

Karuk Tribe

64236 SECOND AVE. • HAPPY CAMP, CALIF. • 96039 • (800) 505-2785



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WINTER 2013-2014

GAME ON



Story • Page 5

Inside This Issue...

ORLEANS WELLNESS CENTER OPENS **PAGE 6**

FUNDING OUR FUTURE **PAGE 8-9**

FALL FOOD CAMP **PAGE 11**

KARUK HEAD START ON YELLOW BRICK ROAD **PAGE 14-15**

ENVIRONMENTAL EDUCATION MAKES A SPLASH **PAGE 17**



AYUKII

Greetings From Your Tribal Council

We hope you enjoy reading about your tribe. If you would like to submit information to the newsletter. Please call our Human Resources office for instructions or email lcolegrove@karuk.us. We look forward to reading about your successes and triumphs.



RUSSELL ATTEBERY
 HAPPY CAMP
 CHAIRMAN
 TERM: NOV. 2011-NOV. 2015



MICHAEL THOM
 HAPPY CAMP
 VICE-CHAIRMAN
 TERM: NOV. 2010-NOV. 2014



CRISPEN MCALLISTER
 YREKA DISTRICT
 MEMBER AT LARGE
 TERM: NOV. 2010-NOV. 2014



AMOS TRIPP
 ORLEANS DISTRICT
 MEMBER AT LARGE
 TERM: NOV. 2012-NOV. 2015



ALVIS JOHNSON
 HAPPY CAMP DISTRICT
 MEMBER AT LARGE
 TERM: NOV. 2012-NOV. 2016



JOSH SAXON
 ORLEANS DISTRICT
 MEMBER AT LARGE
 TERM: NOV. 2013-NOV. 2017



JOSEPH WADDELL
 HAPPY CAMP
 SECRETARY/TREASURER
 TERM: NOV. 2011-NOV. 2015



ARCH SUPER
 YREKA DISTRICT
 MEMBER AT LARGE
 TERM: NOV. 2013-NOV. 2017



ELSA GOODWIN
 HAPPY CAMP DISTRICT
 MEMBER AT LARGE
 TERM: NOV. 2012-NOV. 2016

AYUKII

Ayukii Huut kich?

Tribal Members, it is an honor to be your Chairman. November is National Indian Heritage Month. Even facing tough times there some good things happening for Indian Country. I just returned from Washington DC and here is my report:

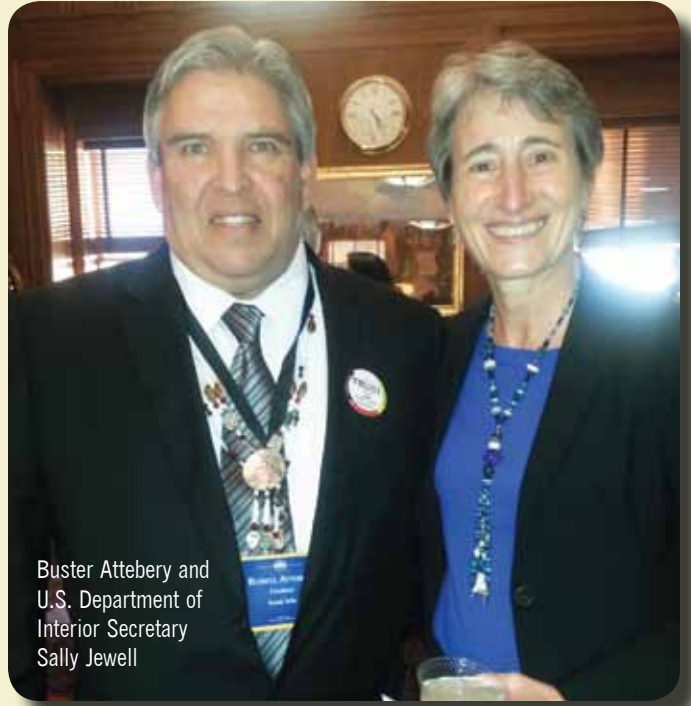
Nov. 7th & 8th

I attended the Tribal budget meeting. The biggest issue was the cuts to programs, lands to trust obligation, and Taxation. They are all violations of our Sovereign Rights as a Government. We argued with the BIA that Indian Country should not have cuts because of the trust responsibility we were promised. Still we need to be prepared for another 2.2 % cut for 2014.

Nov. 12th & 13th

I attended the Whitehouse Tribal Nations Conference. I was able to visit with Secretary of the Interior Sally Jewell (see photo at right). We discussed the Klamath River issues and possible co-management with the United States Forest Service for fire protection and restoration projects for our Forests.

President Obama gave a speech in honor of National Indian Heritage Month. He said, "my administration remains committed to self-determination, the right of Tribal governments to build and strengthen their own communities. We have resolved long-standing legal disputes, prioritized placing land to trust on behalf of Tribes, stepped up support for Tribal Colleges and Universities, made Tribal health care more accessible, and streamlined leasing regulations to put more power in Tribal hands. Earlier this year, an amendment to the Stafford Act gave tribes the option to directly request Federal Emergency Assistance when natural disasters strike their homelands. Let us shape a future worthy of a bright new generation, and together, let us ensure this country's promise is fully realized for every Native



Buster Attebery and
U.S. Department of
Interior Secretary
Sally Jewell

American."

So as you can see there are lots of opportunities for Native American's from, buying land, education, health care, law enforcement and relief from natural disasters. All members, especially Elders, please remember you can call my office anytime and let me know what your needs are.

Casino news

A draft of our TEIR (tribal environmental impact report) is complete.

