

# Karuk Tribe of California



Quarterly Newsletter

www.karuk.us

Summer 2003 Edition

P.O. Box 1016 • 64236 Second Avenue • Happy Camp, CA 96039 • (530) 493-5305 • (800) 505-2785 (800-50Karuk)

## Current Council Members and Term Limits

Alvis Johnson, Chairman	November 2003	Hermanett Albers, Member	November 2003
Leaf Hillman, Vice Chair	November 2006	Karen Derry, Member	November 2004
Carol Day, Secretary	November 2003	Robert Goodwin, Member	November 2005
Leon Hillman, Treasurer	November 2006	Frank Wood, Member	November 2004
		Vacant, Member	November 2005

## Notice of Election

### Karuk Tribe of California

**NOTICE IS HEREBY GIVEN** that on Tuesday, November 4, 2003, the Karuk Tribe of California will conduct a Tribal election. Polling places will be open from **7:00 A.M. to 7:00 P.M.** at the following locations:

- Happy Camp Community Center "Old School Gym" 64326 2nd Avenue.
- Yreka Karuk Health Clinic Conference Room, 1519 South Oregon Street.
- Orleans Community Center, Highway 96.

**TO BE ELIGIBLE TO VOTE:** you must be an enrolled member of the Karuk Tribe and eighteen years old or older on the day of the election.

**CANDIDATE ELIGIBILITY REQUIREMENTS AND PETITIONS:** will be available on **Tuesday, July 22, 2003** at the Housing Authority Offices in Yreka and Happy Camp, the Karuk Medical Clinic Buildings in Orleans and Yreka, and the Tribal Administration Building in Happy Camp. Nominating petitions and proof of residency must be returned to the Tribal Administration Office in Happy Camp **no later than 5:00 P.M. Friday, September 5, 2003.**

#### Subject Matter of Elections:

##### Council Positions:

CHAIRMAN	4 YEAR TERM
SECRETARY	4 YEAR TERM
MEMBER AT LARGE	2 YEAR TERM
MEMBER AT LARGE	4 YEAR TERM



**\*\* ABSENTEE BALLOTS\*\*:** Requests for absentee ballots must be signed by the voter requesting the ballot and his or her signature must be verified by one of the following three methods:

- 1) by a notary public
- 2) by two eligible voters of the Tribe
- 3) by providing a copy of a State, Federal or Tribal signed I.D. card.

Any request for absentee ballots must be submitted in writing, with a return address, to the election committee (P.O. Box 1016, Happy Camp, CA 96039) by **5:00 P.M. Tuesday, October 21, 2003.** Special circumstance exceptions can be made by majority vote of the Election Committee.

For more information we encourage you to call the Election Committee at (800) 50-Karuk or (530) 493-5305.



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## Karuk People's Center

*Fred Nahwoosky*

The Karuk People's Center has been open since September, 2003. Regular open hours are Thursday, Friday and Saturday from 10AM to 5PM. The Center has a Sales Shop, a library, an education classroom, a collections/archival storage area, a gallery and an office where the Karuk Language Program is housed. The phone number at the Center is (530) 493-5305, ext. 2201 for the gift shop, or ext. 2002 for Fred Nahwoosky.



*The People's Center in Happy Camp, California*



*Sales Shop in the People's Center*

held at the Siskiyou County Museum in Yreka on Tuesday, September 9 and at the People's Center on Wednesday and Thursday, September 10 and 11. Fifteen Native participants will be selected by the Smithsonian through an application process. Local Karuk and others are invited to attend at no charge. Call the People's Center for a copy of the training session agenda and let us know if you plan to attend and on which days so that we may be sure to have enough chairs for each session.

**Sales Shop:** The People's Center Sales Shop features locally made Native arts, silver jewelry, books, Native music CDs and People's Center t-shirts and coffee mugs. We also have Karuk flags, shirts and caps with the Karuk flag image and other products of interest. The Sales Shop purchases Karuk made arts & crafts for resale. Contact the Center if you are interested.

**Displays:** The displays in the People's Center Gallery include baskets, stone objects, a Karuk canoe and dip net, a dance dress and other local objects. A video plays in the gallery during regular hours.

