

Karuk Tribe

Spring Edition 2019

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Spring 2019

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AYUKÏ

Greetings from your Tribal Council



Russell Attebery
Happy Camp
Chairman

TERM: Nov. 2015-Nov. 2019



Robert Super
Yreka
Vice-Chairman

TERM: Nov. 2018-Nov. 2022



Michael Thom
Happy Camp
Secretary/Treasurer

TERM: Nov. 2015-Nov. 2019



Alvis Johnson
Happy Camp District
Member at Large

TERM: Nov. 2016-Nov. 2020



Wilverna Reece
Happy Camp District
Member at Large

TERM: Nov. 2018-Nov. 2020



Kristen King
Orleans District
Member at Large
TERM: Nov. 2017-Nov. 2021



Renée Stauffer
Orleans District
Member at Large
TERM: Nov. 2015-Nov. 2019



Arch Super
Yreka District
Member at Large
TERM: Nov. 2017-Nov. 2021



Sonny Davis
Yreka District
Member at Large
TERM: Nov. 2018-Nov. 2022

Notes From The Chairman

Ayukii huut kich everyone,
On February 11th Jefferson Keel, President of the National Congress of American Indians delivered the 2019 “State of Indian Nations Address”. I would like to provide you with some comments from that speech because President Keel proclaimed to Congress, the Trump Administration and the world: The State of Indian Nations is STRONG and we GROW STRONGER every day.

From our cultures and languages to economy and political power, Tribal Nations are crafting a great resurgence that is forging brighter futures for our communities for generations to come.

At the 2019 116th Congress swearing-in ceremony Native Americans witnessed the first two Native American women in the nation’s history to serve in congress. Representatives Debra Haaland (NM, Laguana Pueblo Tribe) and Sharice Davids (KS Ho-Chunk Nation) will join Tom Cole (OK Chickasaw Tribe) and Markwayne Mullin (OK Cherokee Tribe) as enrolled Tribal Members serving in congress.

Our resilience is seen in Tribal Nations building robust economies. These jobs provide family economic security to hundreds of thousands of Native people.

Our unity is seen in our growing alliances, powerfully displayed in recent legal briefs defending the Indian Child Welfare Act. They saw 325 Tribal Nations, 57 native organizations, 31 child welfare organizations, 21 states, several members of congress and other partners join forces to keep Native children with their Tribal families.

Casual observers of Indian Country’s resurgence may say this as an overnight phenomenon. Nothing could be further from the truth. Indian Country’s success flows from the foresight of our Elders and ancestors. Indian Country owes our resurgence to Tribal sovereignty and self-determination- the inherent strength and wisdom to tackle the great challenges of our time, just like our ancestors before us.

Here is President Keel’s message to the Federal Government:

--NCAI will be there every step of the way, partnering with you and holding you accountable for meeting your trust responsibilities to Tribes.



--Become Indian Country’s allies! Learn from us about our histories, governments, and our way of life. Engage with us to understand what respect for Native people means, and how you can help us achieve our goals for thriving Tribal communities and cultures.

Finally-to all Tribal Leaders and Members:

Now more than ever, the National Congress of American Indians needs your voices, your wisdom, your partnership and guidance if we are to collectively forge our chosen pathways to a vibrant future for our youth.

On the home front: Tribal members and Decedents please remember to contact any Council Member with any concerns you may have. Your wellbeing is our first order of business. Our new health CEO Rondi Johnson has hit the ground running. She has introduced new ideas and outreach programs that are designed to help our Elders. Please contact us with any concerns, questions or suggestions that will help our Elders. Our Elders hold the knowledge and wisdom that our children need to know.

Yootva kura suva nik,

Chairman Attebery 

Election Committee of the Karuk Tribe

Karuk Voters Registration Office
P.O. Box 815
Happy Camp, CA 96039

NOTICE OF PRIMARY ELECTION

NOTICE IS HEREBY GIVEN that on **Tuesday, August 6, 2019**, the Karuk Tribe will hold a Primary Election. Candidate packets will be available at Tribal Administrative offices in Happy Camp, Yreka, and Orleans on **Wednesday, April 3, 2019**.

Polling places will be open from **7 AM to 7 PM** at the following locations:

Happy Camp: Multi-Purpose Room (Old Gym), 64236 Second Avenue;

Yreka: Kahtishraam Wellness Center, 1404 Kahtishraam; and

Orleans: Community Center, 39051 Highway 96.

TO BE ELIGIBLE TO VOTE: you must be an enrolled member of the Karuk Tribe, who is eighteen years old, and has registered with the Karuk Voter's Registration Office (*you may register to vote before the election or at the polling place on Election Day, you must bring a valid form of ID to register at the poll place*).

SUBJECT MATTER OF ELECTION:

Chairperson (Paid Position)

TERM: November 2019 - November 2023

Secretary/Treasurer

TERM: November 2019 - November 2023

ABSENTEE BALLOTS: Please submit your written requests for absentee ballots with a current return address **by Tuesday, June 18, 2019. The last day to request an absentee ballot is Tuesday, July 23, 2019 by 5pm.** If you are already an absentee voter, please make sure your address is up to date with the Enrollment Office to ensure you receive an absentee ballot.

It is highly recommended that absentee ballot requests be received by the Voters Registration Office before the above due dates for those members who live outside the Aboriginal Territory due to the amount of time it takes for the mail to reach Happy Camp. Contact the Election Committee at (800) 505-2785 ext. 2039 or visit www.karuk.us/ to obtain required form(s).

Send Absentee Ballot Requests to:

Karuk Voters Registration Office

PO Box 815

Happy Camp, CA 96039

CANDIDATES: Must submit their completed candidate packet and pay the \$75 processing fee to the Karuk Election Committee by **Tuesday, May 21, 2019 at 5pm.** An appointment must be arranged in advance with the Human Resources Office in Happy Camp to have fingerprints taken and submit to a urine drug screening test **PRIOR to 5pm, Tuesday, May 21, 2019.**

For more information, we encourage you to call the Voter's Registration Office at: **(800) 50-KARUK ext. 2039**

Ayukîi from the Enrollment Office, There are currently 3,748 Enrolled Tribal Members and 4,791 Enrolled Descendants.



Mildred Grant
Chair



**Jeanerette
Jacups-Johnny**
Vice Chair



Corina Alexander
Secretary



Charlene Naef
Member At Large



Robert Super
Council Vice Chair

Our office offers an array of services.

- Enrollment/Descendancy applications for the Enrollment Committee.
- Issue Tribal Verifications for enrolled Members and Descendants.
- Collect Census Data on all Tribal Member households (we do not release any personal information only non-identifying information.) Please update your census with our office every three years.
- Process mail lists for Tribal Mailings; please make sure your address is up to date so you don't miss out on important mailings or the newsletter.
- Issue Free California Fishing License Applications.
- Create Family Trees.
- Issue ID cards.
- Issue DMV/Sales Tax Exemption forms to Tribal Members living on Trust Land.

Please feel free to contact our office by phone: (800) 505-2785 Ext. 2028/2039. You can also reach us by email: rattebery@karuk.us and mspence@karuk.us We would love to hear from you! 🏹

Yootva,
Robert Attebery

Do You Have An Article For The Newsletter?

Attention Karuk Tribal Members & Descendants, if you have news, articles, events or announcements you wish to submit for publication in the Karuk Newsletter, please send information to newsletter@karuk.us. Submissions are preferred in digital format; however hardcopies are also accepted by mailing articles to Newsletter Articles, P.O. Box 1016 Happy Camp, CA 96039. All submissions must include your name and address as no anonymous articles will be accepted.