Jaclyn Goodwin (Self-Governance Coordinator) worked hard and convinced State officials that our constitution should not have to be amended and therefore we can move forward and get our compact signed by Governor Jerry Brown. The compact should be signed before you receive this newsletter.

Yootva! Kura Suvanik.

RUSSELL "BUSTER" ATTEBERY

KARUK CHAIRMAN

64236 SECOND AVENUE

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WELCOME NEW TRIBAL COUNCIL MEMBERS

AYUKII

Ayukii, nanithvuy uum Ayuaach Axruuh Supahan. (Hello, My name is Arch Super).

I am very excited, thankful and honored to serve a four year term as Member at Large, Yreka District with the Karuk Tribal Council. I look forward to working with the Tribal Council. I believe with the support, respect and empowerment within the Tribal Council, we will be strong and will continue to move the Karuk Tribe forward. We have ongoing relations with the federal government along with State, local and other tribal governments. With a strong Tribal Council we can do the best possible for our membership.

I will strive to do the best that we can with the upcoming Casino endeavor, Tribal Housing operations, Health and Dental Care, Education funding, Elders services, the Dam issues, Natural Resources and all projects, programs and funding that the Karuk Tribe owns and manages.

I seek continued support and



At the Regular Council Meeting held November 21, 2013 Arch Super was sworn in as a newly elected Tribal Council Member. Welcome, Arch!

encouragement for me and the Tribal Council to do the best that we can for you. Please feel free to get in touch with your Tribal Chairman, Vice Chairman and District Representatives at any time. My email is archsuper@karuk.us, my phone (530) 215-8191 and I do a lot of communication on facebook. Yootva, yootva Puxxich! (Thank you, thank you very much!)

Arch Super
Karuk Tribal Council
Yreka District

AYUKII

I would like to thank my family for their support during the election process, and thank them in advance for all the support I will need for the next four years. I'm excited to be given this opportunity to serve the Karuk membership and will never forget that the Council serves for the best interests of the membership. Living in Orleans gives me an opportunity to respond to needs in a timely manner, see the problems firsthand, and talk with our communities about real solutions. I will be having an Orleans District meeting in February where we will have an open forum for discussion, staff presentations, and food, so please bring your ideas and enthusiasm! Yootval!



Joshua Saxon was sworn in as a newly elected Tribal Council member. Welcome, Josh!



AYUKII

Hello! Tribal members,
 Voting is over and by the time you receive this newsletter, we have sworn in two newly elected council members and we're moving forward. Thank you to the membership for voting. It is very important!

There have been a lot of things happening, as always. The casino is progressing slowly, but moving forward. It looks like our holdup now is Yreka asking for over 60 pages of demands, more than anyone can afford! Anyway, we are working on this and our MOU with the city of Yreka, as well as our state compact. It will get done!

Let your Tribal Council Representatives know what your needs and idea's are, as we move into the future.

Things are so busy moving forward as we grow. Our thoughts and prayers to the folks who have lost loved ones, tribal members. Happy New Year!

Thank you! Suvanik!
 Joseph Jody Waddell

GOVERNOR APPROVES KARUK GAMING COMPACT



Chairman Buster Attebery signs the gaming compact with a State representative on December 6, 2013

Karuk Tribe Press Release

On December 5, 2013, Governor Jerry Brown signed the Karuk Tribe's Gaming Compact moving the Tribe's effort to open a casino in Yreka one step closer to reality. "The timing couldn't be better," said Karuk Chairman Buster Attebery, "this area is in dire need of jobs and economic development." The proposed casino is projected to create 350 jobs in Siskiyou County which still suffers from an unemployment rate of over 10%. The jobs would be open to both Tribal members and non-Indians.

The Tribe plans to develop the project in two phases. Phase 1 consists of a 36,000 square-foot gaming facility with approximately 500 gaming machines, 8 table games, a 100-seat restaurant, and on-site parking. Phase 2 will add an 80-room hotel, additional parking, 20,000 additional square feet of gaming space, 300 gaming machines, and 8 table games.

The Tribe's goal is for the project to boost economic opportunities for everyone in the region. According to Attebery, "We are committed to hiring local vendors and businesses when possible. We see this project as a major economic driver for generations to come."

The next steps in the process will include bringing the Compact before the California State Legislature to be ratified and also completing intergovernmental agreements with the City of Yreka, Siskiyou County and the California Department of Transportation. The Tribe hopes to clear these hurdles and break ground in the summer of 2014.

ORLEANS WELLNESS CENTER GRAND OPENING

By Erin Hillman, Director of Administrative Programs and Compliance

The Orleans Wellness Center held its Grand Opening on Monday September 16th. The event drew a small crowd together to celebrate the completion of the long awaited health and wellness facility. Tribal Chairman Russell "Buster" Attebery welcomed everyone who attended and expressed his appreciation for all the hard work put forth by the grant writers, the construction crew, the health and administrative staff, including the Information Technology department. After introductions, Councilman Sonny Davis and Department of Natural Resources Director Leaf Hillman offered traditional prayers and Lessie Aubrey, Director of Health and Human Services offered a blessing.

The clinic project was funded by a 2010 Indian Community Development Block Grant, written by Tribal Member Suzanne Burcell, who was singled out for a special presentation that recognized her for this effort and the many others she has contributed to the Tribe throughout the years. Assisting her on this project was Jaclyn Goodwin, now Tribal Self Governance Coordinator, who at that time had been employed in the grant writing department. Jaclyn was also recognized for her efforts. The clinic was strategically located next door to the Panamnik Center, which houses the Senior Nutrition program, library and community computer center. It is also adjacent to the Housing Authority's Elders community, making it conveniently accessible to our Tribal Elders.



