

Karuk Tribe of California



Fall 2005

P.O. Box 1016 • 64236 Second Avenue • Happy Camp, CA 96039 • (530) 493-1600 • (800) 505-2785

Tribal Enrollment Is Currently At 3,411 Enrolled Members

*Klamath River, Happy Camp
Photo by Rosie Bley*

Highlights...

Inside This Issue...

<i>The Chairman's Corner</i> 2	<i>Second Annual Fall Basketweavers Gathering</i> 13
<i>Staff Day</i> 3	<i>Karuk Family Wellness Court</i> 14
<i>Notes from the Secretary</i> 4-6	<i>Preventing and Reporting Elder Abuse</i> 15
<i>Karuk Youth Council</i> 7	<i>SWEEP Success Stories</i> 16
<i>Contract Compliance / Christmas Bazaar</i> 8	<i>Who is Ellen?</i> 17
<i>CRIHB Meeting/Senate Bill 678 Hearing</i> 9	<i>Grant McElyea / Money Management Tips</i> 18
<i>Earned Income Tax Credit</i> 9	<i>Neva Lenk Attends U of O/COS DL now at HCCCC</i> 19
<i>Staffing Update/GABY Grants Available for Youth</i> 10	<i>Education Department Update</i> 20
<i>Elder Shares Local History</i> 10	<i>The Baby Page</i> 21
<i>KTHA Update/KTHA Securities & Emergency Services</i> 11	<i>CHS Levels of Care</i> 22
<i>Karuk Tribe Military News</i> 12	<i>Patient Feedback/Medicare Drug Coverage</i> 23
	<i>LIAP Update</i> 24-25
	<i>Nurses Corner/Screening Prevents Colon Cancer</i> 26
	<i>KTHP Turkey Trot/KTHP Charging Policies</i> 27



Arch Super, Tribal Chairman

ARCH SUPER • CHAIRMAN'S CORNER

CASINO – The Tribal Casino Workgroup has been working with our Casino Gaming venture for the past few months. Our last proposal was submitted incorrectly by our former attorney. We have been working with our new attorney, Mr. Dennis Whittelsey to submit a better proposal to the Governor's Office and we are hoping to get our Gaming Compact to move forward. We plan to meet with the Governor's Office at the end of October. We encourage our Tribal Membership to get in touch with Tribal Council or the Tribal Casino Workgroup for further information.

TRIBAL CONSTITUTION – The Tribal Council has been working with our attorney, Stephanie Dolan on research, review and possible revision of our Tribal Constitution. Our original constitution, adopted in 1987, had many regulations that were forwarded to our Tribe by the BIA. At this time, the Tribe would like to update our constitution to better serve the interests of our membership. We hope that more Tribal Members will write, email or call us with input.

TRIBAL COURT – Our Tribal Court Administrator and Wellness Court Team has finished their training sessions in preparation of applying for a grant to implement, develop and fund a Wellness Court for the Tribe. The Wellness Court would have many components to assist our Tribe and communities. It would be like another avenue of the Justice System.

NANI AKA, NANI TAAT XAKKAN, ITIHAN (Our father and mother together, all the time).

Our father, Peter Ray Super Sr., tribal member and our mother Nancy Lee (Jerry) Super, full blood tribal member, celebrated their 50th wedding anniversary on October 4, 2005. Dad and Mom were married on October 4, 1955 in Ashland, Oregon.

Dad was born in Hupa and was raised in the Valley. He went to school in the valley and Sherman Indian School in Carson City, NV. He has worked his whole life in the logging industry and still logs at 71. Mom was born in Yreka, CA, and was raised in the valley. She went to school in Chemowa in Oregon. She had been a homemaker most her life. They raised their children, Peter Jr., Donald, Lariel, Archie, Robert, David, Gary and Florrine in Siskiyou county, (downriver, the valley, Yreka, Hilt and finally Grenada). Dad and mom are grandparents of 13; estranged grandparents of 3; and great grandparents of 11. They celebrated their special day with their children, brothers and sisters, and many relatives and friends at the Miner's Inn Convention Center on October 8, 2005. We hope they go another 50 years.

*Peter & Nancy Super,
Married for 50 years*



STAFF DAY – Staff was able to spend the day at the Jet Boat Excursion in Grants Pass Oregon in September. Each year a staff day is planned to honor our employees for the hard work that they continuously do for the Tribe. Many of our employees keep an eye out for the best interest of our tribal members. Our work force consist of administration, department of natural resources, tribal housing, KCDC, health, etc. I encourage our members to get to know the people that work for us. They are very cool.

NEWSLETTER – For a long time, we have had good reports on our continuous newsletter. Recently at our constitution meetings, there were some negative reports on our newsletters. It was news to us that there were any such reports. I would like to encourage our membership to let us know how you feel about our newsletter; what you want to hear and see; what you like and don't like about our newsletter. Please write, call, or email us.

Staff Day 2005

Sara Spence, Human Resources Manager

Every year the Tribal Council sponsors an Inter-Tribal Departmental Relations Day (AKA: Staff Day) where all employees of the Karuk Tribe of California, Karuk Tribe Housing Authority, and Karuk Community Development Corporation are invited to spend the day enjoying a recreational activity together. This day is to promote the “team” environment of the Tribe and allow the staff to get to know each other as quite often with three sites so far from each other, staff sometimes don’t have faces to put with the voices they hear on the telephone each day.