HHS Specialty Programs



The Health & Human Services Program would like to introduce a few of our specialty coordinators, Jamie Wasson and Jessica English:

Ayukii! I am a Medical Assistant and our Telehealth Coordinator. My main office is found at the Yreka Clinic but I also travel to Happy Camp and Orleans when needed. I have been busy training and coordinating

with the other medical staff at all of the clinics to bring the Telehealth service to all of our patients. This is such a cost saving service for our patients and the Tribe. It is so much easier and quicker to be seen by a specialist with telehealth instead of waiting for a referral appointment and having to travel long distances. This service is currently available for all patients who have coverage with Partnership. We are working hard to be able to offer this to patients with Medicare, Medicare Advantage, and also those who have coverage by other insurances. Please call me at 530-842-9200 ext. 6110 if you have any questions.

Yootva, Jamie Wasson, MA

What is Telehealth?

It is the use of electronic communication technologies as a method of delivering health care, education, and related services. It dissolves barriers such as distance, time, geography, weather and economics.

Telehealth brings services to the patient rather than the patient traveling to the service.



How does it work?

You simply come to your local clinic, no more long drives to see the Specialist. You will see the Specialist though the TV, all in real time. You receive the same level and quality of care as in person visits. There will be a member of nursing staff in the room to provide assistance to you and perform any physical exam as needed by the Specialist.

What's the Telehealth process?

- PCP sees patient and determines a need for a referral.
- Telehealth Coordinator receives referral and calls patient to schedule appointment.
- Specialist sees patient and sends chart notes to Coordinator/PCP.
- Coordinator works with the PCP to review Specialist notes and schedules follow up appointments.
- PCP sees patient at follow up appointment to discuss and implement specialist care plan/notes, as well as determine need for additional specialist appointments.

What Specialty clinics do we offer?

We offer new special clinics as the need arises. Here are a few specialties that we currently offer:

Endocrinology	Neurology
Infectious Diseases	Rheumatology
Dietitian	Dermatology

Eye Pac Diabetic Retinopathy Screening is done by taking pictures of the eyes with a special camera and then sending them electronically to be read by a specialist. It's important to get this done once a year. Watch your mail for your reminder letters! 🇺🇸





Ayukii, My name is Jessica English. I am an LVN and I am currently assigned to the Yreka Clinic but I also travel to Happy Camp and Orleans when needed. I recently became the supervisor for our Community Health Representative (CHR) program. My goal for this program is to use the resources we have

to develop quality of life services for our Tribal Elders sprinkled with joy and companionship.

The CHR Program is mainly funded by the Indian Health Service (IHS). The CHR staff provide health promotion and disease prevention services to our Tribal members. The CHR Program was implemented to improve the health knowledge, attitudes and practices of our Native peoples by promoting, supporting, and assisting in delivering a total health care program. The efforts of CHR program staff have produced a health service delivery system, which provides for follow-up and continued contact with the health care providers at the community level, thereby meeting the needs of our Tribal members. It is a unique community based outreach program staffed by well trained, medically-guided people who provide a variety of health services specific to the needs of our Tribal members. Examples of the services we offer are:



- Health Education/Counseling
- Home Visits
- Emergency Care
- Health Promotion/Making Healthy Choices
- Disease Prevention
- Transportation/Medication Delivery
- Translation/Interpretation
- Wraparound and Coordination of Services

Our CHR program was very fortunate to also receive funding specific to meeting the needs of our Elders. This funding allows our program to address health care needs, assess the concerns of our Elders, and assist our Elders with

resources, support, and follow-up care in the home.

Our CHR staff have been great advocates to our Tribal Elders. I will be accompanying each of them in the coming months as they travel throughout the communities. I look forward to meeting with our Elders and listening to their words of wisdom. Please call me at 530-842-9200 ext. 6123 if you have any questions about our CHR program. Yootva,

Jessica English, LVN



Contact Your Local CHR:

Happy Camp

Lori Hayes: 530-493-1600 ext. 2132

Orleans

Melodee Conrad: 530-627-3452 ext. 3220

Yreka/Scott Valley

Roberta Kelley: 530-842-9200 ext. 7006

Carol Thom: 530-842-9200 ext. 7009

Letha Jerry: 530-842-9200 ext. 7005

HHS Infection Control



Ayukii! My name is Danci Harris I am an LVN assigned to the Yreka Clinic and the infection control officer for the Health Program. There are lots of germs out there that want to make you sick. You have a team of medical providers who want to help you avoid those pesky germs and viruses. Staying healthy involves some of these best practices:

Flu season is still in full swing. It's not too late to get your flu shot. We offer walk in flu shots at the Yreka Tribal Health Clinic Mon-Fri 8-630 and Sat 8-5(closed 12-1 for lunch). We want to remind our patients that germs are everywhere. Please remember to wash your hands frequently with soap and water, cover your cough, and eat a balanced diet.

~Yootva, Danci Harris, LVN



For the month of February we stress the importance of STD testing. STD's (sexually transmitted diseases) are on the rise in Siskiyou County. The only way to truly know you are free from sexually transmitted diseases is to be tested. Condoms are highly effective in preventing the most STD's. Both testing and condom sample packs are available at the



clinics. Always use protection with all sexual partners. If you have any questions feel free to call your nurse at the Karuk Tribal Health Clinic today.



March is our colon health awareness month. Colon cancer is the 2nd deadliest cancer, but there is good news early detection is key! Using an Insure fit test we can screen your colon cancer risk factors and refer for a colonoscopy if needed. A colonoscopy is an outpatient procedure using light sedation that looks inside the intestines. This is recommended for adults over 50.

Ever wondered why you come in for a sore throat and we ask you about smoking? Not only is it complete patient care it is the law. Under the Government Performance and Results Act of 1993(GPRA), tribal health clinics are responsible for collecting a reporting data on clinical measures every year. Don't worry none of your personal information is shared, its only numbers. We are asked to report on overall health of diabetes, immunizations, dental care, HIV rates, cancer screenings, mental health, cardiovascular disease and breastfeeding. We are also asked to assess smoking habits, alcohol usage, and depression. For the month of April we are focusing on treating excessive alcohol use. How can you help? I'm glad you asked! You can come in to see your medical provider regularly, be honest with your provider about health habits, call us when you have procedures and tests, and most importantly, take care of your-self! Your health matters to us and we look forward to caring for you! We are always here to transform you into your best self! 🦋

Purchased Referred Care Services Eligibility

The following is an explanation of the eligibility criteria for the Karuk Tribe's Purchased Referred Care Services to give applicants a better understanding of the eligibility process. Our goal is to assist all clients to obtain the best services possible.

1. Must be a Tribal Member or Descendant of a Federally-Recognized Tribe in California.
2. Must be a permanent resident of Siskiyou Co. CA or Orleans, CA for the past six months.

If you are eligible, PRC coverage is not automatic. Should you have an emergency situation requiring you to obtain care at a non-IHS facility, You must notify Purchased Referred Care Services within 72 hours. If you do not do this, you will be responsible for the bill. PRC coverage is for emergency, life-threatening situations only! The following are not considered to be emergencies or life-threatening; Sore throats, ear aches, rash, follow-up care, medication re-fill, etc.

Emergency visits will not be covered if it would have been closer to go to a Karuk Tribal Health Care facility. If there is a KTHP facility in the area and you choose not to use the facility, you will then be denied and held responsible for the bill.