Sue Burcell, Chairman Buster Attebery, Erin Hillman and Jody Waddell

The former clinic occupied a space that was just 2,240 square feet in size, so this new facility provides for a substantial increase in space for our program. At just over 4,780 square feet in size, the clinic was determined to be officially completed in August. The construction was completed by Adams Commercial General Contracting, who was the successful bidder after three attempts at soliciting bids for the project.

Leveraged funding for the project was provided by the Indian Health Services, in the form of planning and engineering technical assistance. IHS representative, Captain Richard Wermers was on hand to tour the facility and to recognize the IHS engineers, Phil Church and Paul Frazier who contributed to the project. IHS continues to support this project by providing funding to equip the new clinic, based on a percentage of the overall cost.

To all the funders, the partners, the supporters and the community members who have been a part of this great project, the Tribe says: Yootva!



Richard Wermers (Indian Health Service, California Area Office), Chairman Attebery, David Two Sticks Arwood, Jody Waddell, Sonny Davis, Erin Hillman, Leaf Hillman, Rondi Johnson, Lessie Aubrey, Former Provider Fabian Alvarado.

NATIVE AMERICAN DAY AT HAPPY CAMP ELEMENTARY

By Casey Chambers

The Indian Parent Committee at Happy Camp Elementary school hosted a Native American Day Celebration in September that kept students, parents, and volunteers busy learning and having fun for an entire day. Junction Elementary school students traveled to Happy Camp to join their peers for this wonderful event.

The staff at Happy Camp Elementary School would like to thank not only the Indian Parent Committee for putting together such a great event, but also the volunteers who made it all possible. We know that for many of our volunteers it was a day off from work, and we thank them for spending it with our students.

The essay contest was sponsored by our school's Indian Parent Committee. The committee is made up of Kristy Harmon, David Goodwin, Deborah Aubrey and Casey Chambers. We are looking for more parents to be involved.



My Native American Hero essay contest winners.

THE CONTEST WINNERS WERE:

6th-8th grade category:

First: Royale Pinassi (\$25 prize)
Second: Amelia Lewis (\$15 prize)
Third: Isaiah Wilson (\$10 prize)

3rd-5th grade category:

First: Emily Mitchell (\$25 prize)
Second: Jessica Lantow (\$15 prize)
Third: Drake Manning (\$10 prize)

Kindergarten- 2nd grade category:

First: Autumn Goodwin (\$25 prize)
First: Ruby Williams (\$25 prize)



Jason Reed demonstrates a traditional way to prepare salmon.

MY NATIVE AMERICAN HERO

By Ruby Williams
1st Grade

My Native American Hero is my Aunty Frieda.

She is my hero because she shows me hoe to dance the Brush Dance when I go to culture camp in Quartz Valley.

MY NATIVE AMERICAN HERO

By Autumn Goodwin
1st Grade

My dad is my Native American Hero. He teaches me how to say animal names in Karuk. He taught me how to catch salmon (a'ama) and hunt deer (pu'ufich).

WINTER GREETINGS FROM YOUR GRANT WRITERS

By Lisa Morehead-Hillman and Emma Lee Johnson

Ayukii from your Grant Writers and Resource Developers, Lisa Morehead-Hillman and Emma Lee Johnson!

Much has changed here in the Grant Writers' office in Happy Camp. Strategic planning is being given a high priority, and new ideas for the grant planning and application process are underway. Secondly, since October 15, we have a new full time grant writer to fill the ranks.



Emma Lee Johnson was recently hired as a grant writer for the Tribe. In June of 2005, Emma Lee graduated from California State University, Chico with a Bachelor of Arts in Communication Studies. Prior to accepting

the Grant Writer position with the Tribe, she worked for the Karuk Community Development Corporation (KCDC) at the Happy Camp Computer Center as the Tribe's Workforce Development Coordinator.

Together with staff from the Karuk Department of Health and Human Services, the Fiscal Department and the Billing Office, Lisa Morehead-Hillman submitted the second annual report for Non-competing Continuation Grant for US Dept. of Health and Human Services Health Resources and Services Administration (HRSA). The month of September was dedicated to finalizing the first year annual grant reports for the four objectives under the leadership of the Karuk Tribe for the USDA Food Security Grant. In addition, Lisa worked with Sandi Tripp from the Department of Transportation to submit three grant solicitations for the US Department of Transportation Federal Highways Administration for Tribal Transportation Safety Program, one of which was already awarded funded. Recently, she submitted a proposal to the Humboldt Area Foundation's Native Cultures Fund for the amount of \$7,500. The Nuvik (we weave) program will be used to continue funding the weekly basket weaving classes taught by Wilverna Reece and Laverne Glaze in Happy Camp and Orleans and to support demonstration workshops in both Service Areas led by Lena Hurd.

Grants awarded since the last newsletter:

[Administration for Children, Youth and Families' Family Violence Prevention and Services formula grant for Domestic Violence Shelters to Native American Tribes.](#) The Karuk Tribe was awarded \$14,000 to support and expand current services.



California State Library's Pitch an Idea Project. The Karuk Tribe was awarded \$60,000 from the California State Library for a proposal named the Áak Utkírihti Project (He/She is looking into the fire) that will provide mobile technology devices, professional development for staff, and digital literacy lessons for community members. Assistance accessing the state and federal online libraries, as well as using the devices, will be provided throughout the program timeline. Tribal and local community stories will be developed by youth and uploaded to the devices, which will require parent and community involvement and will foster ownership and enthusiasm for the project. The Áak Utkírihti Project will benefit the community members in Orleans, Happy Camp and Yreka by providing additional access to online educational resources at all three Centers and will be used as a mobile library to take library services into the community beyond the library walls.

