bigger projects are on hold until the weather stabilizes and things dry out a little. A commercial coffee pot, icemaker, sink and three tables were assembled and installed at the Panamnik Center kitchen. Flower boxes are being made for the Yreka Head Start, and Miller Farms in McKinleyville has been approached about appropriate species of shade trees for the Happy Camp administration and medical buildings. The trees should go in this spring. Two upcoming projects down river are installations of an icemaker at DNR, and a fire hose washing machine in Somes Bar.

Project Jumpstart

Marketing Native America's Entrepreneurs



Kauffman & Associates, Inc. (KAI), under contract with the Small Business Administration (SBA), is offering technical assistance to fifty Native American entrepreneurs in targeted areas of Indian Country including Washington, Northern California, New Mexico, Montana & South Dakota.

KAI will assist Indian owned businesses to: develop an Initial Needs Assessment; market research & planning; message development & branding; web site development & hosting for one year.

The application deadline is February 20, 2004.

For more information or for a program application, visit www.marketingindianbiz.com or call KAI at (509) 747-4994.

Kimberly Weeks to Graduate With Honors

Submitted by Glenn E. Weeks

Kimberly Weeks is a high school senior in Phoenix, AZ this year. She is graduating in June and has won merit by maintaining above the straight A academic average— which is an A+ at a 4.2 grade point average. A 4.2 is possible due to her having taken honors classes which add grade points beyond the standard A or 4.0 rating.



Kimberly recently took the Scholastic Aptitude Test (SAT) and her achievement score of 1360 points has won her the coveted Provost Scholarship award from Arizona State University (ASU). This award is for a full four-year tuition scholarship at ASU with additional yearly stipends. In addition, she has been invited to join Barrett Honors College at ASU. Barrett is rated among the top seven or eight honors colleges in the country.

Needless to say, her parents are very proud of their daughter and her accomplishments. We feel Kimberly's achievements might be inspirational to other Karuk members.

Staff Change at KTOC Finance Office

Laura Mayton, Chief Financial Officer

Tina King has taken a job with the Puyallup Tribe in Tacoma, Washington as an accounts payable clerk. Her last day of work for the Karuk Tribe was on January 16, 2004.

Tina King came to work for the Karuk Tribe Housing Authority as TERO Director in January 1997 and has worked for KTHA, KTOC, and KCDC in various positions since that time. The following positions were held by Tina during her time in Happy Camp.

- TERO Director – KTHA
- Medical Data Entry – KTOC
- Job Developer – KCDC
- Accounts Payable / Accounts Receivable Clerk - KTOC

We thank Tina for her years of work, and we wish her much happiness in her new position.

Michael Thom who was working as an accounts receivable clerk in the Tribe's billing office took Tina's place as accounts payable / accounts receivable clerk on January 19, 2004. Michael Thom has had many years of experience in accounting and in Tribal government. He was the Vice Chairman of the Karuk Tribe from 1996 to 2000. The following Tribal job positions have been held by Michael in the past:

- Elders Worker – KTOC
- Accounting Clerk – KTOC
- Contract Compliance Specialist – KTOC
- Tenant Relations – KTHA
- Accounts Receivable Billing Office – KTOC

We welcome Michael and wish him much success in his new position.

New Playgrounds in Yreka and Orleans

Playground in the community of Orleans



The Karuk Tribe Housing Authority has purchased brand new playground equipment for the communities of Yreka and Orleans. This was a long overdue project, and we are excited to give the children a safe and fun playground to enjoy themselves in. Special thanks go to North State Playgrounds and Randy Davies Construction for their hard work.

Birth Announcement

Gavyn Machnatach Albers

Pamu taat: Elaina Supahan

Pamu aka: Philip Albers Jr.

Wt.: 8 lbs 9 oz.

Ht.: 21 inches

December 9, 2003

Ashland Community Hospital, Ashland, OR



Picture is at 12 days old.

The Nurse's Corner

Information for Health and Wellness

David Eisenberg, PHN

Pregnancy - Suggestions for Staying Healthy and Happy

The birth of a child is a joyous occasion and during pregnancy many factors can affect the growth and development of the new life. The Karuk Health program wants all women to receive early and regular prenatal care. Here are some suggestions:

Alcohol: It is best not to drink alcohol at all (beer, wine, whiskey). Alcohol is a drug and any product that contains alcohol is a drug.

Bathing: Use the tub or shower, whichever you prefer. Your balance can be more difficult later in pregnancy so have a non-slip surface in the bathtub.