Referral:

Medical care that is not available at the Karuk Tribal Health Care facility. Referrals are not a guarantee that we can assist in payment with services. A patient must meet eligibility criteria, medical priorities, and use of alternate resources. Referrals are reviewed and payment is 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-PRC Authorization:

We will prioritize all referrals and call-in requests and make recommendations for approval or denial. The PRC staff or their appointed designees are the only persons who can approve and authorize payment of services.

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

Alternate Resource:

IHS-PRC is a payer of last resort. When a patient has

Medicare, Medicaid, Private Insurance, Veteran's Assistance, CHAMPUS/TRICARE, Workman's Compensation, or is covered by any other resource, that resource is the primary payer. All Explanations of Benefits (EOB) and payment checks from the primary payer(s) must be brought or mailed to the PRC office without delay, when received by the patient. Many times the non-IHS 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 have 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 Purchased/Referred Care in order to complete the payment process.

Pregnant/Prenatal Care:


If PRC is requested to pay for the charges for your delivery/newborn care and hospitalization you must apply for OB Medi-cal. According to Federal Register IHS Regulations, it is mandatory that all other resources be utilized before PRC funds can be obligated. The California Medi-cal Services has a program for which you may be eligible for. All pregnant women will be interviewed, advised and/or assisted if needed in applying for OB Medi-cal. If you are denied, you will need to take the letter to the PRC office to be filed with your OB referral form. Failure to cooperate with IHS-PRC will result in denial to authorize payment for any charges you may incur.

Appeals

If you receive a denial letter from PRC you have the right to appeal per 42 CFR 136.25:

Within 30 days of receipt of your denial letter you must submit a written statement supporting your reason for appeal to the PRC Supervisor. If the PRC Supervisor upholds your denial, your appeal will be forwarded to the Managed Care Committee for action. If the Managed Care Committee upholds the denial, your appeal will be presented to the Karuk Tribe Health Board for consideration and action.

The decision of the Karuk Tribe Health Board shall be final.

If you have any questions regarding the eligibility and payment process, please call Purchased Referred Care Services at: (530)-493-1600 Anna Myers, PRC Supervisor Ext. 2156, Cat Turner, PRC Clerk Ext. 2155. 

Pikyav Domestic Violence Services Program



Ayukii, Since new Grant opportunities became available to us in November, Karuk Victim Services has been providing vital services in Siskiyou County, Orleans and Weitchpec, CA. While continuing to develop a client base, we have been committed to carrying out important outreach and awareness events in our schools and communities. So far Victim Services, along with the help of other Judicial Programs, have sponsored and facilitated two day workshops on how to make Kaschiip'úhkir (porcupine headbands) for young girls in each of the main service areas, with over 20 headbands started. The workshops were a big success, and we enjoyed being able to provide culturally relevant activities with our youth. It is our goal to be more proactive in the communities we serve, by promoting awareness and education to preventing victimization. Upcoming awareness events include February's Teen Dating Violence Awareness Color Runs which will be held in each service area. Also, be on the lookout for Child Abuse Awareness and Sexual Assault Awareness events in the nearing months, as well as cultural activities to




Jaiylah-Ann Wilson

Kaschiip'úhkir (porcupine headbands) event held in Yreka

help our families heal and to provide healthy outlets for the communities we live in.

Along with holding outreach events, Victim Services is actively involved in assisting eligible victims of crime with obtaining:

- Emergency food and shelter
- Court support/Process information
- Crisis intervention
- Assist eligible victims file temporary restraining orders
- Assist filing applications for Victim of Crime Compensation Program Assistance
- Referrals to other resources
- Transportation

If you or someone you know is or has been victimized by a crime please contact Barbra Risling, Supervising Advocate at (530)-643-9243 or Chelsey Preston, Advocate I at (530)-627-3676. 

Office locations:

- The Karuk Human Services building, 6415 Hillside Rd, Happy Camp, CA 96039
- Victim Assistance Program Office 281 Butte St, Yreka, CA 96097
- Victim Services / Pikyav Domestic Violence office, 37960 Hwy 96, Building B, Orleans, CA 95556



Vanessa King



Claire Patterson

These Heels Are Made for Walking

Orleans had several husbands, uncles, boyfriends, fathers, sons, and male friends that participated. It is awesome to see so many get involved in pledging to never commit, condone, or remain silent about violence against women and children. Good job Orleans! 🇵🇸



K12 Environmental Education Division's Fire Lesson


During December 2018, the K12 Environmental Education Division piloted a series of three hands-on fire ecology lessons in two local schools in coordination with the Karuk Fire & Fuels Coordinator David Rubalcaba, MKWC's Watershed Coordinator Carol Earnest, and Indian Education Director & Cultural Fire Management Council President Margo Robbins.

In the first matchstick forest experiment, upper grade students at Orleans and Junction Elementary Schools investigated the effect of forest density, landscape slope, and human initiated ignition location on fire intensity. During the second lesson, students worked in small groups to engineer their own landscape models using local fuels. On the third and final 'Burn Day', students presented their landscapes to their fellow classmates and community members. They were ignited by David according to student burn plans, and we got to see a full range of fire behavior.

While models are limited, they provided a hands-on forum to investigate how different environmental and human influences affect whether a fire could be beneficial

or destructive. Some students built models mimicking neglected unburned forests with high fuel loading – these burned with long flame lengths for a longer duration. One group started by dividing their landscape into private parcels, spending most of their landscape engineering session building fences. Unfortunately the fences didn't keep the fire out but ignited readily, and spread to dwellings and nearby fuels with high intensity. Another group built a village with bare ground around houses and large well-spaced 'acorn trees' with light leaf litter underneath. Fire activity was very low on this model and houses and trees were retained – while this was less exciting for middle school students, it was a great example of a safe community due to traditional fire management.

Thanks to all who contributed and who attended student presentations!

For more information about K12 Environmental Education Activities or to get involved, email Heather at herrickard@karuk.us. Yōotva! 



TERO News

A YUKIII! FROM TERO

It is a busy winter for TERO. During the month of January, 2019 the Karuk Tribe TERO Office helped sponsor First Aid/CPR Training in the Orleans, Happy Camp, and Yreka communities. Thank you Aja Conrad, Pikyav Field Institute Workforce Development Coordinator for coordinating these events! The Orleans training took place on January 8th with 16 participants, Happy Camp training took place on January 9th with 14 participants,



First Aid/CPR training held in Happy Camp

and the Yreka training was conducted on January 10th, with 21 participants.

The instructor was Darrell Frost and we would like to commend him for his training techniques and shared knowledge brought to these communities. All participants have become CPR/First Aid certified through until January of 2021.

On January 19, 2019 Karuk Tribe TERO and the Yurok Tribe TERO co-hosted a Tribal Economic Summit meeting attended by the Klamath River Renewal Corporation (KRRC) and the three shortlisted construction firms who are bidding



Tribal Economic meeting in Weitchpec

on dam removal. The goal of the meeting was to introduce tribally owned businesses and individuals to the bidding construction companies to take advantage of the great business opportunities that dam removal is bringing to the Klamath basin. TERO staff and two Karuk Tribal Council representatives from Orleans participated in the Summit held in Weitchpec, CA in Yurok country. There was a good turn out from the tribal community of perspective sub-contractors, and possible employees. The three bidding firms present were Barnard Construction Company, Inc. (Bozeman, Montana), Granite Construction (Watsonville, CA), and Kiewit Infrastructure West Co. (Omaha, Nebraska). The bid is set to be awarded in early spring. Yootva to the Yurok TERO for partnering with us to ensure these opportunities are turned into work.