**Training Session:** The People's Center will host a "Museum Basics" training session on September 9-11. Sponsored in collaboration with the National Museum of the American Indian, Smithsonian Institution, sessions will be

**Tribal Members Art Show:** The People's Center will sponsor a Karuk Tribal Member's Art Show in December, 2003. Creative minds and hands are invited to review the guidelines for the show and submit artwork for display and sale (optional). Call the People's Center (530) 493-5305 ext. 2202 or drop in for a copy of the guidelines and information about the show. A reception will be held in conjunction with the opening of the show in December.

**Basketweavers Gatherings:** The People's Center has received a grant award from the Seventh Generation Fund to host two gatherings of basketweavers in Happy Camp. We will host one gathering in the Spring of 2004 (possibly April) and one in the Fall of 2004 (possibly September). We hope to make these gatherings an annual activity. More information will be available in the coming months.



## 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@ca.ihs.gov](mailto:sspence@ca.ihs.gov). 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.

## Karuk Website Update

*Sara Spence, Human Resources Manager*

The Karuk Tribe of California is working toward the goal of having a Tribal Website up and running. Once completed, the website address will be [www.karuk.us](http://www.karuk.us).

In the meantime, a site has been established at [www.karuk.us/jobs](http://www.karuk.us/jobs) where you can see what positions are open, what the salary range is, where the position is located, and view the full position description for the job. You can also download our employment application as a PDF file from this site. The site includes the contact information and the process to be followed to apply for a job.

As always, I will continue to update the telephone recording as often as possible at (800) 505-2785, extension 2047 for those of you who don't have Internet access. This is a pre-recorded message that lists the positions that are currently open.

I hope this new process of accessing information makes opportunities more accessible to those of you that are not in the local area!



*Dennis Heffington, IHS Regulations Officer; Margo Kerrigan, Director of the California Office of the Indian Health Service, Alvis Johnson, KTOC Chairman, & Wes Valentine, KTOC Executive Director*

## Clinic Grand Opening

*Wes Valentine, Executive Director*

The renovation of the Yreka Medical and Dental clinic is finally complete. The grand opening was held on Friday June 6, 2003 with a dedication provided by Alvis Johnson.

In attendance was the Director of the California Office of the Indian Health Service, Margo Kerrigan, and Regulations Officer Dennis Heffington along with members of the Karuk Tribe and the surrounding community. We want to thank Dr. Stephen Bates for his generous donation which allowed us to commission the beautiful fountain sculpture by local artist and Tribal member Ralph Starritt which is displayed in our new entrance. We would also like to thank Indian Health Service for their assistance. Without their help, we would not have been able to secure the funding necessary to complete this project.

## The Way I Feel

*By: Panther Risling*

All I want is to be free,  
 I just want to be me,  
 But I can't because I'm in here,  
 When you're in here you're filled  
 with fear,  
 The feeling I feel,  
 Is nothing but real,  
 It sucks living behind bars and steel,  
 The doors, I don't want them locked no more,  
 The pain I feel goes all the way to the core,  
 Having your family and friends knowing you're in here,  
 Makes you feel sore,  
 My advice to you,  
 Be cool, stay in school,  
 Listen to what your parents tell you,  
 Stay out of this place,  
 Come back you'll be known as a disgrace,  
 Live your life while you still can!



## Elder Homes

*Christina McMaster, KTHA*

As you may be aware, Karuk Tribe Housing Authority Elders Homes in Yreka, Happy Camp and Orleans are currently being worked on. There is no completion date yet, but K.T.H.A is taking applications for placement in homes. Enrolled Karuk Tribal elders will be placed first, then placement will be based on the waiting list, so if you are an elder or know of an elder interested, please submit a complete application. For more information please contact K.T.H.A. at (530) 493-5434. Thank you.



## Quality Management and Compliance Update

*Lessie Aubrey, Director of Quality Management and Compliance*  
*Barbara Snider, Quality Assistant*



Because the Karuk Health Program was reaccruited for the third time, by the Joint Commission on Accreditation of Healthcare Organizations in March 2003, you may be thinking that our department doesn't have much to do, right? Wrong!

Besides maintaining compliance to JCAHO standards, which is a must, we are following many changes being made in the survey process. These changes will bring about strategy, structure, and procedural changes, as we rethink our work to conform to the Joint Commission's new survey processes. In addition, we must focus our attention on their priorities to ensure that standards and their intent are in compliance. Just for your information, safety is one of their highest priorities.

Compliance and HIPAA are new duties added to our list of responsibilities. Compliance and HIPAA are both programs that must be developed, and they both must consist of a plan and policy and procedures that must be implemented. They both originated from Federal Laws and Regulations, and constitute penalties for non-compliance.