Bowels: Some bowel habits can change during pregnancy. Use your diet to prevent constipation. Add more bran and roughage, eat lots of fresh and dried fruits, vegetables and drink plenty of water. Don't use a laxative enema or other drugs without checking with your health practitioner.

Drugs: Don't use any drugs without discussing them with your doctor. This would include all prescription and non-prescription drugs, vitamins, laxatives, cold remedies, pain remedies etc. For the sake of your unborn child, as well as yourself, completely avoid marijuana, cocaine, methamphetamines, tobacco, alcohol, tranquilizers, sleeping pills or any other mind altering drugs.

Emotions: You may experience more emotional ups and downs than usual. This is quite normal during pregnancy.

Working: You can safely continue working as long as you remain comfortable at your job, but avoid lifting heavy objects.

Sex: You can enjoy sexual intercourse as long as it is not uncomfortable.

Rest: Include rest periods in your routine several times a day for short periods.

Periods: Lie on one side, rather than flat on your back, because blood flow through the placenta can decrease when you lie on your back.

Smoking: Smoking is injurious to you and your baby. If you need help quitting, talk to us at the clinic about methods and support groups.

Be moderate in your activities. Seek a balance between work, play, reflection and rest. Try to be of good humor. Be a friend, give and accept love. Keep a positive outlook on life. Good attitudes towards yourself and others are powerful allies during your pregnancy.

Contract Compliance Update

Erin Hillman, Contract Compliance Specialist

Child Care Program News



Due to a recent decrease in funding to the Tribe's Child Care Program, the Tribal Council implemented revisions to the program to lower costs and bring that program into compliance with federal regulations. Unfortunately, these revisions have also impacted the level of service that can be provided to our Tribal Members.

The Tribe had previously been funded at \$162,492 in Fiscal Year 2003, but for the current Fiscal Year 2004, funding is \$65,962, a reduction of 59%. Funding for this year was determined by the number of enrolled Tribal members under the age of 13 in our service area. We have submitted revised numbers obtained from our health program that includes all Indians and descendants in our area, so if additional funding is distributed for this program, we may see an increase for this year.

Notification was sent to each child care provider and recipient that due to funding cutbacks, changes were to be initiated. Because descendent children were not included in the calculation of the Tribe's funding for this year, services had to be decreased. New applications are still being accepted, but will be placed on a waiting list and processed in the event that funding becomes available.

All current providers and recipients submitted updated information that is required annually by our program. For providers, the requirements included completed registration forms, background release, current tuberculosis tests, valid identification and if applicable, first aid certificates and day care licenses. For parents, annual recertification requirements included the submission of an updated, completed, signed application, income/employment verification, proof of residency, birth certificates, immunization records and verification of Tribal enrollment.

Parents are required to apply for child care assistance through their local child care council prior to receiving services through the Tribe. A share of cost to each parent is calculated based on a sliding fee scale that takes into consideration their income, family size and whether the children are in part or full time care. Families below the poverty level on this scale are not required to pay a share of cost, and for others, their share of cost will not exceed 10% of their income. This sliding fee scale is incorporated as part of the Tribe's Child Care Plan that is submitted to and approved by the Department of Health and Human Services.

Karuk Tribal Dental Department Activities Report

Vickie Walden, Dental Clinic Manager

February is Children's National Oral Health Month

Elementary School Projects:

- We are currently working on a screening schedule for Elementary Schools in the Happy Camp Area.

- We are planning a school sealant program this year. This is a new project so we will start small and plan on expanding if the project goes well.

- We have completed almost all of the Karuk Tribal Head Start School Screenings for this school year.



KTHP Happy Camp Dental

- We are still working only part time with a contract dentist and are advertising to hire a full time dentist.

- We do have hygiene services on Wednesdays and Fridays at the Happy Camp Clinic

- We are taking calls from people who need emergency care and we are doing our best to treat them or refer them to where they can get treatment.

KTHP Yreka Dental Clinic

- The Yreka KTHP Dental Clinic is taking walk-in emergencies at 8:00 am and 1:00 pm. Please call ahead to check whether a dentist is available.

- The KTHP clinics may be closed on the first Wednesday of every month for staff meetings and trainings.

- The KTHP Orthodontic Program appointment schedule is full, but patients can still get an orthodontic evaluation and a referral from a KTHP clinic dentist.

Contract Compliance Update, Continued...

We are hopeful that the next fiscal year will realize an increase in funding back to normal amounts. To everyone who has been affected by these recent decisions, we thank you for your patience.