Strategic Planning in Yreka CA

On January, the 28th, 29th, and 30th, the Karuk Tribe TERO held their Strategic Planning session in Yreka. The planning session meetings were quite successful in respect to gaining insight from the TERO Commission and tribal staff for goals for the TERO department this coming year. A lot of work was accomplished and there were a lot of good discussions and visioning coupled with the collaborative participation and input from our Tribal Legal Counsel, Human Resources, the Executive Director and the Karuk Tribe Council. YOOTVA! to everyone who participated!

Feel free to contact TERO with any questions you may have regarding our programs, as we are here to work with all of our Tribal communities, members and beyond. YOOTVA! Contact us! 800 505-2785 EXT 2030 or EXT 2031 

Karuk Tribe Housing Authority

Programs:

The Karuk Tribe Housing Authority offers Low Income, Elder, and Emergency Rental Homes and Lease Purchase Homes in Yreka, Happy Camp, and Orleans, First-Time Homebuyer Loans, Down Payment Assistance Grants, Elder and Temporary Rent Vouchers, Home Replacement Grants, Home Rehabilitation & Weatherization Grants and Loans, and Home Improvement Loans to eligible low income applicants.

Patches Marsh, Admissions/Loan Specialist, receives and processes all applications for KTHA assistance. We encourage Tribal Members who have any unmet housing needs to apply! The income limits that determine eligibility are not as low as you may think; many working families are still at or below 80% of US Median Family Income Limits set by HUD. Patches can be reached at (800) 250-5811, Extension 3108 or pmarsh@karuk.us

Applications and the Waiting List:

We remind all Tribal Members that a current, and complete, application is required in order to determine eligibility for KTHA assistance. Applications are available from any KTHA Office or online at www.ktha.us/

Please be patient as you go through the application process and understand that everyone's experience will be unique. There is a checklist at the beginning of the application listing mandatory items that must be included. Additional items may be requested, depending on your individual circumstances. All applicants will be notified if there is missing documentation, or if additional information is needed, in order to continue processing the application, and when the application is deemed complete.

All offers for KTHA units are made from the Waiting List based on the preference points assigned. Points cannot be assigned without appropriate documentation, which is why additional information will often be requested during the application process. It is a requirement that applications are kept current (updated at least annually). Because most changes will have an effect on preference points, you must submit changes using the Information Update Form. Examples of information to report include but are not limited to: income changes, household size changes due to marriage, divorce, birth, death, or custody orders, employment status, becoming a full time student, etc.

We encourage all applicants to ask questions. We want to ensure you understand the process; if it weren't for you, we would not exist to provide services! We currently have more than 700 households on our waiting list and look forward to the day when adequate funding is provided to house them all!

Fitness Centers:

There are Fitness Centers available in both the Yreka and Happy Camp Wellness Centers. Both locations have equipment available for use. Most recently the Karuk Tribal Health Diabetic Program purchased two brand new Nexersys Boxing Machines and one has been installed in each center. The communities love this new feature and I encourage anyone who is interested to stop by. In Yreka, Fitness Center hours are 8am to 8pm, Monday through Saturday, visit the Yreka Center to sign up for access. In Happy Camp, Fitness Center hours were just recently expanded to 5am to 9pm, Monday through Friday, visit the Happy Camp KTHA Receptionist to sign up for access.





Karuk Tribe Council Departments Personnel Jobs Press Information Aan Chouphan ISP Rain Rock Casino 

KARUK TRIBE HOUSING AUTHORITY



Click here to visit our [Live Webcam](#) of Karuk Tribe Housing Authority's construction projects underway.


Staffing Changes:

We welcomed Gary Claiborne Jr. to the KTHA Team as our Happy Camp Custodian in January. KTHA does not currently have any staffing vacancies.

Charlene Naef: Secretary, Dolores Voyles: Treasurer, Arch Super: Council Housing Liaison, Sherile Grant: Commissioner, and Teresa Valin: Commissioner. Please attend the next Tenant Meeting in your community; the location rotates between Happy Camp, Orleans and Yreka with all meetings beginning at 10am.

Housing Meetings:

The currently seated Board of Commissioners includes Robert Super: Chairman, Scott Quinn: Vice Chairman,

Tenant Meeting dates are posted on the Karuk Tribe Housing Authority website at www.ktha.us/ 



YREKA
1836 Apsuun
(530) 842-1644



HAPPY CAMP
635 Jacobs Way
(530) 493-1414



ORLEANS
37960 Highway 96
(530) 627-3703

What is Self Care?

Ayukii! Nani'thvuy Maymi Preston-Donahue karu ana intern for Karuk Behavioral Health and Human services. Isn't being a parent hard? Is not having a family hard at times? Is not being a human, an arrar, just so hard sometimes? Managing our day to day needs and the needs of those we love and care for can often leave us feeling depleted. As a parent I definitely find it difficult to manage my life with children and extended family as well as to take care of my own needs. That being said, I have found it to be an absolute necessity to practice self-care. Self-care is when we pay attention to our own physical and emotional health by setting aside time to learn what we individually need and taking the time to do this on a daily basis. Improving your relationship with yourself by maintaining your physical and mental health makes you more resilient, helping you weather hard times and enjoy good ones.

Self-Care Basics

Exercise daily. Exercise can take many forms, such as taking the stairs whenever possible, walking up escalators, and running and biking rather than driving. Joining a class may help you commit to a schedule, if that works best for you. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall health. We live in a beautiful area with many places to hike, fish, and gather. Any traditional activity requires physical exertion and a healthful body. Ask a local tribal expert or check out "After the First Full Moon in April" by our late elder Josephine Peters and Beverly Ortiz as a great resource for gathering our local foods and medicinal plants.

Eat well. Eating mainly unprocessed foods like whole grains, vegetables and fresh fruit is key to a healthy body. Eating this way can help lower your risk for chronic diseases, and help stabilize your energy levels and mood. Any of our traditional foods are ideal for our bodies and obtaining them is also great exercise. Again, please ask a local tribal expert or look into the book "After the First Full Moon in April."

Get enough sleep. Adults generally need between seven and nine hours of sleep. A brief nap—up to 30 minutes—can help you feel alert again during the day. To make your nighttime sleep count more, practice good "sleep hygiene," like avoiding using computers, TV and smartphones before bed.

Avoid alcohol and drugs. They don't actually reduce stress and often worsen it.

Practice relaxation exercises. Deep breathing, meditation and progressive muscle relaxation are easy, quick ways to reduce stress. When conflicts come up between you and your family member, these tools can help you feel less controlled by turbulent feelings and give you the space you need to think clearly about what to do next. www.mindful.org is a great resource for beginners.

Practice Good Mental Habits Try not to feel bad about experiencing negative emotions. When you allow yourself to notice your feelings without judging them as good or bad, you dial down the stress and feel more in control. When you feel less stressed, you're better able to thoughtfully choose how to act.

Notice the Positive

When you take the time to notice positive moments in your day, your experience of that day becomes better. Try writing down one thing each day or week that was good.

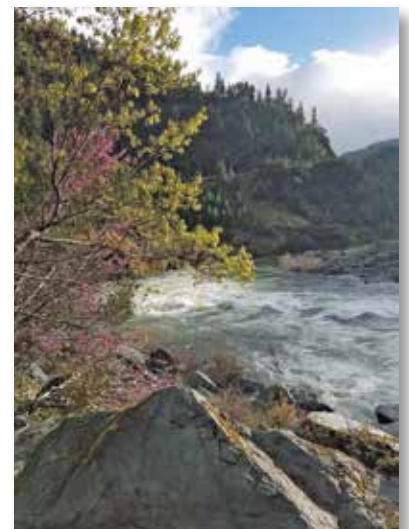
Gather Strength and Connect

The idea that you can, or should be able to, "solve" things by yourself is false. Being willing to accept help is a great life skill. Take the time to seek out friendships, support groups, therapy, go to Arrarhi language class, attend ceremonies, get out and fish with a buddy, go to a weaving or regalia making class to just be with other people to talk and to create, and to heal. And as always, there is help available through Karuk Tribal Human Services at (530)841-3141 in Yreka and (530)493-1450 for downriver peoples for counseling and substance abuse resources. Yootva!



