

Karuk Tribe of California



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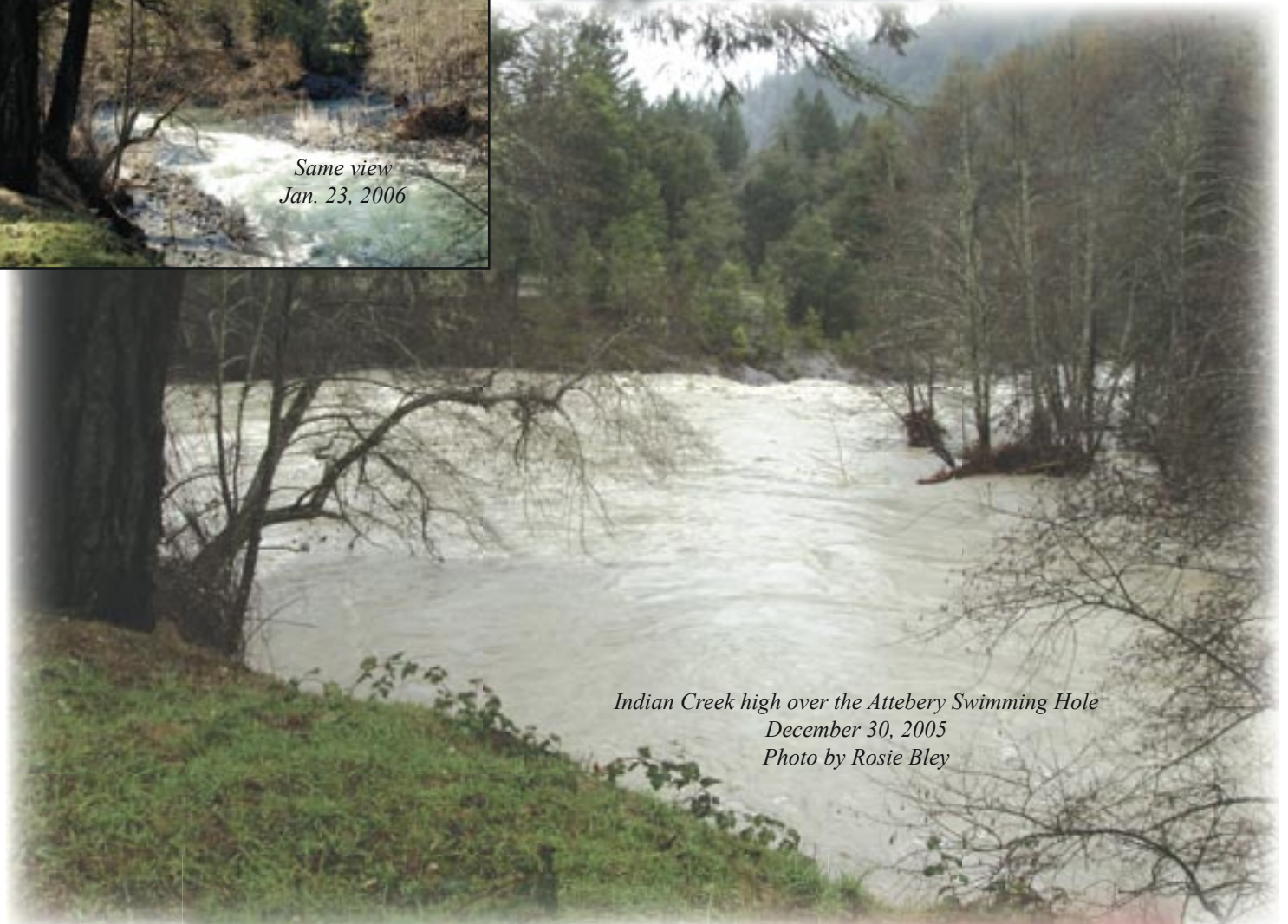
Tribal Enrollment Is Currently At 3,420 Enrolled Members



Same view
Jan. 23, 2006

High Water!

More photos on page 13



Indian Creek high over the Attebery Swimming Hole
December 30, 2005
Photo by Rosie Bley

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New Year!**

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The Chairman's Corner

Arch Super, Tribal Chairman

Ayukii, Tanixxuti, koovura pa araaras pananu chuupitiheesh pa araarahih. Kukkuum tani piip pa araarahih uum pananu aaniv. Xay pipshiinvarih pananu araarahih. *Hello, I think all the Karuks, we be talking our Indian language. Again I say, the language is our medicine. Don't forget our language.*

OCTOBER

Health Director, Larry Jordan and I attended a conference of the National Indian Health Board in Phoenix AZ. A lot of the information given was information that would assist our current health programs. There were awards to honor many of the directors and leaders that have worked the many functions of the National Indian Health Programs. The Tribal Council and Court Administrator, April Attebury continues to research, develop, plan and build our Tribal Court. The Gaming workgroup met with the Ellis Gaming Group (EGG) in the month of October. EGG gave us a good presentation but later felt our gaming venture was not within their realm of development.

NOVEMBER

The Tribal Council and our attorney, Stephanie Dolan, have been working on and reviewing the Constitution. She has been in the process of compiling issues, ideas and concerns for the Tribal Council and Membership on revising our Constitution. Head Start held Training for the Tribal Council and the Head Start Policy Council. The training was very informativeregardingtherules,regulations and responsibilities of the Council and the Policy Council. Self Governance Director, Hector Garcia, Carrie Davis and I attended a meeting with the California Fee to Trust Consortium in Sacramento. The consortium is working to encourage the Cabazon Tribe to remain a part of our consortium. Their participation and financial support is important to the consortium. Council Member Robert Grant and I did a presentation at the College of the Siskiyous in regards to the Karuk Tribal government. The College was very appreciative. Ms. Vina Smith and I gave a Karuk language presentation and Ms. Verna Reece gave a basket weaving demonstration to the College for the month of November to honor Native Americans (Natives of this land). The Tribal Gaming Workgroup continues to meet with the Siskiyou County Board

of Supervisors and the Yreka City Council on negotiation agreements for our gaming venture. Vice Chairman Leaf Hillman, Hector Garcia, Land Manager, Scott Quinn, our Gaming attorney, Dennis Whittlesey and I met with the governor's office staff in Sacramento to present our new proposal for Indian gaming. We feel that we have a very good, updated proposal for the governor to consider. The intake by his staff appeared to be positive. We are hoping to hear back from his office within a few weeks.

DECEMBER

In the month of December, Tribal Secretary, Florrine Super and the Tribal Youth Leadership officers, Alma Mendoza, Jaclyn Goodwin and one representative from Orleans promoted and organized a Youth Leadership Conference which was held in Athithufvuunupma (Happy Camp). The conference was excellent. There were a couple of Tribal Council Members in attendance and a few Tribal employees and volunteers there also. It was a very good conference for our Tribal youth. They learned a lot and had a lot of input. We hope to have annual or bi annual conferences for our youth. Head Start Director, Toni McLane, Karuk Language Director, Susan Gehr, Florrine Super and I attended a Conference/Training for Head Start Child Care and ANA application. As we have endured for the past years, the Head Start budget is always short and with the nation's budget, it has not improved. Tribes are continuing to strive to direct monies to budgets for Head Start. In December the Tribe held their Annual Staff Awards Banquet. The purpose of the banquet is to honor and appreciate some of the hard workers who work for the Tribe. We had a good attendance like we have in the past.

JANUARY

The Tribal Gaming Workgroup met with another casino developer. The developers name is Ingenous. Ingenous is a very good candidate for the proposed casino. They were very genuine and had a



very nice presentation package for the Tribe. As we get closer to Gaming negotiations we will have a better idea of which developer we will hire and the membership will be informed as well. The Tribe will be working on implementing an Integrated Resource Management Plan (IRMP). This plan will be to generate the development of monies, projects and programs for the Department of Natural Resources. The plan will also involve the communities of the river, the County, the Forest Service, Fish and Game, etc. and we will ask for public comments. I encourage anyone who may be interested in this venture to give our DNR entity a call at any time. Tribal Council met with the Self Governance department regarding the implementation of the Tribe's Probate Code. The Probate Code is going to be very crucial for members who own land on Trust and Fee lands. A big component of the code has a lot to do with members who have written wills. We will keep the membership informed of the process and outcome of our Probate Code endeavor. The Tribe is continuing to research, develop and review the Tribe's Constitution. We are working directly with the Tribe's attorney, Stephanie Dolan. The Constitutional Revision is a very big issue with the Tribe and it will be very important that all members know the direction and intent of the proposed revision. Again, we encourage all concerned members to email, write or call your Council representatives.

BULLETIN In the last Tribal Newsletter edition. I had mentioned that my father Peter Ray Super Sr. attended Sherman Indian School in Nevada, but the Indian School in Nevada is Stewart Indian School. Sherman Indian School is down by Riverside, CA and is the Indian school his mother, Bessie Mae (Albars/Attebury) Super went to. My mother Nancy Lee (Jerry) Super went to Indian School at "Chemawa". I was Yreka High, woohoo!☺

We would like to encourage our Tribal membership to feel free at anytime to call, write, email or come and see your Tribal

BULLETIN

representative in regards to

Tribal issues, Tribal planning and Tribal decisions. Few members voice their concerns, but many times a lot of issues and concerns are not brought forth, and we are unable to respond if we are not approached. We do not bite.