For questions about the Child Care Program you may call 800-505-2785 and speak to Sara Spence, extension 2010, or Lynn Parton, extension 2036.

Karuk Tribal Health Program Karuk Dental Department

Vickie Walden, Dental Clinic Manager

A Time to Honor Dental Assistants

No matter where the setting or location, assistants enhance the delivery of quality dental health care and are critical members of the dental team. The role of dental assistants has evolved over the years, with assistants now involved with many aspects of a dental practice.

March 7, 2004 to March 14, 2004 has been designated by the American Dental Assistants Association, along with the American Dental Association, and the Canadian Dental Association, as the perfect time to acknowledge and recognize the versatile, multitalented members of your dental team – the dental assistants.



Happy Camp Dental Clinic

Here is a little Karuk dental assistant history:

Throughout the years our, dental assistants and receptionists have had to do double duty. Staff usually consisted of three people; the dentist, the receptionist and the dental assistant. The assistant & the receptionist had to know how to do each other's jobs. Those jobs included; data entry, billing, revenue collections, bank deposits, chairside dental assistant duties, and other duties as assigned. Our clinics have come a long way since we began, but we still could use a few more hardworking dental assistants.

Some of the previous KTHP Tribal Dental Assistants / Receptionists were:

- | | | |
|----------------------------------|---|--------------------------------------|
| Lessie Aubrey–Recept./DA | Nadine McNeal-DA | Bonnie Thom–DA |
| Shirley Peters/Barker–Recept./DA | Nadine Jones/McElyea–DA | Joanne Driskell–DA |
| Sharon Crocker–Recept. | Florraine Super–DA | Shannon White–Recept./DA |
| Bonnie Lyons–Recept. /DA | Trista Parry–Recept./DA | Deeanne Peterson–DA Trainee |
| Teresa Valin–DA | Vicki TenBerge–Recept. | Darlene Mendoza–DA |
| Dorothy Lantz/Bridenstine–DA | Marsha Jackson–Recept. | Julie Burcell–Recept. |
| Viola Silva– CHR, fill-in DA | Bessie Munson–Elders Worker, DA Trainee | Tanya Harrison–Recept. |
| Tami Rompon–DA Trainee | Andree Beals–DA Trainee | Andrew Lewis–Transporter, fill-in DA |

Here is a short work history on the current KTHP Dental Assistants

- In May of 1987, Vickie Walden was hired as a Chairside Dental Assistant and trained on the job. She continues to work as Office Manager and Chairside Registered Dental Assistant. Vickie passed her Registered Dental Assistant boards 06/07/2002. Over the years she has worked with at least 10 different dentists and received a service award from the Indian Health Services Department.



- Susan Beatty RDA, worked for the Karuk Tribal Health Program prior to being hired as a Chairside Dental Assistant in the dental department in 1979. In 08/2001, Susan was the first Karuk Tribal Dental Assistant to pass her Registered Dental Assistant boards.

- Debbie Whitman, RDA was hired as the Happy Camp Dental Receptionist and cross trained to work as a fill in dental assistant. She was became a full time dental assistant in 1999 and she passed her Registered Dental Assistant boards 12/22/2002.

- Pat Doak was hired as part time Yreka Dental Receptionist and cross trained as a Chairside Dental Assistant. She was hired as a full time Chairside Dental Assistant in 2001 and is working on taking her Dental Assistant boards.

- Jessica Thom was hired under the California Indian ManPower Program as Yreka Dental Receptionist/Chairside Dental Assistant. Jessica is now working as full time Dental Receptionist and is cross trained to work as a Chairside Dental Assistant. In the near future she plans on taking the Dental Assistant boards.



Karuk Head Start

Submitted by: Linda Davis, Center Supervisor, Happy Camp Head Start



Happy Camp Head Start children performing a demonstration Brush Dance on the playground.



Above & Below: Happy Camp Head Start children, parents, and staff at the Nielsen's Pumpkin Patch in Seiad Valley.



Below this picture was a letter that was presented to the Elders at Karuk Housing on October 31, 2003. The children made wreaths at the Happy Camp Center for the Elders .



Karuk Head Start Yreka Center

Cathy Scott, Center Supervisor

The year is going by quickly at the Yreka Center. We have been busy studying snow and ice which goes right along with our weather! We are having fun doing ice experiments and spray painting snow. We have two classes going in Yreka and we have openings in both morning and afternoon classes. Karuk Head Start is a great place to be so if you know any children who are age eligible (they must turn three years old on or before Dec. 2nd), please have them contact us at 842-9225. As always we enjoy visitors, so if you are in the Yreka area, come by the center and check us out. We are located at the Karuk Tribal Housing, 1306 Yellowhammer, Yreka, CA.