Sources:

"Taking Care Of Yourself." NAMI National Alliance for Mental Health. <https://www.nami.org/Find-Support/Taking-Care-of-Yourself>. Accessed: 1/9/2019



*Yuruk'kam Asanaamkarak,
Below Ikes Falls*

Human Services

Greetings from the Karuk Tribe Human Services. We hope everyone is staying warm and doing well in the New Year.

This is a reminder that Human Services are here to assist you and your family with Substance Abuse or Mental Health issues.


Yukon Sakota has joined our Happy Camp front office to help assist you, along with Dee Navarro as a Case Manager for all sites. The program is pleased to have these wonderful additions to our team. The Substance Use Disorder Program is making a solid presence in Orleans and has begun doing group therapy in addition to individual treatment. Our Men's sober living home that has been in the planning for months and will be opening this spring. The Men's sober living home will provide much needed housing and support for Native men returning from treatment and no place to live. This allows the men to get reacquainted with living on their own in a drug free environment, time to find a job, reestablish themselves in the community with all with the support of a team of professionals and community members.


In April, we will be having a "Spring Into Fun" festivals in both Happy Camp and Yreka. Happy Camp's will be held on April 13th and Yreka's on April 20th. There will be food, fun and games so come join your neighbors to celebrate



the arrival of spring and learn what the Human Services Department has to offer. All activities are free and open to the public. If you would like to volunteer, donate, or have additional questions call Darlene Navarro at 530.841.3141 or Yukon Sakota at 530.493.1450.

The Substance Use Disorder Program has started to distribute Narcan, a lifesaving, opioid reversal medication. Narcan nasal spray is for known or suspected opioid overdose in adults and children. Anyone can administer after a few minute training. Look for events in your community for our distribution events or stop by one of our offices for a free two pack dose.

As always, if you or your family need our assistance or would like to know more about how we can help you or a loved one give us a call at 530 841-3141 in Yreka or 530.493.1450 for Happy Camp and Orleans communities. All calls are confidential. 



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D-3218AI

Ayukîi from the Karuk Community Development Corporation!

The Karuk Community Development Corporation (KCDC) recently submitted two grant applications to the Bureau of Indian Affairs Energy and Minerals Department. One grant is for phase two follow-up for the biomass feasibility study. This proposal, if funded, will provide marketing information for the biomass end product which includes biochar, bio-bricks, and energy production. The second proposal is for a solar feasibility study for the Rain Rock Casino located in Yreka. With the recent government shut down the project award dates have been pushed back and it will be several months before we are notified of the success or failure of the applications.



Travis King

The KCDC recently had a seat open for Member-at-Large on the Board of Directors. Our congratulations go out to Travis King on his re-appointment to the KCDC Board. Travis is from Orleans and is the Certified Medical Assistant and phlebotomist at the Orleans Clinic. He also volunteers for the Orleans Fire and Rescue and is currently

enrolled in the North Coast Paramedic Program in Eureka where he attends classes two times per week. Travis is a great asset to the community of Orleans and the KCDC Board.

The new Amkuuf Shop building has been installed at the new location near Rain Rock Casino in Yreka. Our hope is to be open at the new location by March 1, 2019. If you are in need of tobacco products, drive up and check it out and say hi to our hard working team – Dolores, Laura, Tracy, and Krystal.

We had another local winner at our Amkuuf Shop! Congratulations to Troy, 2nd place winner of \$10,000 in the Seneca nationwide drawing. The drawing is sponsored by Grand River Enterprises, the manufacturer of the Seneca brand tobacco products and not the Amkuuf Shop.

An Economic Development Administration (EDA) Planning




Troy

and Technical Assistance grant has been submitted by the KCDC. If funded, the grant will be used to write a regional Community Economic Development Strategy (CEDS) and broadband feasibility study for the Karuk Tribe. The CEDS Plan and Broadband study will allow the tribally owned and operated Áan Chúuphan Internet Service Provider (ISP) to go from a local ISP to one that serves the region from Orleans to Weitchpec

to the coast. The Karuk Tribe has been collaborating with the Yurok Tribe on the broadband initiative and work is expected to be complete in 2021.

With winter upon us please stay safe out there! If driving remember to keep distance between you and the car in front of you in case there is water or ice on the road. Do not use cruise control in wintery or wet conditions and try and keep your gas tank at least half-full in case you get stuck in traffic, the snow, a rock slide, or behind a downed tree. Always carry supplies such as a blanket, hats and gloves or mittens, a flashlight with good batteries, and high energy snacks. Most importantly, slow down for whatever road condition you are driving in!

If you would like more information on the KCDC or any of our programs, please contact us at (530) 493-1475 or email kderry@karuk.us. Yootva! 



16th Annual Karuk Basketweavers Gathering

**SAVE THE DATE
APRIL 12-14, 2019**

**LOCATION: KARUK PEOPLE'S CENTER MUSEUM
64236 SECOND AVENUE HAPPY CAMP, CA**

*Cultural Presentations, Raffle,
Basket Material Gathering, Vendors*

**PLEASE BRING DONATIONS FOR FRIDAY
NIGHT BINGO. ALSO ACCEPTING
HANDMADE DONATIONS FOR THE RAFFLE!**

**FOR MORE INFORMATION ABOUT ACTIVITIES,
REGISTRATION & ACCOMMODATIONS PLEASE CONTACT:**

**Elaine Garcia & Gathy Huggins at the Karuk Tribe People's
Center 530-493-1600 Ext. 2201**

Orleans Medical Clinic

Nadia Froehling 4th year medical student from the University of Illinois has been working as an Intern at the Orleans Medical Clinic for 2 months. Her last day of service here is December 20, 2018. Nadia has been applying for residency at many locations across the United States. When her education is complete she will be a surgeon. The University has placed interns in our medical clinics 3 times over the past few years. As a part of their time here they visit the local schools in the area to speak to the student body about opportunities in Health Care and Health Care Education.

Our next medical student will work here in the spring; he will be going into Family Medicine. We look forward to working with him.

Orleans Medical Clinic has welcomed a new nurse, Monica Ericson, LVN. Monica has been with us since January 7th.

Babbie Peterson, Clinic Manager is retiring this year in the spring, and we will be hiring a new clinic manager. So you might see some new faces at our clinic this year. 🦅



Babbie and Nadia Froehling



Orleans Medical Clinic - Travis King, Dr. Young-Tripp, Medical Student from the University of Illinois Nadia Froehling, Lucy Johnson-Aliva, & new LVN Monica Ericson

Karuk Tribe Employment Opportunities

We encourage you to visit the Karuk Tribe's website at www.karuk.us and our Facebook page at www.Facebook.com/karukpeople.

Frequently check those sites to view current Employment Opportunities as well as Contracting Opportunities, Requests for Proposals & vacant seats on Boards & Committees!

Job Descriptions are available on our website & by contacting the Human Resources Department: humanresources@karuk.us.