Calendar

February: Karuk Tribe Housing Authority 5 year planning session.

November: Tribal Elections for Vice Chairman and Treasurer; Open seat on the Yreka City Council and the Siskiyou County Board of Supervisors (we hope to get our Tribal membership involved with city and county politics since it affects our Tribe. Please talk to one of your Tribal Council representatives. We would be grateful to inform and educate you on how important this is).

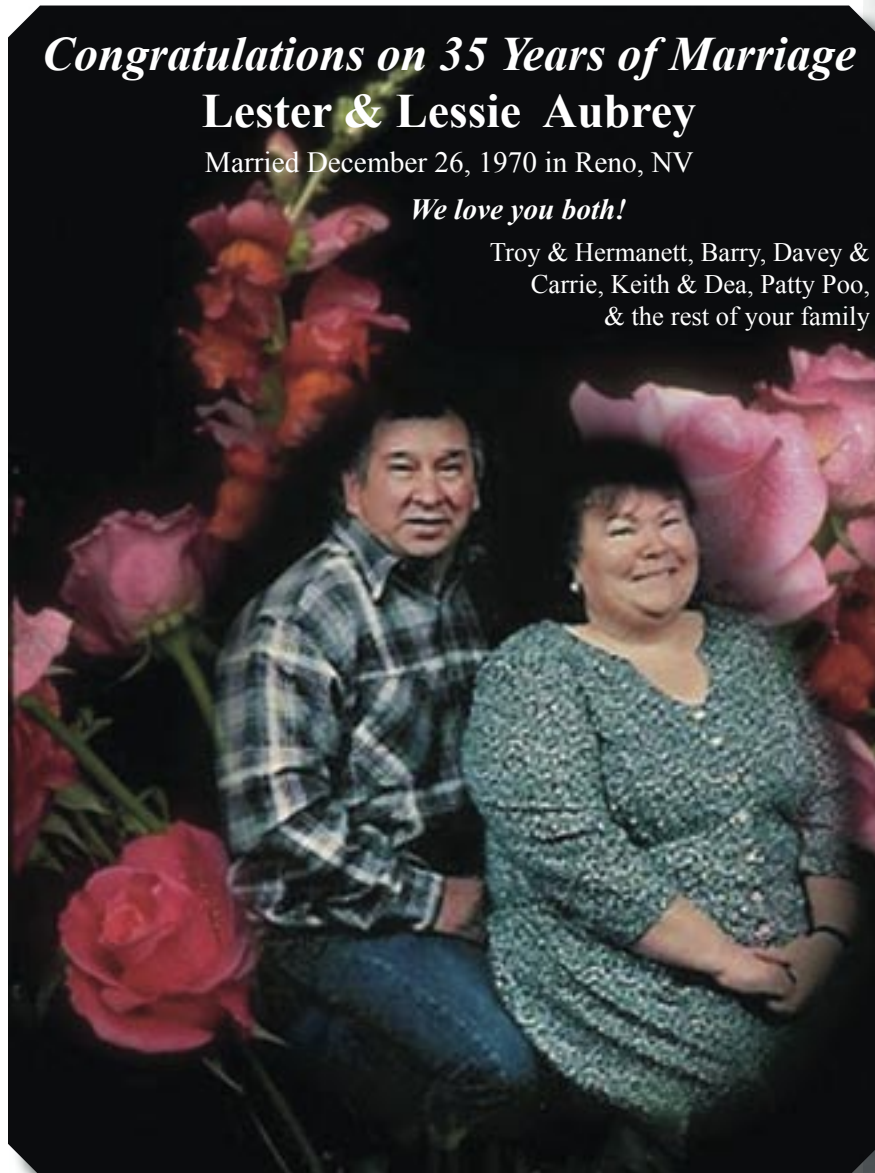
Congratulations on 35 Years of Marriage

Lester & Lessie Aubrey

Married December 26, 1970 in Reno, NV

We love you both!

Troy & Hermanett, Barry, Davey & Carrie, Keith & Dea, Patty Poo, & the rest of your family



Notes from the Secretary:

Florraine Super, Council Secretary

Ayukii! Happy New Year! I hope everyone's holidays were happy! Here we are in 2006 and we have a lot going on within our Tribe. Here's my report to explain some of those events!

TRIBAL COUNCIL SECRETARY QUARTERLY REPORT

Youth Leadership:

Rain, sleet, snow, or flood couldn't keep the First Annual Yav Pa Anav Youth Conference from happening on December 3, 2005. More than 35 students came to hear presentations by: Kristen King, Diabetes; Robert Attebury, Obesity; Tanya Busby, Drug and Alcohol; Kim Irwin, Traditional Tobacco; Vina Smith, Susan Gehr, and Arch Super, Language; Terry Supahan, Leo Carpenter Jr., Robert Attebury, Kayla Super, and Kira Super, Traditional Dances; Trisha Weldon, Financial Aid – College of the Siskiyou; Jennifer Goodwin, Education; and Florraine Super and



Arch Super, Tribal Council / Youth Council. We had games, prizes, and interaction with our youth.

I would like to thank all those who helped! Joyce Jones, head cook with help from Hazel Croy and Ronda Croy. Registration Booth: Kayla Super, Rita Thom, Sherile Grant, and Kira Super. Overall Support: Erin Hillman, Sara Spence,



Barbara Snider, Mike Edwards, Nancy Super, Junalynn Ward, Bessie Munson, Troy Hockaday, Corina Alexander, Dorcas Harrison, Tass Croy, Richard Super, Larry Jordan, Vina Smith, Verna Reece, and Leo Carpenter. A special thanks to all the presenters!

Karuk YOUTH Council member Alma Navarro deserves a very special thank you and recognition for her outstanding youth leadership skills. Alma was responsible for welcoming everyone, giving direction for our daily events, and making sure we stayed within our agenda goals. I'm very proud of her performance and being a positive role model for our youth!

We plan to make this an annual event. This year we hope to have it during September or October before the snow gets here. I hope

more students and community members will get involved. The youth were great to work with and had a positive experience with Tribal leaders, staff, and community members.



Aja Conrad * Jaclyn Goodwin * Alma Navarro
Karuk YOUTH Council

Elections:

Our election committee is working very hard to have a smooth 2006 Election. Our vice-chair and treasurer positions are coming up for 2006. We are also working on ballots for the proposed Constitutional changes with this coming election. More information will become available as it comes in.

Remember to stay active in your Tribal, local, state, and federal issues. It is important for you, your family, and your Tribe!

Reminder from the last newsletter: Are you wondering, what it means to be registered with the Tribe to vote? Our constitution states in ARTICLE VII - ELECTIONS AND NOMINATIONS, Section 1. All members of the Tribe who are eighteen years of age and over and who meet the eligibility criteria and have registered with the Tribe pursuant to the provisions set forth in the Tribe's Election Ordinance, shall have the right to vote.

The Election committee has created a form so Tribal members can "register" with the Tribe to vote. You may register at the polling booths or before the election by requesting a form from the election committee or downloading a form from the Karuk website. Our intent is to make this as easy as possible and not to interfere with your voting rights.

Register to vote today! Go to www.karuk.us for a registration form or contact your Karuk Election Committee at P.O. Box 815, Happy Camp, CA 96039.

Indian Child Welfare Committee (ICW):

It is the ICW Committee's intent to protect the best interests of the child and promote the stability and security of the Karuk Tribe of California and its Indian families by fully exercising the Tribe's rights and responsibilities under the Indian Child Welfare Act (ICWA) of 1978 and those policies. We continue to review cases, intervene, and represent our Karuk children. We also participate in Title IV B Meetings, State ICW Conferences, meet with other



governmental bodies, work closely with housing, Tribal court, and CASA, and recruit foster parents.

Reminder from last newsletter article: Your ICW Committee attended the SB678 hearing and supported its intent. SB 678 is the bill to improve compliance with the Indian Child Welfare Act ("ICWA") by amending the California Family Code, Probate Code and Welfare and Institutions Code. (To read the bill itself or a summary of it, visit www.calindian.org.) The bill is widely supported by Tribes and Indian organizations. The list of supporters continues to grow and is updated weekly at the calindian.org website. If you are interested in learning what you can do to help support this effort, visit www.calindian.org for more information.

Karuk Tribe Foster Home:

Part of the ICW Committee's responsibility is to start and oversee our own Karuk Tribe Foster Home.

IMPORTANT NOTICE: We are seeking Tribal members who are already certified to be foster parents or are interested in becoming certified foster parents. Contact Mike Edwards at Karuk Tribal Health Social Services. Call (530)842-9200 ext. 102, or stop by 1519 South Oregon Street, Yreka CA.

Karuk children have the right to grow up among their own people so we will continue to recruit foster parents. If you would like to offer your home and family and become a foster family, please contact our Karuk Social Services Department. To apply, you must complete and submit a foster family application. When approved by the ICW committee, fingerprints for background checks will need to be taken of all people living in your household over the age of 18. A home evaluation will be completed by our social services department.