Compliance is concerned with provider documentation in the medical record, and how it relates to billing and coding for Medicare and Medicaid reimbursements, and the quality of healthcare being provided. HIPAA, which stands for "Health Insurance Portability and Accountability Act", is concerned with patient privacy practices, and the security of transferring patient information. These are both works in progress from both the federal and Tribal side.

## Contract Compliance Update

*Erin Hillman, Contract Compliance Specialist*

At this time, the Karuk Tribe administers 41 separate grants and contracts. These agreements are between the Tribe and different agencies from local foundations, county and state governments and the federal government. These contracts and grants fund programs within the Tribe to provide direct services to Tribal members from health, education and social programs, and programs like the ones administered by the Department of Natural Resources for the preservation of cultural resources that benefit the Tribal membership as a whole.

Since the beginning of 2003, grant writers and directors of programs within the Tribe have written 18 new or continuation applications for grant or contract funding for their programs totaling \$1,953,577. Since January, the Tribe has received notice of award of 19 applications for new or continuation funding. Some of these applications awarded were submitted prior to January 2003. These nineteen (19) awards total \$1,132,076. In addition, we have submitted the close out documents for eleven (11) contracts or grants that have been completed.

Prior to submission to funding agencies, all contracts or grant applications are reviewed by the program director responsible for administering the program and by at least two members of the management team, which, for the purposes of reviewing grant applications, include the Chairman, Vice Chairman, Executive Director, Chief Financial Officer, Contract Compliance Specialist, and Director of Self Governance. Upon completion of the review by the management team, the application is submitted to the Tribal Council for review and approval.

If you have a question regarding a specific grant or contract administered by the Tribe, please feel free to contact my office at 530-493-5305, ext. 2017. I will gladly answer your questions or put you in touch with the appropriate program director.

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### *Karuk Ceremonial Dates for 2003*

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**August 8-17, 2003: Jump Dance**

**August 21-30, 2003: Inam Pikyowish**



**September 6-15, 2003: Tishawnik Pikyowish**

**September 19-28, 2003: Katimin Pikyowish**

## Karuk Senior Center Program, Orleans

*Babbie Peterson, Senior Center Supervisor*

September 4 – 6, 2002 the National Indian Council on Aging (NICOA) held a conference in Albuquerque, New Mexico called “*Healing Ourselves, Healing Our Spirits, Healing Our World*”. Alvis Johnson, Merlin Tripp, and Babbie Peterson attended, representing the Karuk Tribe of California. There were 14 countries represented and 150 Native American Tribes, with 2,500 people 60 years old and older attending.



*Bud Johnson & Merlin Tripp*

May 2003, Viola Silva has volunteered to do the Strength Training Resources for Osteoporosis-Northcoast Group (S.T.R.O.N.G.) training to become a fitness class leader. Vi and Babbie have worked with a physical therapist from the Area Agency on Aging in Eureka, and are attending a class to become certified through the American Senior Fitness Association (SFA) to lead fitness classes.



This training and the equipment we are receiving is made possible from a grant for Innovative Osteoporosis Prevention and Education in Humboldt and Del Norte counties. Funding has provided training for 15 sites from Crescent City to Garberville with more than 250 people participating in weekly classes. Classes in Orleans are on Thursdays from 2 to

3pm, and everyone is welcome to attend. When our workers complete the SFA certification classes, we will start a class in Happy Camp.

We are in the process of creating a database of caregivers for those in need of these services to better meet the needs of our elder community. If you are a caregiver, please call us to be listed on our Caregiver Registry, and to be referred to potential employers. Caregivers who choose to be listed on the registry will be screened. This screening includes a criminal background check (with the California Department of Justice) and a reference check. We will also interview each caregiver who would like to be on the registry, and orient them to the caregiver registry. This is a new program, so please be patient while we collect the data to better meet your needs. Call us if you find that you need to hire a caregiver for yourself, for a family member or for someone else close to you. We will discuss your situation and assist you in identifying a caregiver whose skills fit your needs and preferences. We do have a caregiver support program that is able to offer limited respite care, and we can go over this with you when we discuss your situation and need for

assistance. This registry will refer caregivers to those who request care. The Tribal Caregiver Registry is not the caregiver’s employer and does not pay for this service. This is an information assistance service only, and it is up to each family to hire and pay for a caregiver. We can assist you with information and help you contact organizations and agencies that may be able to help you with financial aid for these services. You may also contact us for information about upcoming classes, special training sessions and social events.