Dear Elders:

Please accept these fall wreaths (made with natural materials) that the children made at our Head Start Center. It's important that our children learn to give and not always receive. Happy fall!

Thank you,
Karuk Head Start
Happy Camp, Calif.



Information for the Dental Patient

Clean Teeth and Gums

Having a clean mouth is important. In addition to being healthier, it gives you fresh breath and a nicer smile.

When you eat, bits of food, some too small for you to see, remain in your mouth. They feed bacteria that grow in a sticky film on your teeth. This film, called plaque, is the main cause of tooth decay and gum disease.

Why brush?

Brushing your teeth after meals and between-meal snacks not only gets rid of the food particles that you can see, it removes plaque from your teeth. Using a fluoride toothpaste is important because the fluoride can help kill bacteria, as well as make your teeth stronger.

Ask your dentist to recommend the best toothbrush for you. Generally, a brush with soft, end-rounded or polished bristles is less likely to injure gum tissue. The size and shape of the brush should allow you to reach every tooth.

Children may need smaller brushes than those designed for adults. Remember: worn-out toothbrushes can not properly clean your teeth and may injure your gums. Toothbrushes should be replaced every three or four months.



Why floss?

Flossing removes plaque and food particles from between teeth and under the gumline— areas your toothbrush cannot reach. Because tooth decay and periodontal disease often start in these areas, it is important to clean them thoroughly on a daily basis.

Flossing is a skill that needs to be learned. Do not be discouraged if you find it difficult at first. With practice, you will find that flossing takes only a few minutes of your time each day.

What about mouthrinses and mouthwashes?

If used as directed, in addition to brushing and flossing, mouthrinses and mouthwashes can help to prevent tooth decay.

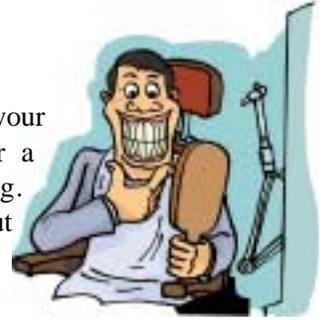
Diet and Dental Health

You know that what you eat can make a difference in the way you feel and perform. That is why you should try to choose foods that will help your body stay strong and healthy.

But did you know that your choice of foods and your eating patterns also may affect your dental health?

How often should I see my dentist?

If possible, you should visit your dentist every six months for a preventive check and cleaning. Infants should see a dentist at about 12 months of age.



How does diet affect dental health?

If your diet is low in certain nutrients, it may be harder for the tissues of your mouth to resist infection. This may be a contributing factor to periodontal (gum) disease, the main cause of tooth loss in adults. Although poor nutrition does not actually cause periodontal disease, many researchers believe that the disease progresses faster and is more severe in patients whose diet does not supply the necessary nutrients.

To make sure that you are getting enough nutrients for good general and oral health, you should choose foods from the four basic food groups: fruits and vegetables, breads and cereals, milk and dairy products, and meat, fish, and eggs. When you do snack, avoid soft, sweet, sticky foods, such as cakes, candy and dried fruits that cling to your teeth and promote tooth decay. Instead, choose dentally healthy foods such as nuts, raw vegetables, plain yogurt, cheese, popcorn and sugarless gum or candy. To have a diet that promotes dental health, you must develop sensible eating habits.

How can I get enough fluoride?

If you and your family have a balanced diet, you will get all the nutrients you need for good dental health, with one possible exception— fluoride. Fluoride is vital for strong, decay-resistant teeth. If there is not enough fluoride in your community water supply, the level of fluoride can be adjusted to the right amount for good dental health (about one part fluoride per million parts water). If your drinking water is not fluoridated, ask your dentist how you can get the fluoride you need.

Fluoride toothpastes and mouthrinses that carry the seal of the American Dental Association's Council on Dental Therapeutics have been proven effective in helping prevent dental decay. However, they do not contribute to your dietary fluoride.

Together, a balanced diet, daily use of fluoride, brushing and flossing, and sensible eating habits, can reduce the risk of or even prevent dental disease.



Karuk Tribal Council

Winter, 2004

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Vice-Chairman

Florrine Super,
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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.

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

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