Friends of CASA (FOC):

FOC has been established to support our Karuk CASA volunteers and CASA's basic operational expenses. As the Vice-Chair of FOC, I would like to explain the FOC committee's goals and duties. Our members share the same mission as our CASA program, therefore we contribute to CASA by organizing fund raisers throughout the year. The Karuk CASA program relies entirely on grants and monetary support from our communities. Such contributions enable us to recruit, screen, and train Tribal advocates to speak for abused and neglected children in Juvenile Court. It also helps with gas for volunteers to visit and/or transport children to necessary appointments. Fifty-five dollars (\$55) for fingerprinting and a background check is a big cost for our CASA program.

As you can tell, this is a very worthy cause and our need is great. YOUR KARUK CASA IS THE FIRST TRIBAL CASA IN CALIFORNIA, so when you see our FOC Committee selling tickets, selling T-shirts, or looking for volunteers, please support your Karuk CASA Program. Your contribution will help further our children advocacy efforts and help us provide service to our Tribal children. Volunteers

are needed! We can use your time, your contacts, or your monetary support.

Low Income Assistance Program (LIAP):

The LIAP Committee was established to provide necessary emergency assistance or services not being provided by federal, state, county, Tribal or other agencies for our members.

Our goal is to assist our LIAP Coordinator with processing applications efficiently and in a timely manner. Our monthly meetings help us process difficult applications, make necessary program collaborations, and help interpret and follow LIAP guidelines and objectives.

Another goal is to help those who don't qualify for LIAP but are very much in need, so the Council has obligated some funds to help those who need assistance. It has helped a lot of elders and families with children. As secretary of the LIAP Committee, I will be working on policies or point systems to help us make a fair and consistent decision.

We will continue to look for funding to get an assistant for our LIAP program so we can expand our program and reach our goals by helping Tribal members become self-sufficient and employable.

Planning for the 2006 Tribal Reunion:

We are continuing to plan for the upcoming event. A date hasn't been officially chosen, but we plan to have the reunion early in the year (around June).

If you have never been to this culturally rich celebration, I encourage you to attend as we have many activities available for all ages! Contact me if you have ideas or concerns with the upcoming Tribal Reunion.

Website: Revisions:

Our goal is to have a very informative and user friendly website. We continually work on updating our webpage.

If you have any digital pictures of Tribal events, buildings, local nature, etc. that you do not mind sharing, please forward copies to Gerry Canning (on CD or disc please - otherwise it will bog down the email server) so that he can use them on the website as he updates the content. It would be greatly appreciated!

Please let me know what you as a Karuk Tribal member would like to have available on the Karuk website



Head Start: Children are our Future

As a liaison for Head Start and the Council, I attend all policy meetings, Yreka center meetings, and regularly meet with staff. The Policy Council reviews all policies before submitting them to the Council and we address all classroom concerns brought to our attention.

If you would like additional information and/or have any questions, contact me at any time. If you would like to be put on my email list, send your email address to: fsuper@karuk.us with a note saying you would like to receive Tribal information. Florraine Super



Staffing Update

Sara Spence, Human Resources Manager

Here is the quarterly staffing update. We currently have 146 employees on staff.

There have been quite a few changes in the staffing; the most significant was the transfer of the Head Start Program to the Karuk Community Development Corporation on 1/1/2006. The current staff of the Head Start includes:

Head Start Administrative Staff - Happy Camp

Toni McLane, *Director*
 Donna Goodwin-Sanchez, *Health and Education Coordinator*
 Sylvia Parry, *Program Services Coordinator*

Yreka Center

Cathy Scott, *Center Supervisor/Teacher*
 Nicole Finch, *Teacher*
 Marlene Rodriguez, *Teacher's Assistant*
 Tara Quinn, *Teacher's Assistant*
 Betty Robinson, *Cook*
 Leona Peters, *Cook*
 Rana Bussard, *Bus Driver*
 Justine Jerry, *Bus Monitor/Custodian*

Happy Camp Center

Nena Creasy, *Center Supervisor/Teacher*
 Javier Lopez, *Teacher's Assistant*
 Nell Sakota-Anderson, *Cook*
 Linda Thompson, *Bus Driver*

Darlene Navarro resigned her position as CASA Volunteer Coordinator on 10/14 and previous Tribal Employee, Barbara Houle has accepted the position and started on 1/23.

Tara Trent was hired as a Billing Clerk in the Happy Camp Business Office on 10/17 and filled the vacancy created by Lora Burns who resigned on 9/22. Sheila Devlin was also hired to work as a temporary Accounts Receivable Clerk in the Business Office on 11/16.

Douglass Tilden was hired on 10/24 as the On Call Recycling Technician. He will fill in for Karen Lowry as needed.

Debbie Morton was hired on 10/31 as the Happy Camp Health Services Clinic Receptionist. This vacancy was created by restructuring the clinic which transferred Junalynn Ward into the position of Clinic Aide.

Clarence Barger III was hired on 10/31 as the Yreka Clinic Transporter. The Tribal Council voted to add this position back into the Health Program Budget for FY 2006 as the demand for this service is so high.

Verna Reece was hired on 11/9 to fill in temporarily at the People's Center Gift Shop until a full time

employee could be selected. Lisa Schamehorn (Beals) filled this position on 12/29 and Verna will continue to fill in as needed.

Bonnie Alvarez returned to the Happy Camp Senior Center Cook position on 11/28.

Patricia (Norlyn) Peters was hired as the Quality Manager and HIPAA Privacy Officer on 12/15 and filled the vacancy created when Barbara Snider transferred to the position of Administrative Assistant.

Diana Lemos was hired as the Registered Dental Hygienist at the Yreka Clinic on 1/3 and now Nicole Hokanson will be working full time in Happy Camp as the Registered Dental Hygienist.



Happy Camp Head Start Admin Building

Lester Aubrey was hired on 1/6 on a temporary basis as a Cultural Monitor to oversee the work being done in the Aubrey Creek area to clean up from the flooding.

Leaf (Chook) Hillman and Grant (Ike) Hillman have been laid off seasonally from the Fisheries program. Ike is temporarily working as a Cultural Monitor in the Seiad Valley area monitoring the work being done to clean up from the flooding over New Year's. Robert Garrison was also hired on 7/31 to be an on call Cultural Monitor when the need arises in addition to Dennis Donahue who is also an on call Monitor for the Department of Natural Resources.

Mike DeHart resigned his position as Pharmacy Director on 12/29 and the Tribal Council voted to close the Pharmacy effective 1/1/2006. Kathi Hauzer and Betty Fayette were laid off as a result of the closure and Cheryl Titus was transferred back to the position of CHS Clerk which she previously held.

It seems as though there is always a vacancy of some sort within the Tribe. If you or anyone you know is interested in employment with the Tribe, additional information can be obtained on our Website at www.karuk.us. Just click on Employment Opportunities for more information about employment with the Tribe. On this website you can download an employment application as well as read full position descriptions for vacancies.

I have also implemented an email list you can sign up for to be notified when new positions are posted on the website. I currently have 24 people signed up to monitor employment opportunities with the Tribe which is up from only 15 last quarter!

Contract Compliance Update

Erin Hillman

Director of Administrative Programs & Compliance

Managing some grant awards is an exercise in collaboration between multiple departments of the Tribe. Take as an example the construction of the new Housing Authority Community Facility and offices in Yreka. From the onset of the planning process for the grant application, many department directors and board members have to be involved. In addition to the Grantwriter, the Head Start staff, both KTOC (Karuk Tribe of California) and KTHA (Karuk Tribe Housing Authority) Construction Managers, NEPA (National Environmental Policy Act) Coordinator/Land Manager, KTHA Executive Director and KTOC Director of Administrative Programs & Compliance— all contributed to the planning process. The Tribal Council role was critical as they had to review and approve the proposed project prior to the writing of the grant.



*Yreka Head Start Building
Jan 20, 2006*

In this case, the housing authority staff had outgrown its offices on Yellowhammer Street that they have occupied for over ten years. The Head Start program, which operates a morning and afternoon program, was in desperate need of a new facility that would provide adequate room for staff and children. Community meetings, Tribal Council and KTHA Committee meetings are cramped for space in the rooms that they are currently forced to use and don't provide enough space for Tribal members who attend to be comfortable.

So then, how to make the best out of limited funding opportunities?

The solution is to construct a new facility that includes offices for KTHA staff, designed with a larger room for community meetings and in addition, offices to house two KTOC staff who will work with the Elderly in the community. Head Start will be moved to the old offices now occupied by the housing authority staff, and modifications to those rooms will be made by grants obtained by the Head Start Program.

Now here is the tricky part. The funding for this project is combined NAHASDA-IHP (Indian Housing Plan) and ICDBG (Indian Development Block Grant); although both are from the Department of Housing and Urban Development, some of the guidelines are different. Since there are two sets of compliance rules, both KTOC staff and KTHA staff must adhere to each.

Both HUD guidelines require that an Environmental Assessment (EA) be completed for the project prior to expending any money for construction. At this time the EA document is 95% complete. The next steps in this process are the publishing of the FONSI (Finding of No Significant Impact) and RROF (Request for Release of Funds). This involves the review and approval of the draft EA by the Housing Executive Director, Director of Administrative Programs & Compliance and KTOC NEPA Coordinator, Land Manager. Subsequently this report is furnished to the council for their review and approval before it is signed by the Chairman.

Architectural services have been procured with Gary Breeden and Associates from Medford, Oregon, and the preliminary design documents are in development. Draft design documents will be prepared and then reviewed by both KTOC and KTHA staff and Housing Committee members. It is important to receive the input of staff that is responsible for inspection of the construction and maintenance of the building as well as those that will occupy it when it has been finished. I'll keep you posted on the progress of this project in my quarterly newsletter submissions.