*Panamnik Center, October 2002*

Panamnik Center is moving toward completion. We are still working on the inside of the building, finishing the kitchen and furnishing the rest of the building. We have received funding for the Senior Center Kitchen and back up generator from the Labuda Family Foundation, Ben Chaney Foundation, Bertha Lytel Russ Foundation, Scott Valley Bank, and the California Endowment Foundation. Although this seems to be a slow process and people are very anxious to move in, we are very pleased to be receiving the support from these generous foundations so that we can set this beautiful building up and begin using it.



## Maintenance Update

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

The Maintenance crew has just completed construction of a new bathroom facility at the Katimiin cultural site. The building measures 16’x24’ and has four toilet and four shower units divided into two rooms.

The crew is currently repairing and extending the irrigation system at the Happy Camp complex. After the irrigation system is up and working, the bathroom at the upper Head Start building in Happy Camp will be rebuilt. When that project is complete, both bathrooms in the old gym, the kitchen bathroom and the “old teacher’s room” bathrooms will be rebuilt and updated. This of course, is in addition to the normal wear and tear maintenance and yard maintenance done every week.



# ayukîi. naníthvuuy uum atáychurip. athithúfvunupma nikriit. káruk chi nuchúuphi!

## Karuk Language Restoration Committee

*Susan Smith, Karuk Language Program Director*

Thanks to a three-year grant from the Administration for Native Americans, we are hosting a whole series of community language classes, a weekend immersion workshop, language teacher trainings, and developing a variety of Karuk language materials.

Phil Albers, Nisha Supahan and Elaina Supahan are teaching a class in Ashland, Oregon. They received college credit for the work involved in preparing and teaching the class, and a big yóotva goes to Phil for graduating with his Bachelor's degree from Southern Oregon University! For class times and locations, call Phil at (541) 488-4626.



*Karuk Language Immersion Dinner held on June 19th at the Naa Vura Yeeshiip offices in Yreka.*

Jim Ferrara is teaching a class in Orleans on Monday and Wednesday evenings. For more information, you can call Jim at (530) 462-4663. There may be language classes in the Yreka and Eureka/Arcata areas this summer. Also, mark September 14th and 15th on your calendar for the Karuk Language immersion weekend.

The Karuk Language Restoration Committee meets regularly to assist in the revitalization of the Karuk language. The committee consists of all Karuk tribal members present at each meeting. To make sure you are notified about upcoming meetings, let us know you'd like to be placed on our mailing list.

For more information on classes, to get on the Karuk Language Restoration Committee mailing list or to receive an application for the immersion weekend, call Susan Smith, Language Program Director, at (800) 505-2785, ext. 2205.

# Karuk Tribe Welcomes New Clinic Physicians and RN to Yreka Clinic

*Amy Coapman, RN, FNP*

The Karuk Tribal Health Clinic in Yreka is pleased to announce the association of two physicians, Dr. Barbara North and Dr. Michael Hess.



*Dr. Barbara North*

Dr. North has been practicing in Yreka for over nine years, and now will be working out of our clinic on Wednesdays and Fridays. She brings a wealth of general medical experience with a special focus on women's health.

Dr. Michael Hess has just relocated his family to the Scott Valley. He is a Family Practice physician who will be working Monday through Friday for the next several months. His intent is to open his own office in Fort Jones, at which time he will continue to work out of our Yreka office two days a week. Dr. Hess is particularly interested in obstetrics and will be providing pregnancy care and hospital deliveries, as well as office procedures such as skin biopsies, laceration repairs, circumcisions and vasectomies.



*Dr. Michael Hess*



*Sharon Denney, RN*

We would also like to welcome the newest member of our nursing staff, Ms. Sharon Denney, RN. Sharon has worked in many areas during her nursing career, including corrections, office nursing, and as an educator.

The Karuk Tribal Health Clinic is now accepting new patients and all types of insurance, including Medi-Cal. Please feel free to drop by the clinic and see our newly remodeled facility and meet all the staff!



# Hello, from T.E.R.O.

Judy Waddell – TERO Director

The Karuk Tribe TERO Office is in the ongoing process of updating all of the Skills Bank Files, and will be sending out new TERO applications throughout the coming months to all applicants who have not updated over the past year. It is important to keep all files “current” for future employment referrals from the TERO Office. When completing the new application, please include all new and current information such as:

1. Current Address and phone number.
2. Current work history.
3. Copy of Current Drivers License.
4. Copies of recent training certificates, etc.
5. Copy of current Resumé.