Vickie Simmons, Human Resources Director, Phone: (530)-493-1600 Ext. 2041, Fax: (855)-437-7888,
Email: vsimmons@karuk.us

Applications may be hand delivered to any Tribal Office, or by mailing to:

Karuk Tribe Attn: HR
P.O. Box 1016
Happy Camp, CA 96039

**Employment
Opportunities are
available
with the
Rain Rock Casino!!!**



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Rain Rock Casino

So, we're one year into this adventure and what a success story, succeeded far beyond our wildest dreams. We've already grown into a customer base of over 28,000 guests making an excess of 125,000 visits and receiving over \$1.4 million in jackpot payouts... and that's just year one.

We are incredibly humbled that so many customers have had the opportunity to experience all that Rain Rock Casino has to offer. Rain Rock Casino has not stopped its transformation since opening doors last April and has continued to embrace change to keep up with the growing appetite of those seeking not only an exceptional gaming experience but quality food and entertainment. Adding in lunch specials, dinner specials, new table games, the latest technology in slots, live entertainment, and the list goes on and on.

With one year in the history books however, Rain Rock Casino wants to extend a "thank you" for your time, trust, and support to all of our wonderful guests; we will continue to work hard to keep on earning it. In celebration our 1st Anniversary we are excited to announce our "Chase the Ace" promotion where one lucky guest each and every week in March and April will be a Grand Prize Winner.

Join us every Monday through Saturday in March and April to participate in our "Chase the Ace" game board where the more you play the more you win. Then, every Sunday from 2:00 PM to 5:00 PM, one lucky winner will be selected every half hour for a shot at up \$1000 in Free Play. In addition to our regular weekly drawings, we will also be giving away a grand prize of up to \$11,111 CASH every week! 🏆



Team Member Orientation





Ringside in the Woods!

Ayukii from the Department of Natural Resources' Wildlife Division. Our game cameras have been providing continuous entertainment that we feel cannot be withheld from our Karuk community! An update on the unicorn we shared with you last issue: We have named her Waldette (for "Where is Waldo") and she is alive and well, last spotted on February 6th. Hopefully she had a good winter and we look forward to seeing her again this spring.

In this issue, our staff of the Wildlife Division wanted to share some trouble that has been brewing in our beloved mountains. These two young bucks have been fighting every month in the same spot since September, although the frequency picked up significantly in December when we witnessed three fights within two weeks. Is it a brother's quarrel? Is it territorial? Are they fighting over a girl? Who will take home the final win? A lot of questions are left unanswered but we will keep you updated.

Generally, black-tailed deer mate from November through December during which time sparring is frequent. This can occur to establish dominance among bucks or to win a female's attention. After the rut the bucks often hide and rest in order to heal their wounds. Frequently, they also suffer broken antlers. Black-tailed bucks drop their antlers between January and March and regrow them beginning around March through May. The gestation period (or pregnancy) for does is six to seven months and fawns are born in late May and into June. Female fawns then stay with their mothers for up to two years, which is when they've reached maturity. Male fawns start growing spike antlers at six to eight months and leave the family group at about 18 months old.

Finally, the Wildlife Division wanted to give a couple of shout-outs! We wanted to send out a belated yootva to the Karuk DNR College Interns Jessica Conrad and Ryan Reed and the numerous Youth Interns Timmy Watson, Deja Coleman, Ruby King, Javon Mitchell, Emma Boykin, Johnny Martinez, Nick Hillman and Tahsa Tripp for their great help in deploying game cameras in the summer of 2018. We also wanted to give a shout-out to the Fire Crew for the awesome work we have been seeing out there in the woods.

And once again, the Karuk Wildlife Division would like to ask our community commuters that travel between Orleans and Yreka to let us know when they have elk sightings in the area. The more data we can collect, the more accurate numbers on our elk populations estimates! You can contact us at: wildlifeteam@karuk.us. 🏹



Karuk Tribal Libraries

“It may be a Little Library, but it’s a big resource for the community,” said Leaf Hillman at the Grand Opening of our Little Free Library (LFL), December 20, to over 20 community members of all age ranges showed up for the event. It has been a delight to watch people exchanging books in the parking median between the Panamnik Center and the Karuk Wellness Clinic.

Artwork was done by Bari Talley and Lena Neuner, with help in construction and installation by Curt Talley and Wayne King. The Pihñeefich character was inspired by and with permission from Lyn Risling’s book *Coyote At the Big Time*, and other decorated panels were motivated by the traditional Karuk Acorn Maidens story, basketweaving designs and our local Virusur (black bear).

In other news, digitization equipment will be arriving this month after a delay for red tape from an Institute of Museum and Library Services (IMLS) grant for a National Leadership Grant for Libraries awarded to the DC Public Library and the Public Library Association. The Karuk Tribal Libraries is one of seven libraries nationwide participating. The Memory Lab Network has also helped

arrange for additional professional development for Karuk Library staff (Elaine Garcia and Bari Talley) and support through California Revealed, a generous grant from the IMLS Laura Bush 21st Century Librarian Program another IMLS grant opportunity. “I’m very excited about the partnership between the Karuk Tribal Library, California Revealed (californiarevealed.org), the Memory Lab Network, and the Community Archiving Workshop “Training of the Trainers” grant, said Pamela Vadakan, of California Revealed. A team from California Revealed will make a trip up from Sacramento to help us put our mobile memory lab together, and will also provide some training for our staff in Sacramento on Community Archiving Workshops using the equipment. Be on the lookout for information on opportunities for our river community members to digitize personal collections coming over the next year.

For more information on Karuk Tribal Library resources, please contact Bari Talley, Sípnuuk Division Coordinator, btalley@karuk.us, 530-627-3081. 🏹



Please Welcome New Physician at the Karuk Clinic in Happy Camp

My name is Claudia Mondragon D.O. I am the new physician working for the Karuk Tribe Community Health Clinic in Happy Camp.

I recently left the military after 12 years of service overseas as an Army Officer and Field Surgeon.

I graduated from UC Davis and grew up in California and Oregon.

This is my first job after the Army as a civilian working for the Karuk Tribe. It was always my desire to work in an underserved community to bring medicine to places where it is not easily accessible. I am looking forward to meeting each of you.

I want to encourage you to work towards your healthy goals no matter what time of the year you start. I am here at the clinic to help you make a plan to achieve your goals. Sometimes our resources can be limited and we may not always get you in right away to be seen, we will do our best to accommodate you to get your needs taken care of.

The Karuk Tribe has recently opened a beautiful new gym that is free of charge for the community. It's a great resource to get some exercise in during the winter months when it's too cold to go outside for a walk.

We also have a new machine in our clinic called Body Metrix that is easy to use and allows us to give you an accurate idea of what your muscle mass is so you can work towards your fitness goals. Whether you are already an athlete that wants to become more fit to be able to perform better in sports or you are ready to start making small changes to get your body to become healthier and lose some weight this evaluation can help you see where you are at and what you need to improve.

Remember that a healthy diet is a big component of achieving a leaner body mass. Exercise is only a small portion of that goal. Achieving a leaner body mass has some great benefits to your health to lower the risks of cardiovascular disease.

Activity in general also lowers our risk of disease. Any activity is good to begin with, stretching and walking for 15



minutes can bring some benefits to lower risks. I encourage you to make small changes to be more active and healthier this year. We have a few fit bit watches to let you borrow to track your steps throughout the day if you do not already have one. It is a good way to make you aware of what your activity level is and encourage you to get more steps in during the day.

Remember that drinking more water is also a big component of achieving weight goals. Small changes such as substituting sugary drinks (sodas, juices) with water can have a big impact to your health and your children (weight loss and healthier teeth).