For the quarter ending December 31, 2005 eight (8) applications for grant funding were prepared, twenty (20) independent contractor agreements were approved, seven (7) awards/ amendments were received by Tribal departments, and five (5) expired grants were closed.



Jan 20, 2006

Karuk Tribe Housing Authority, Yreka

Achievements and Memorable Events of Karuk Members & Descendants



Robert Goodwin was chosen as Sycuan Helicopter Fly Crew Rookie Firefighter of the Year. Robert also served with the Sycuan Hotshots on an assignment in the rugged mountains of the Idaho panhandle area.

First Lady of California, Maria Shriver and Pakunihanich (little singer) Martin



Pakunihanich Martin, daughter of tribal member, Steve Martin, Jr., and Maggie Peters, is posed with California's First Lady, Maria Shriver, at the opening of the Remarkable Women Exhibit at the State Museum in Sacramento on Sept. 28th 2005. Pakunihanich was a living exhibit at the museum opening, wearing traditional regalia earlier in the evening (exhibit dress not shown in the photo).

Military News Wanted!

If you have a Karuk family member serving or having formerly served in the Armed Forces, we would like to hear about it, and share their story and photo with others.

You can email your picture to sspence@karuk.us or send your photo to Karuk Tribe of California, C/O Erin Hillman, PO Box 1016, Happy Camp, CA 96039. We will gladly return your photo in excellent condition.

Karuk Tribal Member Martinez named Team USA Manager

Former Jays skipper announced at Monday's news conference

Article written by Tom Singer, courtesy of MLB.com

12/05/2005 3:00 PM ET



"Everything else I've accomplished in my career is what has prepared me for this challenge," Team USA skipper Buck Martinez said on Monday. (Ben Platt/MLB.com)

DALLAS -- Buck Martinez, the former Toronto Blue Jays skipper, has been tabbed to manage Team USA in next year's inaugural World Baseball Classic, said Bob Watson, the general manager for USA Baseball and Major League Baseball's vice president of on-field operations.

"He's definitely qualified for the job," Watson said. "He was the front-runner among a group of extremely qualified candidates."

"It's a tremendous honor," said Martinez. "I can't hardly believe it. To be invited to do anything with Team USA is such an exciting experience. To be the manager of a team with this group of guys is something I'll always remember."

Former Rockies and Cubs manager Don Baylor was Martinez's chief competition for the position.

Baylor, the former American League MVP who played with six teams during his 19-year career, spent nearly nine seasons managing the Rockies, whom he took to the playoffs in 1995, and the Cubs. He had a 627-689 record and was the manager of the expansion Rockies for their first six seasons.

Martinez, who managed the Blue Jays in 2001 and for part of the 2002 season, will have a team in March that is expected to include the likes of Giants slugger Barry Bonds, Houston potential Hall of Fame right-hander Roger Clemens and Derek Jeter of the New York Yankees.

"Just to name a few," Martinez said. "The rest of the team will be along those lines, players of that ilk. I've talked to a lot of players, and every one of them who has been involved with Team USA at any level has told me it's a singular experience. Come March, as this tournament is taking place, I think a lot

of players who chose to remain on the sidelines are going to watch this unfold and wonder why they hadn't taken part in it."

The 16-team tournament sanctioned by the International Baseball Federation (IBAF), will take place March 3-20 in Japan, the United States and Puerto Rico, and will feature the world's best players competing for their home countries and territories for the first time. Fans will be able to follow all the games live exclusively online at MLB.com.

John Albert Martinez, a former catcher who was a .225 career hitter in his 17 seasons, the last six with Toronto, was hired as much for his experience as a baseball broadcaster and ability to handle the media as he was for his managing acumen.

He has had only one job coaching or managing in the Major Leagues, for the Blue Jays in 2001 and part of the 2002 season. Martinez replaced Jim Fregosi and had an 80-82 record during his only full season. He was brought down from the broadcast booth at the time to take the job as manager.

But J.P. Ricciardi replaced Gord Ash as general manager during that offseason and put Martinez on notice that the team needed to quickly improve. When the Blue Jays started out 20-33, Carlos Tosca replaced Martinez.

"To start off, I'm a California Indian, which makes this a very sweet challenge, indeed," said Martinez, who spent the last season doing baseball analysis for XM Radio's Major League package. "Then, everything else I've accomplished in my career is what has prepared me for this challenge."

The naming of Martinez makes him the 13th manager to be selected among the 16 teams participating in the first international hardball tournament ever to include Major League players.



Martinez Brothers

Left to right: Jeff, Jim, Jerry and John (Buck)

Photo courtesy Shirley Martinez

Buck Martinez is the son of Shirley Martinez of Happy Camp, and the nephew of Happy Camp natives Pauline Attebery, Jeanne Burrer, Patty Whitman, Sharon Crocker, Paul "Bud" Titus and Willard Titus.

Outstanding Career Achievements

- Played 17 years as a Major League catcher.
- Acquired a business degree from Sacramento City College, missing spring training each of the first three years of his pro career.
- Played in three division championships, 1976 & 1977 with Kansas City and 1985 with Toronto.
- Hit .333 with 5 RBIs in 5 games vs. Yankees in 1976 American League Championship Series.
- Team rep with Major League Baseball Players' Association in Milwaukee 1978-1980 and Toronto 1983 to 1986.
- Central figure in contract negotiations during the 1985 players strike. One of two major leaguers to sign the final agreement on behalf of the players.

Karuk Tribe of California

2005 ELECTION RESULTS

Robert Goodwin.....117

Roy Arwood.....98

Paula Allen.....78

Ed Sanderson.....44

Photos show newly elected incumbent Council Members being sworn in at the Council meeting on November 17, 2005. The winners were:

Left: Roy Arwood - **Right:** Robert Goodwin



Thank You For Your Votes

Submitted by Pimm Tripp Allen

I would like to take this opportunity to thank all of those who voted in the last Karuk Tribal Election, and thank everyone for their support. Although not elected to council, I look forward to continuing to serve the Karuk Tribe as a member of the People's Center Advisory Committee and I hope to run for council again in the future.

I am the daughter of Amos and Maria Tripp, and am both Karuk and Yurok Indian. On the Karuk side of my family my grandparents were Amos and Violet Tripp and my great-grandparents were Emily Ike (Ahsumnamkaruk) and Jasper Donahue (Ishi Pishi) and Emily Jerry (Katamiin) and George Tripp (Wuhnkahdah). My husband, Alme Allen (Tishawnik), and I had our tenth anniversary this past September and we are the parents of a beautiful eight year old daughter, Ty ithreeha.

I am very interested in working for the Tribe in the areas of culture and language, youth and education, health and wellness and protecting our natural resources.

Thanks again for your support. Yootva, yootva. And I look forward to seeing you next summer at Katamiin.

It's your turn to get into line and

REGISTER TO VOTE

with the *Karuk Tribe of California!*



**Let your voice
be heard!**

For more information, contact your Election Committee

P.O. Box 815, Happy Camp CA 96039

1(800) 505-2785 or (530)493-1600 ext 2052

Karuk Language Program News

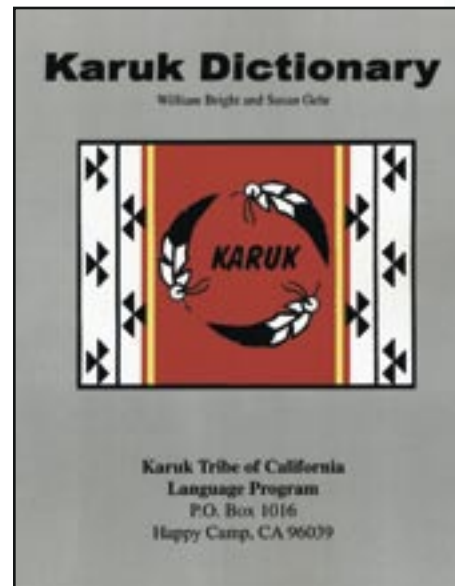
Susan Gehr, Language Program Director

The first edition of the Karuk Language Dictionary has now been published. 150 copies will be available at no cost, and further copies will be available for sale through the People's Center gift shop.

The new dictionary includes a pronunciation guide, a glossary which explains many of the grammatical terms used to describe our language. There will be a reception before the February 23rd council meeting in Orleans.

Thanks to a great deal of technical help from Andrew Garrett of the Linguistics Department of UC Berkeley, a searchable electronic version of the dictionary is now available online at <http://corpus.linguistics.berkeley.edu/~karuk/karuk-lexicon.html>

Starting in February, Phil Albers Jr. will be a Research Assistant for the Karuk Language Program. He'll be responsible for doing reviews and surveys in preparation for a distance education Karuk Language class.