The TERO Office works in collaboration with the California Indian Manpower (CIMC) and the Northern California Indian Development Council (NCIDC) on a continuous basis with various training programs, and is continually seeking qualified individuals to apply for training slots as they are allocated.

TERO is currently seeking individuals interested in training in the “Medical Field”, “Construction Field”, and in the field of “Engineering” as there are current demands in these areas.

Please feel free to call the TERO Office at 530-493-5305 Ext 2030 to inquire about current job and training possibilities.

Thank you.

## The Nurse's Corner Information for Health and Wellness

David Eisenberg, PHN

### Medicine at the Speed of Light

The Karuk Tribe is part of an exciting new program where a patient can be evaluated by a specialist hundreds of miles away without leaving the medical clinic. Recently the Orleans Medical Clinic installed a camera that takes detailed pictures of the retina, located at the back of the eye. This program is designed to reduce the need for patients to travel long distances by sending the image electronically to the doctor's office.



External shot of a normal eye.

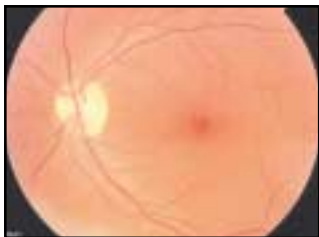


Image of the retina - the physician would evaluate the image to determine if there has been any change from the previous year.

The image of the back of the eye is scanned into a computer, then sent to an ophthalmologist for analysis. Three staff members, Tom Shellenberger PA, Bettysue Peugh LVN and David Eisenberg PHN received training at the Doheny Eye Clinic in the operation of the camera. The program is specifically designed to monitor patients who have diabetes. Over time, diabetes can damage the blood vessels in the retina. With early detection, some treatments are available to prevent loss of vision. Before this camera was available, all patients had to travel to Eureka or Yreka to be seen.

This system is an example of how the Karuk Tribe is continually looking for ways to improve the health of our patients. If you have any questions about this program, please contact David Eisenberg PHN, at (530) 493-2201 ext. 2115.



Eye / Retina Camera

# Karuk Tribal Head Start - Yreka Center

*Cathy Scott, Yreka Head Start Teacher*

Ayukii from the Karuk Tribal Head Start/Yreka Center. We had a great year starting with hot air balloon rides in September and ending with a class trip to the Family Fun Center in Central Point. The staff and families work hard to provide a great variety of fun, educational and cultural activities for our children. We enjoy singing songs in Karuk and English, and we implement the Karuk language daily in our curriculum. We provide a literacy rich environment and have daily activities that help children build skills in all developmental areas. Our staff is a great team and our teamwork shows! Our team consists of Cathy Scott, teacher; Marlene Rodriguez, assistant teacher; Josie Jerry, bus driver/aide; Betty Robinson, cook; and Nicole Finch, volunteer and temporary aide.

Please feel free to drop in and visit whenever you are in the Yreka area.

## Twinkle, Twinkle Little Star Imsirih, Imsirih Ninamich Atayram

Twinkle, twinkle little star  
Imsirih, imsirih ninamich atayram

How I wonder what you are  
Tani xuti akay iim

Up above the world so high  
Aah avahkam ithivthanen avarih

Like a diamond in the sky  
Kunish imsirih as aha avahkam

Twinkle, twinkle little star  
Imsirih, imsirih ninamich atayram

How I wonder what you are  
Tani xuti akay iim



## Friends, Friends Afyiiv, Afyiiv

Friends, friends one, two three  
Afyiiv, afyiiv sas yitha, axax, kuyraak  
All my friends are here with me  
Koo vura nani afyiiv saas na koovan ook  
You're my friend, you're my friend  
Miikun nani afyiiv, miikun nani afyiiv  
Friends, friends one, two three  
Afyiiv, afyiiv sas yitha, axax, kuyraak  
All my friends are here with me.  
Koo vura nani afyiiv sas na koovan ook.



## Karuk Head Start

*Toni McLane, Head Start Director*

The Karuk Head Start Program ended their school year May 23 with end of the year celebrations held at Happy Camp and Yreka. Fun was had by all. This past year the Head Start Programs focused on Child Profiles that succeeded in following each child's development throughout the year. All Child Profiles were shared with parents and sent on to Elementary Schools for those children who will be entering Kindergarten to provide teachers with assessment in the transition period. The programs also focused on child and family literacy, providing assistance to parents, and sharing literacy with children on the importance of reading, how to take care of books and library activities.