I want to share these principles I learned when I volunteered for Blue Zones Project in Klamath Falls. This Project focuses on improving health by imitating communities who have been known to have excellent health and longevity such as Okinawa, Japan. I like these

principles because they are easy to follow and they are focused on a holistic approach to medicine that involves: mental, physical, emotional and spiritual health.

1. Moving naturally – Just doing household chores, gardening, yard work, short walks or getting up from your desk to stretch, can be beneficial for your circulation and heart health. You do not have to run marathons or lift heavy weights to become healthier.
2. Living Life with Purpose – Having a good sense of life purpose can have an impact on your health and overall life expectancy. “Why I wake up in the morning.”
3. Relaxation – Healthy ways to deal with stress. Whether you take time to pray, meditate or take a nap to deal with stress. Chronic stress leads to chronic inflammation in your body which is associated with many age-related diseases. On that same category getting enough and restful sleep is crucial to maintain healthy weight and overall good mental health.
4. Eat until you are 80% full – Stop eating when you are 80% full. Portions of food can have a big impact on your weight. Using smaller plates can be a way to get less food to eat during meals. Remember to eat smaller meals in late afternoon or early evening. Drink plenty of water. Thirst can be confused with a hunger signal by your body.
5. More vegetables in your diet – Beans, lentils, spinach. Great natural nutrients and sources of fiber. Fresh nutrients are best for your health. Good healthy fats (avocado, olive oil, coconut oil) and proteins (eggs, salmon) do not raise your blood glucose as much as carbohydrates do. Eat less processed foods such as canned foods that have preservatives and ingredients that we cannot pronounce. Less fast foods. Less carbohydrates: grains, potatoes, sugar, foods such as breads, pasta, white rice. Carbohydrates in general cause a big elevation in your blood sugar and over time cause insulin resistance (prediabetes) in your body as a response to high levels of blood sugar which eventually turns into diabetes. Insulin resistance is responsible for fat storage that leads to obesity. It is believed that about 50% of

adults in the United States are Insulin resistant, this insulin resistance is a big factor responsible for coronary artery disease. In addition, high levels of blood sugar make you feel tired and sluggish with low energy. Over time blood sugar clogs your small arteries and causes eye disease, kidney disease and circulation problems in general.

Decreasing your carbohydrates can have an impact in improving your blood glucose and helping you prevent diabetes or decrease your need for insulin if you are already a diabetic using insulin.


I also want to mention that Type II Diabetes can be reversed by following a strict low carbohydrate diet.

6. Belonging – whether it is a faith-based community such as a church or working as a volunteer to help the community can help have a good feeling of belonging. Having a sense of purpose and belonging to your community can have a big impact on your health.
7. Loved ones – Making time for our loved ones. Keeping our aging parents or grandparents nearby and spending quality time with them can help lower disease and mortality rates for everyone. Investing quality time with your partner and your children is also an important part of achieving good health.
8. Friends – social circles that support healthy behaviors can help you achieve your goals because good behaviors (exercising, eating healthy) and bad behaviors (smoking, overuse of alcohol) are contagious. Be the pioneer to set a good example for your friends and loved ones for healthier habits.

I want you to become more active, more vibrant and more energetic this year so you can enjoy a long and healthy time with your family and friends.


Let's work together to become a healthier community.

We welcome your comments and suggestions to improve our services at the Karuk Community Health Clinic in Happy Camp.

'Let food be thy medicine and medicine be thy food' - Hippocrates 

Introducing . . .

Rondi Johnson

Ayukii, I'm Rondi L. Johnson (Hockaday) I'm proud and honored to be the CEO of the Karuk Tribal Health program. A little about myself, I'm the daughter to Red & Glenda Hockaday. I have two beautiful daughters Jordana and Kelcii who have given me my amazing 4 grandchildren and one more to arrive in May. I have many family members throughout Happy Camp & Siskiyou County also. I grew up in Happy Camp and Medford, Oregon. High School graduate of Medford Senior High and I'm a very proud United States Air Force Veteran. I'm experienced in the Healthcare industry for over 25 years working in many sectors for example Tribal Health, Private Healthcare and Hospital Industry. I am also a college graduate of the University of Phoenix for Bachelors in Healthcare Administration and Grand Canyon University for my Masters in Business Administration. My vision for the Karuk Health program is to ensure all Karuk Tribal members, descendants and community people receive the best quality of care possible. My door is always open. Yootva, Rondi 



Obituary



Arther "Art" Ernest Hoffman was born to Ernest and Lillian Hillman Hoffman, December 12, 1941 in Eureka Ca. Art aka "Sonny" when he was young, passed October 25th 2018 at Sierra Oaks in Redding Ca.

He is survived by brother, John Hoffman (Stacy), Yuba City, CA; Sisters, Darlene Rolfsness, Shasta Lake, CA; Helen Smith, Sacramento, CA; and Grace Fridley (Tom), Eureka, CA. He had numerous nieces, nephews and cousins.

Art was active duty military for in the Navy from February 1961 through October 1969. He especially enjoyed being in Kodiak, Alaska. He loved his assignments and ports of call and loved telling stories about being in the Navy.

Art had many friends in Shasta Lake (Central Valley) where he lived for over 40 years. He enjoyed fishing, smoking fish, gardening, and canning what he or others grew in the area.

Art respected and helped many of his elder friends, who have passed on. He will be missed.

Inn honor of Art, services were held on December 13, 2018, at the Northern Veteran's Cemetary, in Igo, CA.

Announcements

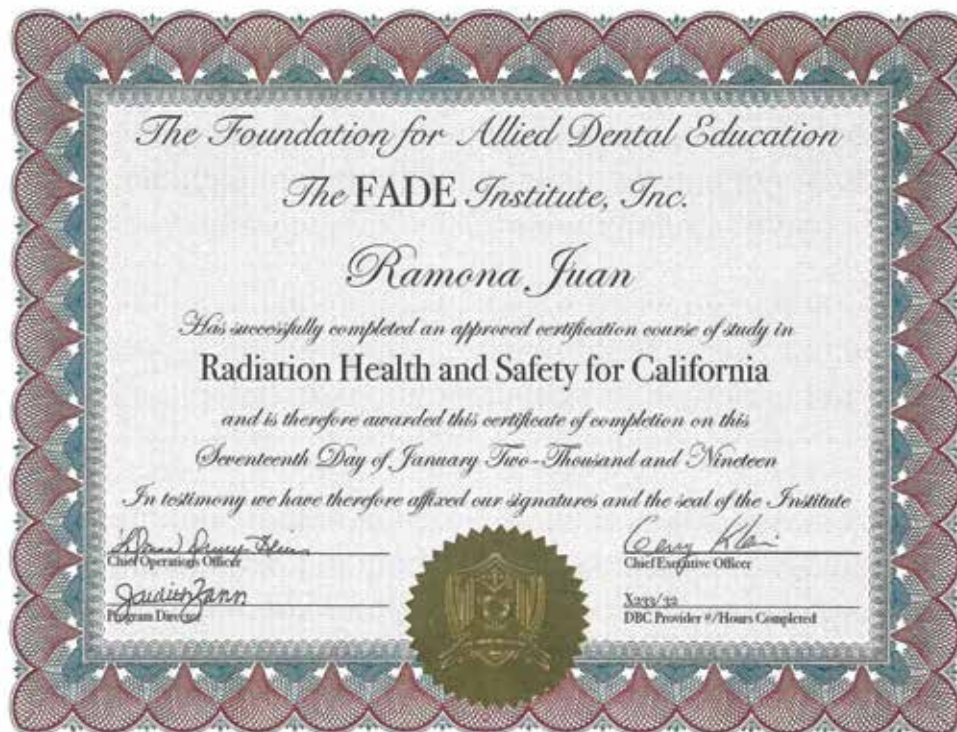


McCloud's Kasey Cain stands with her parents, Tim and Shelly Cain on Saturday Feb. 9th during College of the Siskiyou's sophomore ceremony honoring players during their last home game of the season. Cain's jersey will be placed on COS's gym wall alongside other All State players of the past. Cain is the granddaughter of tribal member Chief Burcell.