Karuk Community Christmas Party

Carrie Davis

The Karuk Community Christmas Party, on December 10, 2005 was a very big hit. We had over 300+ people attend and in the past years we have had between 150-200 people in attendance. Santa handed out gifts to all children ages 1 day to 13 years. Many different activities took place, Coloring Contest, Children's raffle, Adult raffles, and a free meal. At the same time we had the 1st Karuk Christmas Bazaar being held at the People Center next door. I would personally like to thank all the people who helped; **The 3 elf's:** Erin Hillman, Sara Spence, and Barbara Snider; **cooking:** Kathleen Davis, Mrs. Ward, and Loli Ward; **planning:** Dion Wood, Leo Carpenter, Tamara Barnett; **gift wrappers:** Lessie Aubrey, Scott Quinn, Suzanna Hardenburger, Sharon Meager;



Elves Barbara Snider, Erin Hillman & Sara Spence with Santa

shopping: Tamara Barnett, Dora Bernal; **everyone who donated gifts;** **clean up crew:** Tamara Barnett, Lessie Aubrey, Mrs. Burns, Gabby Ward; and last but not least **Santa** and everyone else who helped.



for their financial support. I know that the community of Happy Camp and the surrounding areas look forward to this each year.

See you next year!

Right: Blanche Moore tells Santa what she wants for Christmas.



Below: Christmas Party fun.



Local Mental Health Services

Mike Edwards, Social Worker III



During the last several months, communities in Siskiyou county have formed committees to address unduplicated mental health needs. These efforts are designed to help write a grant to help secure a portion of the Mental Health Services Grant, Prop 63 for Siskiyou county. Larry Jordan Director of Health and Social Services for the Karuk Tribe and myself have been on these committees.

If you would like any information about this program or the grant, please feel free to call me at 842-9200. Thank You, Mike Edwards, Social Worker III

Why Get A Pap Smear??

Judy Blind, FNP, Happy Camp Clinic

In the United States in 2005 there were 10,370 new cases of cervical cancer found. 3,710 women died from cervical cancer in 2005. It is the seventh most common cancer in women. This is a preventable disease if detected early. Thus the importance of a yearly Pap Smear and at the same visit we will do a breast examination and order your mammogram.

All the Karuk Clinics have programs available to assist with payment for cervical and breast cancer screening if you are eligible.

So let's unite mothers, grandmothers, aunts, cousins, sisters, and daughters and help us to help you have a longer and healthier life!

Overcoming Addiction

Joe Snapp, Substance Abuse Counselor

Do you have a problem with drugs and or alcohol? The word problem is a relative term. What may be a problem for me may not be a problem for another person. Pain and suffering are two other relative terms that are used many times in the recovery world.

Each one of us must examine our lives with an open mind and heart to determine if drugs or alcohol are causing problems in our lives. We might ask some questions like; am I having conflict in my relationships with my spouse, my peer group, or in the workplace? How much money am I spending, really, on my personal gratification?

When we are active in our addictions we are unable to break free by ourselves. Once we realize that our lives have become unmanageable, we can ask for help to get back into the mainstream of society. Please call (530) 842-9200 EXT. 132 for options on a treatment plan for your needs and your situation.



Winter Weather Views in Karuk Country

December 30, 2005



Aubrey Creek - Photo by Scott Quinn



*Indian Creek at Whitman Bridge
- Photo by Davey Davis*



*Above & Below - Aubrey Creek
Photos by Scott Quinn*



December 30, 2005



January 22, 2006

Buchanan Falls/Indian Creek



*Klamath River at Mouth of Indian Creek
Photo by Davey Davis*



Snow at Mouth of Indian Creek 1/20/05

Photos by Rosie Bley



Snow on Ishkêesh Tribal Lands



Mouth of Indian Creek

2005 Staff Awards Banquet and Christmas Party

This year's Awards Banquet was held on Friday, December 16, 2005 in the Happy Camp Multi-Purpose Room. There was a wonderful home cooked meal prepared by Blanche Keller and Michael Moore that was fabulous! There were also home baked pies and home made rolls provided by the Happy Camp Grange. There was once again a huge turnout and the raffle prizes went over VERY well.

Thank you to the Tribal Council, Housing Committee, and TERO Commission for donating toward this year's raffle prizes. There were also several donations of prizes from outside entities including the NCIDC Gift Shop, the Oregon Shakespeare Festival, Parry's Market, Seven Feathers Hotel & Casino Resort, Win River Casino, and the Medford Slick Cart Track.



*Ellen Johnson
Most Fun to Work With*

Awards were given in several categories. Many were based on nominations/votes from co-employees and others were selected by the Tribal Council.

Most Fun to Work With was selected based on nominations and votes of co-employees. This was awarded to Ellen Johnson, Administrative Receptionist, for the second year running! Comments on her nominations included: "She is a crack, she keeps me laughing" "She's a nut!" "She makes me laugh" "She is the first person you see and she makes you laugh" "Cheerful, caring, and likes to get everyone involved" "She is always getting everyone in the spirit of whatever holiday is in the air – love the artwork and the happy voice in the front office". Ellen received a framed certificate and a Paid Day Off.

Most Optimistic was selected based on nominations and votes of co-employees. There was a two way tie this year, both employees received the award. They were both presented with framed certificates and a Paid Day Off. The winners were David Eisenberg, Director of Community Outreach/Elders/PHN: "He has a positive attitude and contributes positive energy to all levels of the Tribe" "No matter how hard I try I can't "get to



*David Eisenberg
Most Optimistic*

him"! He is always upbeat" "Consistently Gung-Ho!" Sheila Barger, Community Health Representative was the other winner. "She is constantly smiling, always has a positive – can do attitude – is always looking to find solutions, and not complaining about problems" "Always expecting to be the best, and won't do anything but the best for people" "She's a ray of sunshine – Always smiling and cheerful".

Best Team Player was also selected based on nominations and votes of co-employees. The award went to Nita Still, LVN at the Yreka Clinic. Comments from nominations included: "Always taking on new challenges" "This lovely lady is always so helpful to others. When she is assigned to one doctor to work with, she is often seen helping others" "Calm, helpful, willing to take challenges" "Willing to help" "Always ready to pitch in and lend a hand no matter what the task! Very concerned and caring about the patients". She received a framed certificate and Paid Day Off.



*Nita Still
Best Team Player*

The Tribal Council presented Certificates of Appreciation to the staff members in the Finance Office to thank them for their dedication to their work and the Tribal Staff and Membership. They each received framed certificates and a Paid Day Off. The staff in the Finance Office includes: Laura Mayton, Chief Finance Officer; Jamie Orge, Accounts Payable Manager; Tamara Barnett, Payroll Clerk; Michael Thom, Accounts Receivable/Payable and Vehicles; Cecilia Arwood, Accounts Payable and Travel; and Laura Olivas, Bookkeeper.

The Tribal Council also presented Council Recognition Awards to several employees for outstanding performance both within and beyond their positions. They each received framed certificates and a Paid Day Off. The staff members recognized for their performance were: Earl Crosby, Watershed Restoration Coordinator; William Tripp, Air Quality Coordinator; Ron Reed, Cultural Biologist; Erin Hillman, Director of Administrative Programs & Compliance; Susie Cost, Yreka Housing Authority Administrative Receptionist; David Eisenberg, Director of Community Outreach/Elders/PHN.

Employee of the Year was based on nominations of co-employees and voted on by Tribal Council Members.

The winner was Sara Spence, Human Resources Manager. Comments from nominations included: "She has a lot of responsibilities and deals with others jobs very well. She's always happy and very helpful" "Sara is



*Sara Spence
Employee of the Year*

a key employee for the Tribe. She wears many hats and performs a variety of functions. She assumes additional duties and responsibilities with a smile on her face. She deserves recognition for her contributions to the Tribe" "Hard worker, always there to lend a helping hand" "Sara helps make the Tribal wheel go around

and is very helpful regardless of which department we are from. If she doesn't know the answer to an inquiry, she is very willing to find the right person who has the right answer. Her knowledge of the internal workings of the Tribe, her discretion, her organizational skills and her willingness to help whether it's her job or not is a great asset. She is always friendly and professional and makes the Tribal organization a better place to work". Sara was presented with a plaque, Paid Day Off, and beaded necklace made by the Indian Club.

Several Departments took time to present awards/certificates to staff members and individuals they wanted to recognize.

Toni McLane and the staff at Head Start presented a plaque to Linda Davis. Linda worked as the Head Start Teacher in the Happy Camp Center from 1989 through 2005 and was recently unable to return to work due to an injury. The plaque she was presented read: With Sincere Appreciation for Sixteen



Linda Davis receives appreciation plaque for 16 years of service

Years of Head Start Service to the Children, Families, and Communities of the Karuk Tribal Head

Start Program 1989 to 2005.

Florrine Super, Arch Super, and Florence Conrad presented Certificates of Appreciation to all individuals serving on Tribal Committees. They wanted to



recognize the hard work these members do and the time they commit to the programs of the Tribe.

Rosie Bley presented a Certificate of Appreciation to Susan Gehr for her time to present a Beginning Excel Class at the Happy Camp Computer Center. Susan is a devout Macintosh user – as is Rosie, and she wanted to recognize the fact that she presented the class on PC's and did a WONDERFUL job.

Nita Still presented an Appreciation Award to Lessie Aubrey, Director of Quality Management, Compliance, and HIPAA for all of her hard work and dedication to the Karuk Tribal Health Program.

Leaf Hillman presented several awards for the Karuk Tribe Housing Authority including recognition awards for Kevin Peters, Happy Camp Maintenance; Ann Escobar, Yreka Tenant Relations; and Susie Cost, Yreka Receptionist.