Head Start grants that have been sent to Head Start funding sources are partial funds for a new Head Start facility in Yreka and for Cost of Living Adjustments and Quality money.

### Karuk Tribal Head Start, Yreka Center

Class of 2003



**Back Row:** Betty Robinson, Marlene Rodriguez, Cathy Scott, Nicole Finch, Josie Jerry.

**Third Row:** Breanna Williams, Daniel Thom, Jason Kelly, Nichelle Lafoon, Juan Cota, Nikki Finch, Kortni Bennett.

**Second Row:** Valerie Rodriguez, Gabriel Rodriguez, Gladys Donahue, Nathan Black, Lilo Finch, Kyanna Rice.

**Front Row (sitting):** Sadie Johannsen, Minnie Hockaday, Shyanne Killingsworth and Nikita Harrison.

(Not Pictured: Clayton More-Smith, Ryan Meyers-Jones.)

Please join us for our  
7<sup>th</sup> Annual

# Karuk Tribal Reunion



Saturday, September 27<sup>th</sup>  
Sunday, September 28<sup>th</sup>  
in Happy Camp

## Head Start is Currently Recruiting 3 & 4 Year Old Children



Happy Camp & Yreka Karuk Tribal Head Start programs have openings for 3 and 4 year old children for the 2003 - 2004 school year. Three-year olds must turn three on or before December 2, 2003.

There will be a morning and an afternoon class in Yreka and a morning class in Happy Camp. Both will have classes Tuesday through Friday, with Mondays set aside for staff work days.

## Our Children Deserve a Head Start!

For applications, please call 1-800-505-2785 to have an application sent to you. Please return the application to the Karuk Tribe Administration Office, Attention: Head Start.

Have a safe and happy summer from the Head Start staff!



# Karuk Tribe of California Finance Department News

Laura Mayton, CFO

The finance department for the Karuk Tribe of California is a service department paid for by indirect cost revenue. A few of the many services provided by the finance department are listed below:

- Coordinates Budgeting Process
- Coordinates Financial Audit
- Draws Funds Down
- Makes Travel Arrangements for Staff and Council
- Monitors Contract Compliance
- Prepares Indirect Cost Proposals
- Processes Cash Receipts
- Processes Checks to Pay Vendors
- Processes Payroll to Pay Employees
- Provides Detail General Ledger Reports upon Request
- Provides Instruction on How to Read and Understand Financial Data
- Reconciles Bank Statements



- Statement of Expenditures, Encumbrances & Appropriations
- Tracks Fixed Assets
- Writes and Updates Fiscal Policies as Needed

## The current finance department staff is as follows:

- Cecilia Arwood – Travel
- Tamara Barnett - Payroll
- Erin Hillman - Contract Compliance
- Tina King - Cash Receipts
- Laura Mayton – Chief Financial Officer
- Jamie Orge - Accounts Payable

The staff of the finance department is always striving to improve our performance and processes. If you have any suggestions or comments that may help us to improve, we would like to hear from you. If the fiscal department can be of service to you, please let us know.

# Karuk Tribal Court Peacemaker Dispute Resolution/Mediation Forum & Indian Child Welfare Program

Michele Kerr

The Karuk Tribal Court is located at 500 Fourth Street in Yreka. However, the court will travel to Happy Camp and Orleans for matters approved. The Court is under the guidance of the Self-Governance Coordinator/ICW Program Administrator, April Attebury. After fifteen months of planning, research and technical training, it is anticipated that Tribal council will approve its codes, policies and procedures in the month of August. The types of matters to be heard or mediated will consist of KTHA Tenant/Relations disputes, TERO, and ICW legal matters. Furthermore, the Court is working towards offering a self-help clinic to assist in filling out court forms for Tribal members.

The Court has on board its own mediator, Marlon Sherman of the Oglala, Lakota tribe from Pine Ridge, South Dakota. Marlon has extensive background working directly with tribes and Native groups in the areas of negotiation, mediation, tribal self-governance, economic development, and government-to-government relations, including teaching, training, facilitating, grant writing and fund development. Marlon has received his law degree from the University of Colorado School of Law in Boulder, Colorado, and served for two years as legal intern for the Native American Rights Fund/National Indian Law Library.