From a Karuk Tribal Member

I can remember in the 50's when my grandfather would take me and my cousins fishing up Dolittle Creek or west branch and east fork of Indian Creek. All we caught was native rainbow trout, and my grandfather was Indian and would not use modern poles with reels. He would use an old willow pole. We only hooked one steelhead in all those years, and he broke the line and got away. This is all immaterial due to the fact that the state of California in its environmental backed agenda has stopped all fishing in the creeks. The Indians have rights to net salmon at Ishi-Pishi Falls. My grandfather was in Happy Camp before there were fishing licenses. His descendants now cannot fish in the creeks either. Many people in southern California do not consider somewhere as far north as Happy Camp to be part of California, we are 22 miles from the Oregon border. Maybe we should split California in two and set our own agenda instead of the environmental interests and give the Indians their rights back. 🏹

Rodney "Lennie" Mayton
Lebanon, OR



Congratulations! Ramona Juan

Happy Anniversary!

Janet (Wilder) and Barry Morehead were married March 23, 1959 in Happy Camp. Janet is the daughter of the late Fred & Eleanor (Sanderson) Wilder of Orleans. Janet's siblings include Patricia ("Patsy") Johnson, Lillian ("Babes") Rentz and LeRoy Wilder. Barry is the son of the late Foy & Connie Morehead and the brother of Judy Dicky of Boyd, Texas.

"I thought she was the prettiest lady I'd ever seen," Barry says, choking up slightly when recalling meeting Janet in 1958. Happy Camp still had a movie theatre back then, which opened three days a week and charged 25 cents per movie. "Popcorn was a dime, I think... maybe a nickel." says Barry. When asked what she thought of Barry that day, Janet retorts: "I thought he was a baby faced boy!"

A couple nights later they met again and Barry asked if he could take her to the movies. "You'll have to ask my dad," Barry remembers Janet replying. He did, and that was the beginning of what their grandkids like to think of as a great life journey together.

When asked what advice they could give for a long and healthy marriage they are both in agreement. "Have fun!" says Janet. "There're certain things you have to do, of course, but basically the point in life is to have fun." "That sounds about right," Barry replies, "and we were moving so much we didn't have time to argue" he laughs. "That's not true," says Janet, "We just never had any *volatile* arguments. When we had disagreements, we just gave each other the silent treatment for a while until it passed."

Janet's family lived in one of the Forest Service cabins when Barry's work for the Bureau of Public Roads brought him to Happy Camp. His career with what would later be known as the Federal Highway Administration led the couple to move over thirty times. "That's when I stopped counting," recalls Janet.

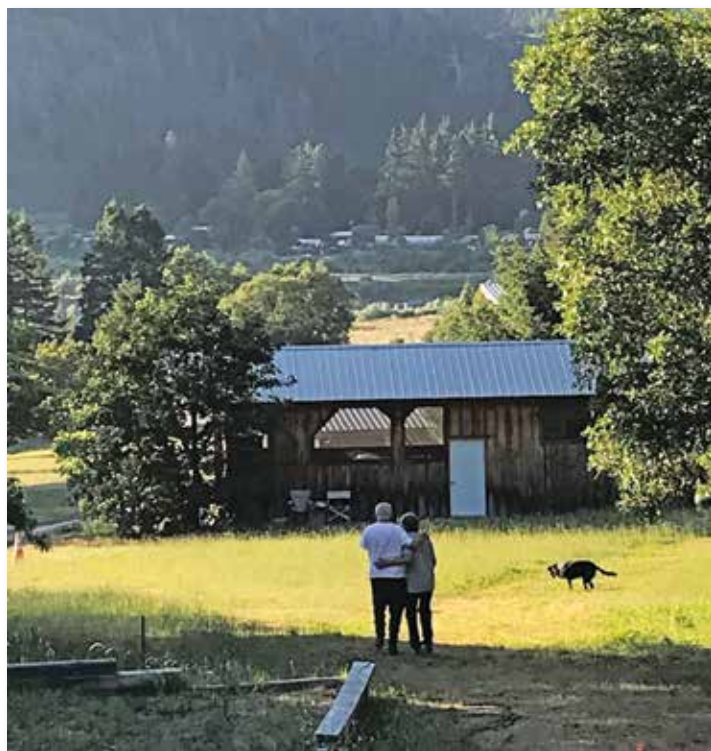
When asked about their happiest moments together, the couple take their time to answer. "Well, I was going to ask Janet's dad if I could marry her because she was pregnant. He was sitting on the floor with Janet's mother, Eleanor, pulling out her grey hairs," Barry remembers. He says that after he broke the news, "Fred looked at Eleanor and told her, 'Well, I should probably stop pulling out these grey hairs if you're going to be a grandmother!'" Barry's eyes are twinkling with laughter as he chuckles: "It didn't go over so well as you can imagine." Janet decides that having children and an ever expanding family has brought her the most joy:



"Their first steps, their first days of school, all the many grandchildren they have given me, just everything."

Barry and Janet have four children and lived in Washington, Alaska,

Idaho, Colorado, Maryland, Virginia, California, Texas, and Arizona before retiring to Orleans. Their great life journey also gave them 13 grandchildren who love them very, very much. To Grandma and Grandpa: We want to thank you for everything you've done for us and everything you do today. We couldn't imagine better grandparents! Happy Anniversary!! 🇺🇸





Karuk Tribe employees were recognized at the 2018 Holiday Party for their 20+ years of dedication and service to the tribe. Distinct, engraved appreciation awards were given

From left to right: Sheila Super, Lessie Aubrey, David Arwood, Lisa Aubrey, April Attebury, Bill Tripp, Leaf Hillman, Susan Beatty & Robert Super. Employee's not pictured are: Amy Coapman, Jamie Orge, Babbie Peterson, Michael Polmateer, Scott Quinn, Joseph Snapp, & Earl Super. 🏹



Plaquess were also given to employees who have worked 10 + Years.

Cheryl Asman, Kayla Bridwell, Kenneth Brink, Tracey Burcell, Tanya Busby, Michelle Charlesworth, Robert Corum, Sharon Denz, Susan Fricke, Daniel Goodwin, Isha Goodwin, Jennifer Goodwin, Susanna Greeno, Dorcas Harrison, Jodi Henderson, Patricia Hobbs, Nicole Hokanson, Tawnia Johnson, Sharon Jones, Laura Mayton, Virginia Moehring, Laura Olivas, Trista Parry, Diana Poeschel, Misty Rickwalt, Joanne Rosenbach, Ben Saxon, Andree Silva, Nancy Simmons, Vickie Simmons, Barbara Snider, Eileen Tiraterra, Emilio Tripp, & Dion Wood. (Not pictured Ellen Johnson, Anna Meyers, Robert Attebery, Tracey Burcell, Melodee Conrad, Eric Counts, Earl Crosby, Patricia Doak, Daniel Goodwin, Leaf Hillman (Chook Chook), Grant Johnson, Harold Mitchell, Tammy Parashis, Emma Lee Perez, Toz Soto, April Spence, Bari Talley, & Michelle Wroblecki) 🏹



Karuk Tribe

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