Steve Mitchell was Housing Authority Employee of the Year

The Employee of the Year for the Karuk Tribe Housing Authority was Steve Mitchell of the Happy Camp Office. Steve was given a beautiful framed certificate for his achievement and his outstanding performance during the year.



Support

Our

Karuk

Athletes!

Tribal Booster Club

Roy Arwood, Jr.,
Council Member

Several KTOC council members are in the planning stages of starting a Tribal Booster Club to support youth/adult athletes. We will be having a meeting for interested volunteers in February. By the time this newsletter is printed, a February date for this meeting will have been set so please contact us to find out when the meeting will be. You can either call the Administrative Office at 530-493-1600, toll free at 800-50KARUK, check our web site at www.karuk.us, or email me at rarwood@karuk.us for the date and time. We hope you can attend!

Employee Banquet 2005 Raffle Prize Winners

1. **Seven Feathers Resort** – One Night Stay at Hotel and up to \$30 toward a meal at one of the restaurants: **Sharon West.**
2. **Win River Casino** – One Night Stay at the Hilton Garden Inn and \$50 toward a meal at the Elements restaurant: **Bessie Munson.**
3. **Stainless Steel Thermos** and 2 Travel Coffee Cups: **David Arwood.**
4. **Tote Bag with two DVDs** – Cinderella 2-disc Special Edition and Batman Begins: **Brenda Franklin.**
5. **Two tickets to the Oregon Shakespeare Festival** in Ashland, Oregon: **Roy Arwood.**
6. Three gift certificates for \$16.50 to the Medford Slick Cart Track: **Alex Corum.**
7. **\$25 Wal Mart Gift Card:** **Richard Bridenstine.**



Above: Danny Thom accepts his Digital Camera and Printer

Below: Corina Alexander looks overjoyed with her new Gateway Laptop



8. **\$25 Wal Mart Gift Card:** **Rosie Bley.**
9. **NCIDC Gift Shop Gift Certificate:** **Sheila Devlin.**
10. **\$50 Parry's Market Gift Certificate:** **Jessica Thom.**
11. **\$50 Parry's Market Gift Certificate:** **April Spence.**
12. **Apple 2GB Black iPod Nano w/color LCD:** **Anna Myers.**
13. **Kodak 5MP Digital Camera w/Printer Dock:** **Danny Thom.**
14. **DeLonghi Caffe Nabucco Espresso/Coffee Maker:** **Craig Tucker.**
15. **Oregon Scientific Weather Station:** **Dr. Solus.**
16. **Delphi XM MyFi Portable/Home/Auto Satellite Radio:** **Stephanie Griffin.**
17. **Gateway Notebook Computer:** **Corina Alexander.**
18. **RCA Home Theater System:** **Carrie Davis.**
19. **Gift Bag from People's Center** (Sweatshirt, flags, day planner, etc.): **Mike DeHart.**



Meet Lisa Beals Schamehorn

New Sales Clerk for the People's Center Gift Shop

Leo Carpenter, People's Center Director

The People's Center is proud to announce and introduce Lisa Beals Schamehorn as the new Sales Clerk / Program Assistant. Lisa was hired December 22, 2005 by the Karuk Tribe and has been working with Verna Reece to catch up on store matters. Lisa is a member of the Karuk Tribe and enjoys spending time with her three children—Dakota, Elijah, Cierra and her husband Arron.



Lisa and Verna Reece hard at work at the People's Center Sales Shop

Lisa Beals Schamehorn

Lisa is glad to be on board and to be a part of the People's Center family. Lisa brings experience and ideas to help promote a better future for the People's Center. Lisa looks forward to working with local vendors and with local public and future volunteers.

Lisa also enjoys meeting and being around people... she is a people person. Lisa is always willing to assist

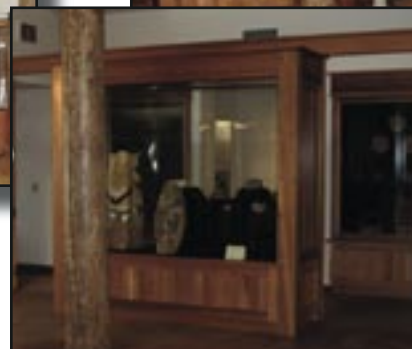
and help people to the best of her abilities. She is caring and honest and looks forward to assisting with future classes in basket weaving, dress making, and other programs. Lisa is proud to have participated in local ceremonies in the past and looks forward to sharing her experiences with the visiting public.



We also hosted the first annual People's Center Christmas Bazaar. We had 15 vendors from all over Northern California. The vendors sold jewelry, baked goods, clothing, plants, knitted caps and blankets, pictures, books and other great stocking stuffers. The Bazaar was in conjunction with the Karuk Tribe's Community Christmas Party. The event staff and vendors are already looking forward to next year.

We are planning to break ground on building a community sweathouse near the People's Center Museum soon. We are also planning our 3rd Annual Spring Basketweavers Gathering for April 14th through the 16th, 2006, to be held at the Karuk Administration Complex in Happy Camp.

People's Center Museum Displays



Ayukii Karuk Araaras!

Dion Wood, TERO Director

The Tribal Employment Rights Ordinance (TERO) Commissioners and Director wish you a successful and prosperous 2006! Presently our TERO Commissioners are: Dave Nelson, Dolores Voyles, Elsa Goodwin, Cecilia Arwood and Alvis Johnson. Presently the Alternate Member position is vacant.

The TERO Commission wishes to thank Lynn Parton, former Chairperson, for her service to the TERO office and the Tribe.

Through the past year the TERO Commission has served the Tribe in various ways such as providing new benches for the Elders (and everyone else) in Orleans outside the Natural Resources Department office and in Happy Camp outside

the Senior Nutrition Center lunch site.

Beyond providing day to day employment and training services, the TERO Commission also contributed some great raffle prizes at our last Tribal reunion and provided funds to support the Employee Christmas Party and the Community Christmas Party.

The TERO Commission receives its funding through a fee that is charged to every contract that is made with the Tribe over \$2500.00. The TERO Commission oversees the administration of these funds while the Tribal Council makes the final approval on any major undertaking by the Commission.



Announcing A Request For Ideas

Dion Wood, TERO Director

This coming year the TERO Commission is proud to announce with the Tribal Council's blessing that we are going to facilitate creating a veteran's monument for our Tribe and Tribal membership. Our monument will be to inspire the living and honor our deceased veterans. In discussions about what our Tribal Veterans Monument should look like, many visions and ideas have been presented. After much deliberation, the Tribal Council decided to ask the membership what they would like to see in our Tribal monument. We are asking for ideas! We would like to know what your vision is for our monument. Should we hold a contest like we did for our awesome Tribal Flag? Should we just ask for ideas and decide among the best ones? What do you think? You can e-mail your thoughts to dwood@karuk.us or call the TERO Director and express your thoughts at 800 505-2785 extension 2030. WE HOPE TO HEAR FROM YOU!



Good Luck to everyone in the year ahead! Remember you can call the TERO Department for employment and training and occupational skills building related needs, Adult Vocational program information, adult computer tutoring, GED assistance and Child Care program information. We are here to serve you as you strive for self-sufficiency!



Yreka Karuk Head Start Visits

Yreka Health Clinic for Halloween



Children visit the Yreka Clinic and explore the "Scary Tunnel" created by clinic staff for their Halloween enjoyment.



The morning and afternoon classes of Yreka Karuk Head Start visited the Yreka Karuk Tribal Health Clinic for their annual Halloween event. Each year the staff at the Yreka Clinic prepares the office for the much anticipated arrival of the Head Start children by decorating the office with a "scary tunnel" and other decorations throughout the clinic. The children look forward to this event every year, receiving "goody bags" (and toothbrushes from the dental department.) It's hard to say who enjoys the event more, the children or the staff!



EMT & Medical Assistant Doreen Mitchell Wins Cherokee Inspired Comfort Award Grand Prize

Californian honored for life-saving volunteer work and service in the Karuk Tribal Health Program

Happy Camp, Calif., Dec. 29, 2005 — There are movie heroes and superheroes, and then there's Doreen Mitchell – a true real-life hero, whose everyday experiences and life-saving rescues are as touching and dramatic as any you'll see on the big screen. When the stakes are high and the chips are down, Mitchell rises to the occasion – providing critical medical care to people isolated by geography or circumstance.

She is one of 14 honorees nationwide to win the Cherokee Inspired Comfort Award, and one of only four Grand Prize winners, in 2005. The award is granted annually by Cherokee Uniforms – a leading designer and manufacturer of healthcare apparel – to recognize nurses and other non-physician healthcare professionals who demonstrate exceptional service, sacrifice and innovation and have a positive impact on others' lives.

Mitchell, who has worked in healthcare for three decades, is a full-time medical assistant at a small health clinic in Happy Camp, Calif., that is part of the Karuk Tribal Health Program. She and the physician, nurse and nurse practitioner provide medical care and testing for up to 40 people per day – area residents, including Karuk Native Americans (a heritage she shares), as well as tourists drawn to the area's natural beauty and outdoor activities.

The clinic and the Happy Camp Volunteer Ambulance Service represent the only medical care in the rural, 100-mile timberland region near the California-Oregon border, which has rivers, mountains and winding roads. At the service, which logged 300 calls in 2005, Mitchell is the president



Doreen Mitchell

and one of two volunteer emergency medical technicians (EMT).