The Court also has its own Paralegal/Clerk, Michele Kerr, who has a Bachelors of Arts degree in Ethnic Studies from California State University, Hayward. While working towards her degree, she interned for the Indigenous Nations Child and Family Agency in Oakland, California, which helped place Tribal children in Tribal foster homes. Michele has also obtained a Paralegal Certificate from Denver Paralegal Institute. Furthermore, Michele has recently passed the Notary exam, and the Court will provide Notary Public services at the end of August. The Notary is free to all Karuk Tribal members and \$10.00 for non-tribal members.



Currently the Court is advertising for proposals to contract for a Judge which should be filled by the end of July.

If you have any questions or need further information, you may contact the Tribal Court directly at (530) 842-9228.



## Karuk Tribal Dental Department Activities

Vickie Walden, Dental Clinic Manager

### Happy Camp Dental

We are still advertising for a full time dentist position in Happy Camp. We have Dr. Wakim, DDS, working in Happy Camp **when he has time available** on Fridays.

#### Appointment Information:

The dental clinics have very full schedules, so it may take you several phone calls to schedule a routine examination or treatment appointment. **There is a set time in the appointment schedule for walk in emergencies.** Please call for more information.

#### New Dental Services

Dr. Todd Weaver, DDS will be doing limited orthodontic treatment at the Yreka Clinic.

For more information call:

Yreka Karuk Dental: 1-800-371-8080 ext. 5.

Happy Camp Dental: 1-800-50 Karuk ext. 2150.

#### School Dental Screenings

In the fall during the 2003/2004 school year, we will be doing free dental screenings for our Head Start Program and for some elementary schools in Siskiyou County.



## Dental Prevention Advice Oral Cancer Self Examination

**You are at a higher risk for developing oral cancer if:**

- you use tobacco products
- drink excessive amounts of alcohol
- you are exposed to sunlight on a regular basis
- have habits such as lip biting and cheek chewing
- have ill-fitting dentures

It is important to learn how to examine yourself for signs of oral cancer and to have regular check-ups in order to increase the chances of discovering the condition in the early stages before it progresses.

**Some Early Warning Signs of Oral Cancer are:**

- any sores on the face, neck, or mouth that do not heal within two weeks
- swellings, lumps or bumps on the lips, gums or other areas inside the mouth

- white, red, or dark patches in the mouth
- repeated bleeding in the mouth
- numbness, loss of feeling, or pain in any area of the face, mouth or neck

**To perform the oral cancer self examination, just follow these 7 easy steps by looking at and feeling your:**

#### 1. Head and Neck

- look at your face and neck in a mirror. Normally, the left and right sides of the face have the same shape. Look for any lumps, bumps, or swellings that are only on one side of your face

#### 2. Face

- examine the skin on your face. Do you notice any color or size changes, sores, moles, or growths?

#### 3. Neck

- press along the sides and front of the neck. Do you feel any tenderness or lumps?

#### 4. Lips

- pull your lower lip down and look inside for any sores or color changes. Next, use your thumb and forefinger to feel the lip for lumps, bumps, or changes in texture. Repeat this on your upper lip

#### 5. Cheek

- use your fingers to pull out your cheek so you can see inside. look for red, white, or dark patches. Put your index finger on the inside of your cheek and your thumb on the outside. Gently squeeze and roll your cheek between your fingers to check for any lumps or areas of tenderness. Repeat this on the other cheek

#### 6. Roof of the Mouth

- tilt your head back and open your mouth wide to see if there are any lumps or if the color is different than usual. Run your finger on the roof to feel for lumps



#### 7. Floor of the Mouth and Tongue

- Stick out your tongue and look at the top surface for color and texture. Gently pull your tongue forward to look at one side first and then the other. Look for any swellings or color changes. Examine the underside of your tongue by placing the tip of the tongue on the roof of your mouth. Look at the floor of your mouth and the underside of your tongue for color changes that are very different from what is normal. Gently press your finger along the underside of your tongue to feel for any lumps or swellings

If you find anything out of the ordinary, particularly anything that does not heal or go away in two weeks, or that has recently changed, discuss it with your oral health professional or physician.





# Karuk Tribal Council

Summer, 2003

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*Chairman*

**Leaf Hillman,**  
*Vice-Chairman*

**Carol Day,**  
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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 or call and let us know your current address and phone number for future reference.

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Karuk Tribe of California

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