Indian Health Service's Special Diabetes Program for Indians (SDPI). This supports diabetes treatment and prevention activities for the Karuk people and other American Indian/Alaska Natives in the Karuk Tribe's Service Area. These funds will be used to pay for diabetes-related medications and supplies, health education, eye exams, foot exams, lab work, continuing education, and mandated attendance at annual Diabetic Conferences. Amount requested: \$157,554.

National Endowment for the Arts for the Arts Engagement in American Communities Program Initiative to fund the Karuk Tribe's Ikmaháhraam (Sweathouse). This project will support the learning and teaching of sweat-house construction and usage, the songs and customs that accompany this traditional cultural ceremony, and finally the film documentation of the process and final product. Amount requested: \$20,000.

Funding Announcements under consideration:

Institute of Museum and Library Service (IMLS): Native American/Native Hawaiian Museum Services Program. This funding prospect is intended to provide opportunities to sustain heritage, culture, and knowledge through strengthened activities in areas such as exhibitions, educational services and programming, professional development, and collections stewardship. The submission deadline is December 2, 2013. The total funding amount is \$50,000.

U.S. Department of Education: Indian Education—Demonstration Grants for Indian Children. This program is designed to improve the education opportunities and achievement of children by developing, testing, and demonstrating effective services and programs. Enhancement of school readiness of 3 & 4 year old Tribal children so they can succeed in elementary school, and developing programs that augment high school students' educational experience and achievements so they can succeed in college are the target goals of this funding opportunity. Age specific and culturally-appropriate project activities will be explored. Deadline has been extended to February 19, 2014. The total funding amount is \$100,000 - \$300,000 for four years.

If you have any questions, suggestions, comments or concerns please feel free to call the Grants Office at (530) 493-1600 or email Lisa at lisahillman@karuk.us ,or extension 2021 or Emma Lee at emmaleejohnson@karuk.us or extension 2022. We would love to hear your ideas or suggestions for funding opportunities or potential projects.
Yóotva

WELCOME, VIOLA



"Hello! My name is Viola Long, and I am an enrolled member of the Cherokee Nation of Oklahoma and have recently been hired as the KCDC –Americorps Planning Specialist. I have nine years of previous experience working in the Americorps program, and I am excited to apply all my previous knowledge and experience to implement a new Americorps program with the Karuk Tribe and surrounding communities. I currently travel to and from work everyday I enjoy the travel it gives me time to wake up and get my thinking cap on. After the day is done, the drive gives me time to decompress and slow the mind down, and it's a beautiful drive! I have lived on the Hoopa Valley Indian Reservation for over ten years. Prior to that I lived in the Horse Creek, Hamburg area for many years and I am happy to return to the area near my family in Siskiyou

County. If you have questions, or would like to discuss project ideas, please contact me at: 530-493-1475, ext: 5102, or email: vlong@karuk.us

THE FALL FOOD CAMP IN

Food Security Program

*By Lisa Hillman and Julie Burrell
Photos by Julie Burrell*

The People's Center joined forces with the Department of Natural Resources November 15-16, 2013 to sponsor a Fall Food Camp. The camp, which

focused on gathering, processing and preparing both acorns and salmon, is one of many events to be held in upcoming months as part of the Food Security grant.

The weekend's activities began with tours of the People's Center Museum and Library and were followed by a discussion group focusing on the need to reintroduce fire to local ecosystems. Will Harling from the Mid-Klamath Watershed Council led the discussion group, whose participants included Bill Tripp and Ron Reed from the Karuk Department of Natural Resources, UC Berkeley Ph.D. candidate and researcher Arielle Halpern, and Kathy McCovey and Dr. Frank Lake from the United States Forest Service. The message of the group discussion was reinforced by the Catching Fire documentary which was viewed by the participants. Dinner that evening included deer stew.

Saturday's activities were enjoyed by over 60 participants. A group of Klamath Tribal youth and their parents travelled to our area from Chiloquin Oregon. They brought deer meat with them and shared with the Karuk people. Daniel Goodwin taught how to remove the entrails of and filet salmon, and how to prepare it for canning – from smokehouse to table. Blanche Moore and Stormy Polmateer demonstrated how to make traditional acorn soup by: cracking, grinding, leaching, and finally cooking. At the end of the day, all participants – including the Klamath Tribal guests - went home with canned salmon and a wealth of knowledge on Native Foods.

The Fall Food Camp was the second event in the Karuk Seasonal Youth/Food Camps objective of the USDA Agricultural and Food Research initiative (AFRI) Food Security Grant #2012-68004-20018. The project is currently undergoing some staffing changes and an agreement between Department of Natural Resources and the Karuk Tribe's Temporary Aid to Needy Families (TANF) has been reached that will allow for a full time coordinator for the project. Upcoming events on the Food Security Calendar are subject to change, but have been planned as follows:

Winter Seasonal Youth Camp, January 24-25, 2014 location to be decided (TBD): This camp will revolve around topics such as artisan, regalia, and oral history.

Basket Material Workshop, March 29, location TBD: Workshops are intended for all Tribal members, descendants and for interested community members. Western Science and Traditional Ecological Knowledge (TERK) practitioners will give background information, and Karuk Basketweavers will lead the participants in a hands-on experience. Content for this workshop will be the sticks and roots needed for basic basket structure: Willow, Hazel, and Pine.