“Time and time again, Doreen Mitchell has put the welfare of other people first, often at great physical risk or personal inconvenience to herself,” said Wendell Mobley, who directs the national award for Cherokee. “But she is not only a giving person. She is also an extremely skilled medical professional and an all-around courageous human being. It is a pleasure to give her Cherokee's highest Inspired Comfort Award honor – the Grand Prize.” As the Grand Prize Winner

in the award's Non-Physician Healthcare Professional category, Mitchell receives an all-expense-paid cruise for two to the Cayman Islands, a crystal award and a wardrobe of Cherokee healthcare apparel. She also will appear in the nationally distributed Cherokee Inspired Comfort Award 2006 calendar.

A 52-year-old wife and mother of three, Mitchell was nominated for the Cherokee Inspired Comfort Award by her sister, Nadine McElyea, who described the “physically and emotionally taxing” situations Mitchell encounters in her EMT service: “One time, she spent over an hour in the river, supporting a diver with a broken neck. At a forest fire, she was at the scene of a fire engine accident that killed three fire fighters. After caring for the survivors and loading them on a helicopter to the hospital, she had a heart attack and got her own ride in a helicopter.” Mitchell, irritated by her attack's “inconvenient” timing, put herself on a monitor while waiting for medical transport and also called her doctor to discuss her symptoms.

She once participated in a foggy, 32-hour search-and-rescue mission to find an injured hiker in the forest, during which she attended to several fellow rescue members who fell ill or got hurt. “I like and enjoy my work because I get to work with people when they are at their best or at their worst. When a person is pushed to the limits of their capacity to function with care they come through like champs,” she commented. “We get out of this life what we put into it, and I see that on a daily basis in a positive manner.”

At the ambulance service, Mitchell is one of only two EMTs certified to provide advanced life support services. “Doing our job well is critical to



Dr. Steven Burns and Larry Jordan presenting Doreen Mitchell with the award



Audience at Health Board Meeting on 12/8/2005

the health of our patients. It is usually 1-1/2 hours to our base hospital, and we do not have radio contact with our base hospital physician until we are five minutes from that hospital," she explained. "We can use cell phones for contact but that, too, is very limited in coverage. Because of the distance involved, what we do for the patient in the back of the ambulance can make a critical difference in whether that patient lives or dies." Often needed for multiple, all-night trips, she took her youngest son on an

ambulance call when he was six-days-old.

Admired for her calm confidence in crisis situations, Mitchell often gives food and gas money out of her own pocket to people in need. "In my job, I have to provide 'emotional care,' too," she said. She has established a group to address drug and alcohol abuse and serves on task forces to bring dental, mental and behavioral health services to the area, which has many poor, uninsured and unemployed residents who must travel considerable distances for that treatment.

Since the Cherokee Inspired Comfort Award was established in 2003, more than 3,400 health care professionals have been nominated in the Registered Nurse, Licensed Practical Nurse/Licensed Vocational Nurse, Student Nurse and Non-Physician Healthcare Professional categories. A panel of nursing professionals and Cherokee representatives evaluates nominations and grants the awards. For every nomination in 2005, Cherokee Uniforms donated \$1 to Nurses House, a national fund that provides short-term financial assistance to registered nurses facing serious hardship. Cherokee donated \$1,300 to Nurses House in 2005.

Education Department



If you are a Tribal Member needing financial assistance while attending College, please call Jennifer Goodwin, Education Coordinator at

1-800-50-KARUK extension 2034.

Coming soon...

Applications and forms will be available at [karuk.us!](http://karuk.us)

Happy Birthday to:

Frank Davis 5 yrs in November 2005

Mara Lei Allec in November 2005

Forrest Davis 13 yrs in December 2005

Mike Davis in January 2006

Madeline Davis 2 yrs in January 2006

Amanda Rhodes 17 yrs in January in 2006

Lisa Aubrey in January 2006

We love you all,

Davey and Carrie Davis

Happy Birthday...

Devon Anthony Miranda who turned 3
Dec. 3rd

Love always,

Auntie Enny and Uncle Dewey



Contract Health Services Program

Anna Myers, CHS Supervisor

What Is Contract Health Service?

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

Eligibility for Contract Health Service:

One requirement to be eligible for CHS program is Indian Verification which includes:

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

How To Use Contract Health Service:

1. Patient must have a referral from one of the Karuk Tribal Health medical or dental provider for assistance with an outside service. Pre-authorization is required for all non-emergency services and follow-up care.
2. Emergency room visit must be reported to CHS within 72 hours after the services are rendered to be eligible for CHS coverage. Any ER visit will be reviewed and prioritized for payment by CHS staff, which means an alternate resources or a denial from Medi-Cal which is a Federal Regulation... Elders (60 and above) are allowed 60 days to notify CHS staff of an ER visit.
3. Any client requesting CHS must fill out an annual family intake for Medi-Cal if they have no other insurance, this also is a Federal Regulation to help CHS fund cover the entire fiscal year.
4. Client must mail to CHS all bills and insurance explanation of benefits (EOB) that they have received within 60 days of the outside service. Please maintain close contact with CHS clerk for coverage updates.

Remember... Refusal to Apply for Alternate Resources Will Result in a Denial of Payment!

Karuk Tribe of California CHS Program: If, after CHS staff has determined patient has no alternate resources, CHS will pay the approved service. The disadvantage of having no insurance is that not all services are covered. Since Karuk Tribal Health receives limited funds for CHS, there may not be available funds as the fiscal year approaches. CHS does not cover surgery or inpatient stays at the hospital. Funds are limited and these services could exhaust the money in a short time.

For Those with Insurance: All correspondence from a client's private insurance, Medicare, Medi-Cal, etc. explaining how they processed the claim, must be sent to the CHS office within 60 days. If a client fails to comply with these requirements, CHS may deny payment.

Expanded Yreka Clinic Hours

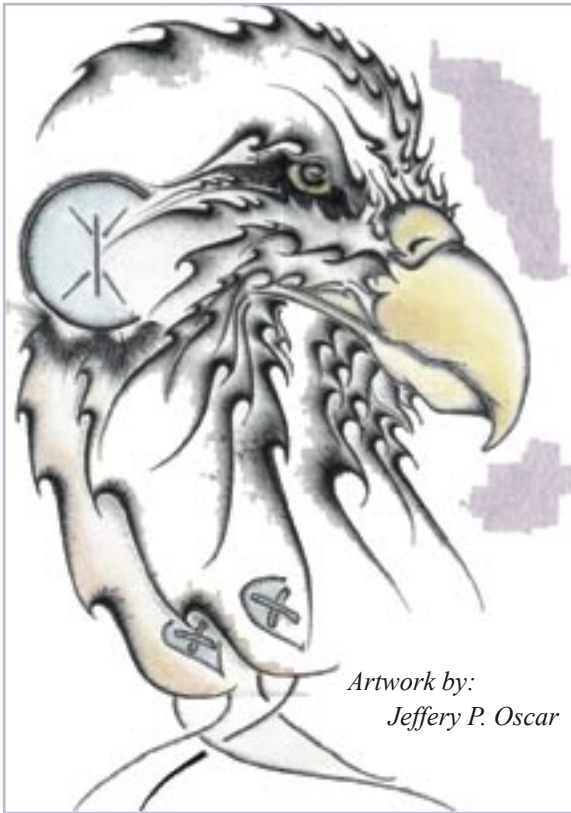
Dr. Solus

The Yreka Clinic is now OPEN on the **first Wednesday of the month from 7:30 AM to noon.** (previously closed for meetings). Dr. North will be seeing patients so please call for an appointment or for more information

Yreka Clinic hours are:

7:30 AM to 6:30 PM Mon - Thurs
8 AM - 5 PM Fridays





Artwork by:
Jeffery P. Oscar



On January 24, 2005, Tribal employees participated in Advanced Excel Training at the Happy Camp Community Computer Center. Customized training was provided by Skillpath/Compumaster Seminars



CD On Happy Camp Area For Sale

It is with a certain amount of pride in the areas of Happy Camp, CA that people learn of an item for sale that allows neighbors, friends, and relatives to see and tour the Klamath River land! ...right on your computer!

A member of the Karuk Tribe has finished more than five years of memory search, history research, and sorting through thousands of outdoor photos to complete the Outdoor Scenic Photo Tour CD. You can put this compact disk into your computer and see a photo tour of history and scenery of northern California. The Land of the Karuk Arara and the Shasta tribe's lands.

From Preston Peak to the mighty Mt. Shasta, you can see the main tour of Jefferson Scenic Byway, the Klamath Wild & Scenic River, and nearly 500 pages of the main tour, plus 96 hyperlink articles with over 300 outdoor photos.

See happycampoutdoors.com to see further information on this CD. Author and photo journalist James A. Waddell has now completed this CD and is making advertisements to sell the disks on the internet and with ads in outdoor publications. There are such articles as Karuk Spirit World, Karuk Arara poem, and Native American Languages. There are picture of jumping salmon, stalking deer, and stories such as the Ghost Dance of 1872.

James A. Waddell is a member of the Karuk Tribe of California, and was one of the origination Tribal Council some thirty years ago. That membership also included the writing and construction of the Karuk Tribe's constitution and bylaws along with Dave Titus, Josephine Aubrey, and Hazel Davis. Jim is a fifth-generation descendant of Klamath River gold pioneers and grew up on the Waddell/Sedros Family Homestead and then lived there with his wife from South Korea for another twenty-nine years; that included camping, hunting, horse-packing, fishing guide service, writing, and photography. For medical reasons, Jim and Lee moved to Antelope, CA in 2002.

Address for Waddell or ordering the CD is James A. Waddell Outdoor CD, 7615 Feather Court, Antelope, CA 95843-2444 and the CD is priced at \$26.95 total.



Yupsítanach (Baby) Page

Nae-rew Chee-shep Emma Jo Martin

(Pretty Flower)



Born: July 23, 2005 at Mad River Hospital

Parents: Maggie Peters & Steve Martin, Jr.

Weight & Length: 7 lbs 2 oz & 19 in long

Maternal Grandparents: Sue Burcell & Chris Peters

Paternal Grandparents: Charlene Naef and Steve Martin, Sr.

Cheyene Alexis Peters

Born: 12/18/2005 at 12:27 AM in Redding, California

Weight: 6 lbs. 10 oz. 19 inches

Parents: Harlen Robinson and Elena Tapia

Paternal Grandparents: Jeff Peters and Lelanette Donahue

Maternal Grandparents: Claude and Vicky Taylor



Parents: Tribal Member Nick Alexander and wife Kiarra

Born: 8/9/2005 at 3:24 PM

Weight & Length: 7 lbs. 11 oz. and was 19" long.

She joined big sisters Kyanna, age 7, born on 10/14/1998, and Malliya, age 2, born on 7/29/2003.

Maternal Grandparents: Larry and Diane Snyder & Jeri Nevenschwander.

Paternal Grandparents: Corina and Tommy Alexander. **Paternal Great-Grandmother:** Lucille Albers.



Hannah Janae Alexander

Alyssa Holly Abono



Born: 7/19/05 12:40 pm in Mt. Shasta, CA

Weight & Height: 6 lbs 9.5 oz & 19 1/2 inches

Parents: Sarah Lee Super & Paul Abono Jr.

Maternal Grandparents: Donald and Susan Super

Paternal Grandparents: Greg and Andrea Abono

Miliana Lisbet Rosas-Whiting

Born: July 18, 2005

Weight & Length: 8 lbs & 23 inches

Parents: Hazel Whiting & Jaime Rosas

Grandparents: Ann & Pedro Escobar & (Late) Karl Whiting



The Great Fry Bread Debate

Submitted by David Eisenberg, PHN
(Adapted from Angie Wagner - Associated Press)

Susan Shown Harjo, a Cheyenne and Muscogee Indian wasn't trying to cause a debate when she published an article in Indian Country Today, calling Fry Bread junk food that produces fat Indians.



Holly Hensher & Molli White
making fry bread

But she was tired of having yet another family members diagnosed with diabetes, and wanted to get people thinking about all the food they eat, not just fry bread.

Fry Bread is synonymous with Indian culture. (It is the state bread of South Dakota). It's tasty and takes many forms: an Indian Taco topped with red chili and beans or the extra sweet version with powdered sugar, honey or jelly on top. Its also loaded with calories - at least 700 for a paper plate sized portion with a whopping 27 grams of fat.

But Native Americans didn't have fry bread until the federal government moved them off their land and away from traditional foods. They were replaced by rations of flour, salt and lard and Indian women did what they could , creating the wonderful fry bread that has become part of the culture.

“ Fry bread isn't the culprit that has made Indian people heavy,” says Tammy Brown, a nutrition consultant. It's the whole mix; fast foods, the sugary drinks too many calories, it's the whole diet.”

So what's a person to do. Some consider giving up fry bread like giving up Turkey at Thanksgiving.

And even when people want to change their eating habits, it can be hard to change the way you cook.

“People see what is happening to their community” says Steve Deo, a Creek Indian. “The increase in obesity and diabetes and at some point we need to confront what they are eating, to strive for bigger and better things. I still like to eat fry bread, but instead of eating the whole pie, I just eat half“

Recipes (From *Cooking with Three Sisters* - Mantaka American Indian Council)

Navajo

3 Cups Flour
1/2 Cup Powdered Mild
1 Tbsp baking powder
1/2 tsp salt
1/2 Cup warm water or milk

Combine all ingredients in a large bowl. Brush with oil and let stand 20 minutes to two hrs. Heat oil to 375. Pull off egg sized balls and roll, or pat into large plate sized circle. Ease into the hot oil one at a time. Cook about 2 minutes a side. Drain.

Blackfeet

4 Cups Flour
1 Tbsp Powdered Milk
1 Tbsp baking powder
1 tsp salt
1 1 / 2 Cups warm water

Mix all dry ingredients Add water. Knead until soft and set aside for 1 hour. Shape into small balls. Flatten each into a circle with a rolling pin or by hand. Fry in hot oil until golden brown in each side. drain on paper towels.

Chickasaw

2 Cups Flour
1/2 tsp salt
4 tsp baking powder
1 egg
1 / 2 Cup warm milk

Mix first three ingredients then stir in the beaten egg. Knead lightly. Roll out on a board to 1 / 2 inch thick. Cut into strips 2 x 3 inches and slit in the center. Drop into hot oil and brown on both sides. Drain.

Hint: The hotter the oil the less time it takes to cook, which results in a lighter texture and less fat.

Note: If you have a Karuk Fry Bread recipe and photo you would like to submit for a future newsletter, please send it to the Karuk Tribe C/O Sara Spence or email it to sspence@karuk.us.

Yreka Clinic Diabetic Luncheon

Michelle Stark, DDS

Ayukii. My name is Michelle Stark and I am a general dentist in the Yreka Clinic. I was invited to give a presentation about the relationship between diabetes and oral health at the November 2005 Diabetic Luncheon. Our clinic staff is committed to helping our diabetic patients understand the importance of controlling their blood sugar. For the past seven years, the clinic has been having these gatherings as a way to reach out to our diabetic patients and educate them on this disease. Our gratitude is extended to Sharon West who organizes these gatherings; Sharon plans and prepares all of the delicious meals that are served.

Some of the important points of the presentation were as follows:

- Bacteria that live in the mouth gather on the teeth to form plaque. This soft goopy substance can be easily cleaned off the teeth by thorough flossing and brushing twice a day.
- Tartar or calculus is plaque that has remained on the teeth for a prolonged period, (more than 24 hours); it begins to absorb the minerals in the saliva and gets hardened. This tartar can be likened to a barnacle on the side of a ship; it must be removed by a dentist or dental hygienist. Simply flossing and brushing at this point will not remove the tartar from the teeth.
- Gingivitis is the condition of red, swollen, tender gum tissue. The gum tissue is responding to the presence of the plaque accumulations. This condition is reversible by thorough flossing and brushing twice a day.
- Periodontal disease is the loss of the supporting gum



*Sharon West
Luncheon Organizer*



and bone around the teeth. The plaque and tartar on the teeth cause the gum and bone to move down the tooth. This condition is not reversible and if left untreated, will result in the loss of the teeth.

- Diabetics with uncontrolled blood sugar have a higher risk of developing gingivitis and periodontal disease (the process which results in the loss of the supporting gum and bone around the teeth).
- Smokers are five times more likely to have gum disease. Smokers with diabetes are at even greater risk of developing gum disease.
- High blood sugar can cause other oral health problems as well; such as, tooth decay, thrush (a fungal infection in the mouth), and dry mouth.
- See your dentist regularly (at least every six months) for evaluations of your teeth and supporting structures.

These luncheons are a terrific success, and the patients that attend are benefiting from them. I encourage all of our diabetic patients to come and learn more about how they can help themselves stay healthy.





Laura Ward, Tracy Burcell, Junalynn Ward, Judy Blind, Doreen Mitchell, Dr. Burns, Debbie Morton, Claudia Ross-McLeish, April Spence

Health Appreciation Awards to Karuk Tribal Health Employees



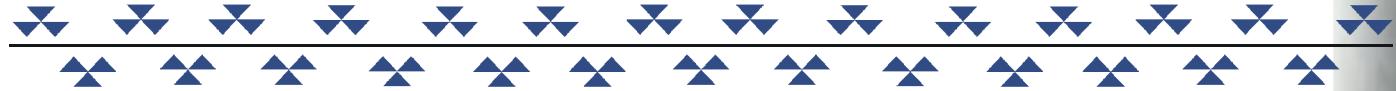
Dr. Donald Solus, Patti White, Jessica Thom, Sharon West, Michelle Charlesworth, Barbara North, Leslie Alford, Lana Givant, Debbie Whitman



Liz Super, Sharon Meager, Sara Spence, Geraldine Peters, Barbara Snider, Tracy Burcell, Nita Still, Laura Ward, Dorothy Bridenstine, Lois Gonzalez



Sheila Barger, Michelle Stark, Todd Weaver, Jolena Jerry, Delila Cortes, Mike Edwards, Amy Coapman, Pat Doak, Sheila Robinson, Nicole Hokanson, Susan Beatty, Dr. Carlson



The Happy Camp Community Computer Center



Would like to thank the

Karuk Tribe of California

for providing continued operating costs and financial support to keep the HCCCC open in these difficult economic times. Center users and staff greatly appreciate your efforts in our continued success and in keeping the center operating six days per week!

Thank you!





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.

Karuk Tribal Council

Fall, 2005

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

**The Karuk Tribe of California
Wishes You A Very Happy 2006!**

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