Spring Seasonal Youth Camp, April 25-26, location TBD: This TEK-based field trip will focus on traditional management, harvest, procurement, storage and distribution of salmon, eel, and basket materials.

Early Greens Workshop, April 13 or 20, pending weather conditions, location TBD: All interested parties and their families are invited to this workshop which will focus on the Indian potato flowers, onions and wild carrots and turnips.

For more information on the Winter Seasonal Youth Camp Contact Lisa Hillman at (530) 627-3446 or lhillman@karuk.us

Hope to see you there: Súvanik!



HAPPY CAMP



Clockwise from Left: The next generation of grinders and eaters practice cracking and grinding acorns; Jars were packed with smoked salmon to prepare for the canning process; Kenneth Brink and David Arwood I, provided entertainment for the crowd; Stormy Polmateer and Blanche Moore prepare Xuun (acorn mush); Amayav! (Yum); Daniel Goodwin demonstrates how to strip salmon for smoking.

OCTOBER DOMESTIC VIOLENCE MONTH

*By Leslie Moore
Karuk Pikiyav Program*

The Karuk Pikiyav Domestic Violence Services Program along with the Pikiyav Advisory Committee was very busy in the month of October bringing awareness of Domestic Violence to the communities of Happy Camp and Orleans. In collaboration with the Happy Camp Family Resource Center and Siskiyou Domestic Violence & Crisis Center the program was able to host a candlelight vigil in Happy Camp and one in Orleans, to recognize victims and survivors of domestic violence. Guest were welcomed by Russell Attebery, Karuk Council Chairman and Alvis Johnson, Karuk Council Member who offered a Karuk prayer. In Happy Camp special guest speakers Siskiyou County Sheriff Jon Lopey and Siskiyou County D.A. Kirk Andrus, spoke of the importance of safe homes and protecting our children. We also had a survivor of Domestic Violence speak very frankly about her experiences and the dynamics of family violence and the affects the violence had on her children and how it continues to affect them even in adulthood.

In Orleans Alvis Johnson, Karuk Council Member did the welcoming and a Karuk prayer. Special guest from Humboldt County D.A. Victim Witness, Joyce Moser and Humboldt Domestic Violence Services, Holly Hensher and North Coast Rape Crisis, Maryann Hayes where in attendance. Humboldt Domestic Violence Services, Holly Hensher was able to bring the Silent Witness Project to Orleans. The Silent Witness Project is made up of over 25 life-sized black silhouettes of women, children, men, and animals. Each silhouette represents the life of a domestic violence related murder. These are all documented in the public record. Each silhouette bears a "shield" on his or her chest. The shields states the name, age, and a story of the local victim's life. The Silent Witness Project was created to honor the victims who have been murdered in acts of violence. This tribute creates a chance for the community to understand the loss that



has been suffered. It is also an opportunity to educate the community about the devastation that is caused by domestic violence. We also had a survivor of domestic violence tell us her experiences, how it affected her and how these experiences affect her today. A potluck dinner was served in each community. Information about D.V. Services where made available to anyone who attended.

On October 26, 2013 the Karuk Pikiyav Domestic Violence Services Program and the Pikiyav Advisory Committee along with Karuk Tribal TANF, HCES Parent Booster Club, Happy Camp Family Resource Center, Karuk Tribe Housing Authority, and local business sponsored a Community Teen Freaky Fall Dance, Ryan Parry was the D.J. Ryan did an awesome job getting the teens out on the dance floor. There was a photo booth, by PBJ, our teens took lots of pic's and the photo booth was enjoyed by all who attended. Snacks and punch where provided, everyone had a great time!!!

On October 31, 2013 the Karuk Domestic Violence Pikiyav Services Program and the Pikiyav Advisory Committee also sponsored along with HCES Parent

EMERGENCY PREPAREDNESS UPDATES

By Thomas Fielden
Director of Emergency Preparedness

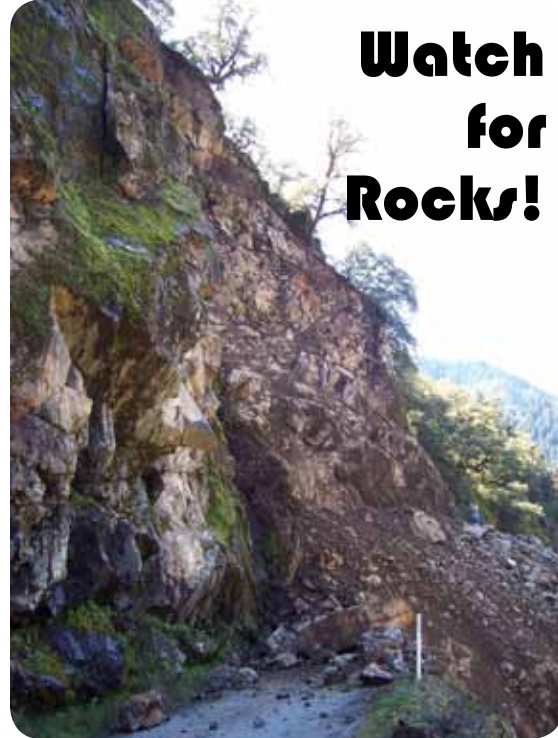
The Emergency Preparedness Department is proud to announce that the Tribe was recently awarded a grant from the Tribal Homeland Security Grant Program to expand radio communication throughout the river corridor. Over the next two years, the Tribe will be purchasing seven radio repeaters and installing them at various sites which will allow employees to communicate with each other from Yreka to Orleans even when the power is out and cellphone service is not available. This is a great step forward in protecting and serving our communities and we are excited to be a part of this endeavor.

Happy Camp has a Neighborhood Watch group that meets on the second Monday of every month at 6:00pm. This is an excellent opportunity for tribal members to get involved in the community and work together to keep our neighborhoods safe. The Community Emergency Response Team (CERT) meets just before at 5:00pm. The meeting location is rotated between the KTHA offices, the Family Resource Center, and the new Emergency Preparedness Office, which is at 34 4th Avenue, in the old, red log building, stop on by!

Finally, we have been grateful for a fabulous fall full of sunny days, but we all know that means winter is just around the corner. Last year we had quite a storm just before Christmas, and most of you can probably remember the problems that it caused, including power outages that lasted longer than a week for many folks. This year, let's be prepared for similar events by being

Booster Club, Happy Camp Family Resource Center, Karuk Tribe Housing Authority, Karuk Tribal TANF and local businesses a Community Fun Fall Carnival at Happy Camp Elementary, there were lots of game booths set up with prizes and treats for all. All the children were in their Halloween costumes and ready for the parade that followed the carnival. Everyone walked up to Parry's Market for some apple cider. As part of the Community Fun Fall Carnival free hot dogs were served at the headway building. It was family fun time for all!!!

The Karuk Pikyav Domestic Violence Program
Promoting Healthy Relationships and Peaceful Homes.
Honoring our Community, Embracing our beliefs.



Watch for Rocks!

aware of the forecast and maintaining a stock of fuel, food, prescription medicines, and other important supplies to last a week or more when inclement weather is expected. Also, please drive carefully and maintain vigilance on the roadways for falling rocks and icy surfaces.
Happy Holidays!

We would like to thank all of our committee members for all their help and dedication. We also would like to thank all the speakers and sponsors who made these events possible. And a special thanks to the community members who attend and support us at these events. We look forward to your continued support.

For any information on Domestic Violence or Services Please contact:
Karuk Tribe Pikyav Program
Tanya Busby or Leslie Moore at: 493-1630

KARUK HEAD START

*By Patty Brown
Head Start Executive Director*

The weather is changing, leaves are turning color and fall vegetables abound. The teachers and support staffs have been working hard to complete the required assessments in order to get ready for our first parent conferences of the year. They are also mindful of their responsibilities to ensure the children and families are welcome and cared for in a respectful manner. Regardless of some staffing changes, our program is awesome and continues to provide high quality early learning experiences, thanks to our Karuk Head Start employees and some wonderful parent/family volunteers! A challenge remains for our Yreka Center as we are still in the process of hiring a bus driver. This has impacted our attendance as many of our families are without transportation. The staffs have been making it work the best they can and going the extra mile.

The children are used to the routine of Head Start and we are in the process of planning parent engagement and meaningful workshops and presentations to support school readiness and other areas of interest. We always welcome Tribal members who will support language and culture in the classroom. Please let our staff know when you are able to visit and share Karuk culture with our children.

All of our staff members recently attended trainings in Happy Camp and received certification in Food Handlers Safety through IHS, and CPR/First Aid training from Flo Lopez. We are all certified to help out in the kitchen when needed.

We recently underwent two audits, one for Transportation and the other for the CACFP (food program). Both had tight timelines and went very well thanks to the diligence of Donna Goodwin-Sanchez and staff mem-



Head Start Staff - Wizard of Oz Halloween

bers.

A big THANK YOU to Jamie Orge for her help in providing the fiscal information needed.

Our teeter totter in Yreka was finally installed thanks to the hard work of Daniel Goodwin, Brian Gonzalez and their team of hardworking guys! They did a great job and the children are enjoying their new playground equipment.

We have exciting news in Yreka as Marlene; our Center Supervisor will be welcoming a new baby in February. Now that is one way to get our enrollment up! We welcome parent volunteers in both centers any time!

We take this time to extend a big Thank you and appreciation to our Policy Council board from last year. They have worked diligently and were available for many last minute approvals: Ashlee King-HC, Elizabeth Super-Yreka, Geana Hughes-Yreka, Jeanne Super-Yreka, Linda Davis-HC, and Emily LaCroix-Yreka, Marsha Jackson, KCDC Representative, and Elsa Goodwin, Tribal Council Representative. Our newly elected Policy Council members are: Happy Camp representatives are: Lisa Bousfield, Tia Tiraterra, and Mary Thrasher, Linda Davis has agreed to attend meetings until a Community member has been selected. In Yreka, Elizabeth Super, Brandon Arwood, Kristina Colonico will be our new PC reps and Florraine Super will be our new community representative. Marsha Jackson will continue to





represent for KCDC, and Elsa Goodwin will be our Tribal Council liaison. We appreciate the commitment to our program and look forward to a new and exciting year! Especially since this will be our triennial review in the spring.

We still have openings in Yreka, and are continuing to enroll children. They must be 3 years old by October 2, for the 2013-2014 school year. Applications are available at both of the Karuk Head Start Centers, Karuk Tribe Clinics, Happy Camp Administration, and on the Karuk Tribe Website (under Karuk Community Development Corporation). Completed applications can be returned to the Happy Camp office by mail, interoffice, or fax (530) 493-1491.

WE NEED A LOGO AND COLORS FOR OUR FUTURE AMERICORPS PROGRAM

The Karuk Tribe is in a planning phase implementing a new **AmeriCorps Program** here in Happy Camp and the surrounding areas in Siskiyou, County. We need to come up with our very own AmeriCorps Logo and colors. So we are advertising for people to come up with a Logo and colors for are new program.

The logo that gets picked is the winner of this new Americorps backpack;

Here's a backpack with a ton of functionality! Made by High Sierra, this backpack is a multi-compartment design and has a zippered media pocket with headphone port, two side mesh water bottle pockets, hanging accessory pocket, organizer with zippered mesh pocket, pen pockets and removable key fob. Yolk-style, S-shaped Vapel mesh shoulder straps with suspension system, cell phone pocket and integrated grab handle. Padded back panel and adjustable waist belt. This back pack has the 3" AmeriCorps logo embroidered on the pocket.

**Please submit AmeriCorps logo's artwork by Feb. 28, 2014 to,
Vi Long AmeriCorps Planning Specialist, at KCDC building
530-493-1475 ext. 5102**



NOTES FROM THE BEHAVIORAL HEALTH INTERN: JUSTINA HARRISON



Ayukil. My name is Justina Harrison. I am currently working with the Karuk Child and Family Services, Behavior Health Services as a Social Work Intern to fulfill my 400 hour work experience for my Bachelor's Degree in Social Work from Humboldt State University, which I will graduate with in May 2014.

I grew up on the Klamath River and am a Karuk Tribal Member. I am honored to have this opportunity to work with and learn from my tribe and my community by providing services in the Behavioral Health program. It is one of my personal goals to obtain my Master's Degree in Social Work and eventually become a Licensed Clinical Social Worker. I hope to return to our tribal community to help serve and provide support for mental health and wellness issues in our communities.

Mental health issues have long been present in Native American and rural communities. Unfortunately access to preventative and treatment resources is limited. As humans it is important to keep ourselves both physically and mentally healthy. However, before we can do that we must understand what mental health is. Mental health is the state of being where a person psychologically and emotionally functions. It is also connected to how people react and behave. When normal psychological and emotional functions are disrupted it is considered a mental illness. A mental illness is any thought, behavior or mood that disrupts normal daily functioning. Mental illnesses are caused by many different factors. These factors could be genetics, injury, trauma, grief, substance abuse, changes in jobs or schools, or many other environmental, psychological, and biological factors. Nearly everyone at one point in their life will be affected, directly or indirectly, by mental health issues. This is why it is important to understand and know about the resources available to help treat mental illnesses.

Ceremonies have long been the treatment method for native people in the area, and as a person preference, I believe ceremony is just as important and contemporary methods. However, treatment is different for each individual. Whether you are more traditional and believe in the healing of ceremonies. Or if you feel you need more contemporary therapies or a combination of both it is all important as long as we keep our minds and bodies healthy for our families, our tribe, and ourselves.

FOR MENTAL HEALTH SERVICES AND INFORMATION
CALL KARUK CHILD AND FAMILY SERVICES AT:

Happy Camp (530) 493-1450
Yreka (530) 841-3141
Orleans (530) 927-3106

If there is an emergency please call the Crisis Hotline at
1 (800) 842-8979.

ENVIRONMENTAL EDUCATION MAKING A SPLASH



Dara Soto (far right) teaches Junction Elementary students how to collect aquatic insects in a kick net at the mouth of the Salmon River.



RIGHT: Andrea Butler-Crosby, Junction Elementary K-3rd teacher, shows some of her students the effects of the sun on water temperature during a lesson about the sun and the greenhouse effect.

CDC HEALTH ADVISORY

Official Notice From CDC Health Alert Network

From November through December, the CDC has received a number of reports of severe respiratory illness among young and middle-aged adults, many of whom were infected with influenza A (H1N1) pdm09 (pH1N1) virus. Multiple pH1N1-associated hospitalizations, including many requiring intensive care unit admission, and some fatalities have been reported. The pH1N1 virus that emerged in 2009 caused more illness in children and young adults, compared to older adults, although severe illness was seen in all age groups. While it is not possible to predict which influenza viruses will predominate during the entire season, pH1N1 has been the predominant circulating virus so far. For the 2013-14 season, if pH1N1 virus continues to circulate widely, illness that disproportionately affects young and middle-aged adults may occur.

Seasonal influenza contributes to substantial morbidity and mortality each year in the United States. In the 2012-2013 influenza season, CDC estimates that there were approximately 380,000 influenza associated hospitalizations. Although influenza activity nationally is currently at low levels, some areas of the United States are already experiencing high activity, and influenza activity is expected to increase during the next few weeks.

The CDC recommends annual vaccination as the best tool



for prevention. However, for persons with suspected or confirmed influenza, treatment with neuraminidase inhibitor antiviral drugs can be an important component of clinical care. Evidence from past influenza seasons and the 2009 H1N1 pandemic has consistently shown that treatment with antiviral medications reduces severe outcomes of influenza when initiated as soon as possible after illness onset. Clinical trials and observational data show that early antiviral treatment may shorten the duration of fever and illness symptoms and reduce the risk of complications from influenza as well as shorten the duration of hospitalization should that be required.

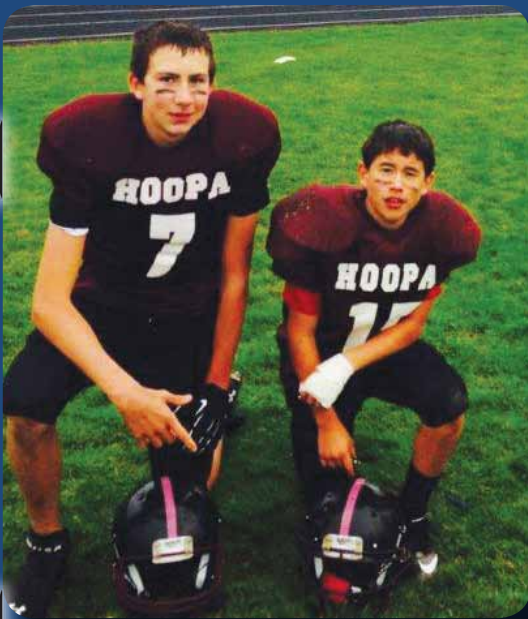


Kaden and Tanner Wood, Grandson of Frank Wood both won District 6 championship and went on to play in the Oregon State Little League Tournament. Kaden played on the 11-12 year old team and came in second place in the Oregon State Tournament. Tanner played on the 9-10 year old team and came in third place in the Oregon State Tournament. Way to go Wood Boys!

Happy Birthday!



Happy First Birthday, William!
William Jackson Jones turned one-year-old on November 3, 2013. William is the son of proud parents: Dewey Jones of Hoopa and Misti Gayle of Somes Bar and brother to Dewey Jr. Paternal grandparents are Harold and Noreen Jones of Hoopa. Maternal grandparents are Bob Gayle and April Conrad of Somes Bar. Happy birthday to our precious baby boy! We love you Willie Jack! Love, Mommy, Daddy and BuBu.



Chuuck Harrison and Ryan Reed played on the Hoopa Warriors AAA Team. Chuuk is the son of Joe "Hawkeye and Dorcus Harrison and Ryan is the son of Ron and Robin Reed. It was awesome to watch these boy's play and we cannot wait to watch them play again next year. Good job boys!



Captain USN Jack Berger, presents Merchant Mariner Credentials -MMC3, to tribal member Joseph Grant, Sr., On the of 25th day of Sep 2013. Joseph is the father of two Karuk tribal member children, Joseph Grant II, and Dawn Julia Grant. Joseph can't wait for sea time off to come and see his children and says, "he owes it all to God, and couldn't have done it without Jesust Christ."

In Loving Memory...

CHARLES ROBERT "RED HAWK" THOM SR.
APRIL 4, 1928 - OCTOBER 8, 2013

My dearest Grandfather

Grandpa,

I do not hold a box of childhood memories with you, and I cannot share the memories that others share of you like your sweats, camps, cribbage games, storytelling or any other adventures you may have shared with them. This saddens me greatly....

But.....What I do have is the memories of the past eight years with you.

I have grown to respect you and all that you have done for people all over the world, and for our tribe. I have learned stories from you of my father, my culture, and your-self.

I will miss hearing your voice, seeing your smile, and spending much needed time with you. I am so much honored to be able to call you grandpa. I love you so very much, and knowing that you loved me too is what gets me though the sad moments of you being gone.

I continue to hear your voice in my head. The times you would be at the clinic yelling at the front desk "Where's Josephine, she needs to give me a ride". I wish you would have shared the story behind that one, now I will never know why you called me that.

You are in a better place now, a place where there is no pain, no conflict, no sadness, or sorrow, but I was not ready for you to go. I needed and wanted more time with



you. I wanted my kids to get to know their great grandpa and his greatness that he carried. I hope my father was there to greet you with open arms, I know how much you missed him.

You may be gone grandpa Charlie but you will never ever be forgotten. I love you sooo.... and I will miss you more....

Love always & forever Mershell (Michelle)

In Loving Memory...

FREDRICK LAWRENCE RUFF
DECEMBER 19, 1917 - NOVEMBER 4, 2013

Fredrick Lawrence Ruff was born on Dec. 19, 1917, at home in Etna. He died on Nov. 4, 2013, at his home in Fort Jones, surrounded by his family.

A Scott Valley Native American Indian, he was a member of the Karuk Tribe and a Shasta descendent. He lived 95 years fishing the rivers and hunting the mountains of Scott Valley.

Baseball was his sport as a young man. He was on the Fort Jones town team and coached his little league team, "the Dodgers." He was offered to try out for the big league but passed it up to care for his family. He also played on the basketball team, "Rosie's Bar Flies" of Fort Jones. He operated heavy equipment and built logging roads throughout the north state. He was a timber faller and mentor to young loggers and young people throughout his life. He was best known for his love for nature and Scott Valley.

In the 1930s, he worked at the Fort Jones creamery making ice cream and butter; his favorite was plum raisin. He

also drove the ice cream truck, delivering all over the county. During this time, he married his high school sweetheart Janey Siglar on Dec. 16, 1939. They were married for 32 years. She passed away in 1970. They had two children.

He is survived by his children, Tom Ruff of Redding and Kathryn (Ruff) Beatty of Fort Jones; and two grandchildren, Ed Beatty and his wife Teresa, and Susan Beatty of Fort Jones. He is also survived by his longtime friend and companion Judy Growney of Fort Jones. He was a husband, father, grandpa, uncle, cousin, brother and friend of the highest quality.

He was predeceased by his father, George Ruff; his mother Edna (Burcell) Ruff; and five siblings, John Ruff, Bea Decious, Elenor Planinac, Mary Myhre and Marjorie (Howerton) Chisholm.

Karuk Tribe

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KARUK LANGUAGE CLASSES

Arcata: 5:15pm
Potawot Health Clinic
UIHS
1600 Weeot Way
Arcata, CA

Eureka: 5:30pm
Ink People offices
517 Third Street
Suite 40
Eureka, CA

www.karuk.us

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