This year’s activity was a jetboat trip on the Rogue River in Grants Pass, Oregon, with lunch at the OK Corral guided by Hellgate Jetboat Excursions. We allowed employees to bring along guests this year at their own expense as there was extra room on the boats and the turnout was great.

Everyone had a wonderfully WET trip on the boats and the food was great with plenty of it! This is just one of the many “perks” the Tribal Council provides for the staff working for them and it is greatly appreciated – Yootva to the Tribal Council!



Newsletter Articles

If you have news, articles or events you would like placed in this newsletter, please submit your information to **Sara Spence, Newsletter Articles, P.O. Box 1016, Happy Camp, CA 96039**. Or you may email articles and/or photos to sspence@karuk.us or to Rosie Bley at rbley@sisqtel.net.

All submissions must include your name and address. No anonymous articles will be included.

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

Karuk Tribe of California organizational employees enjoy a fun day together on the Rouge River in Grants Pass, Oregon



Notes from the Secretary

Florraine Super, Council Secretary

Ayukii!

I would like to take this time to wish everyone Happy Holidays! As the holidays come up we begin to think more about our community. The Tribe has a lot to offer if you want to contribute to your community and Tribe. Please look for opportunities to serve our communities, take time to help raise money for your favorite tribal program, and attend council meetings to give your input concerning upcoming issues. Look for these opportunities as you read through my quarterly report.

Tribal Council Secretary Quarterly Report

Youth Leadership:

The Karuk YOUTH Council will meet regularly to plan for an upcoming Youth Leadership Conference.

Yav pa anav Conference (The Medicine is Good Conference)

Karuk Culture * Healthy Lifestyles

December 3, 2005 • One day event • Happy Camp, California

More information is on page seven.

When we have youth doing positive things for our tribe we should support them as much as we can. We are looking for volunteers. We need transporters, chaperones, and donations for give-away prizes! For more information please contact me.

We are looking for 5th through 12th grade youth to participate. We encourage all tribal members to attend, although this is open to all youth. We will accept 75 participants on a first come first serve basis.

The Youth Council's goal is to teach youth about healthy lifestyles while applying their culture to everyday life. Advertisements will be located in all tribal offices, local schools, the tribal newsletter, local newspapers, and the tribal website.

Aja Conrad ★ Jaclyn Goodwin ★ Alma Navarro
Karuk YOUTH Council

Tribal Healing to Wellness Court - YAV PA ANAV

I attended training in Seattle, Washington and Albuquerque, New Mexico. It was a five day training that included 5-8 team members. If you're wondering why we would send this many people to training, the grant requires and pays for a team to work together to create a wellness court.

What is wellness court? The goal of the Family Drug Court Implementation Program is to build the capacity of states, state courts, local courts, units of local government, and Indian tribal governments to develop and establish drug courts for substance abusing adults who are involved with the family court due to child abuse and/or neglect issues.



Florraine Super

Things I learned: As we are planning, our team needs to have a vision of what our community will look like as families graduate from our wellness court. Family is an important part of recovery so how do we get families involved... especially fathers? Our target population must consist of families in need and stay within our budget, so we plan to work with five families as a starting point. As we begin, we need to have a good process to get people into our wellness court. We always need to focus on what will make our clients and team stronger to have a successful program.

For more information please contact our Karuk Tribal Court Administrator and/or Judge.

Elections:

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 beforehand by requesting a form from the election committee or downloading a form on the Karuk website. Our intent is to make this as easy as possible and not to interfere with your voting rights.

Remember to stay active in your tribal, local, state, and federal issues. It's important for you, your family, and your tribe!

Register to vote today! Go to www.karuk.us for a registration form. Or contact your Karuk Election Committee: PO Box 815, Happy Camp, CA 96039.

Election Results:

Go to <http://www.co.siskiyou.ca.us> for Siskiyou County Election Information:

Go to <http://www.co.humboldt.ca.us/election/> for



Judge Flies-Away, Joe Snapp & Florraine Super at the "yav pa anav" (Wellness Court)

Humboldt County Election Information

Go to <http://www.ss.ca.gov/elections/elections.htm> for California Statewide Election Information

Go to <http://www.congress.org/congressorg/home/> for Federal Election Information

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 these Policies. We continue to review cases, intervene, and represent our Karuk children.

Your ICW Committee attended SB 678 hearing and supported its intent. SB 678, the bill to improve compliance with the Indian Child Welfare Act 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 www.calindian.org. If you are interested in learning what you can do to help support this effort, visit www.calindian.org for more information. I also wanted to take this time to thank California Indian Legal Services (CILS) for all their support and efforts towards this senate bill – YOOTVA!

Karuk Tribe Foster Home:

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

I am pleased to announce we have two adults who are going through the process to become certified foster parents and to oversee our tribal foster home! As I travel through Indian Country, it's has been said several times we just don't have enough family homes for our children, so it is an honor to have our own Karuk Tribe Foster Home. Also, we have four other families who are going through the certification process to become foster parents from their own home!

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 need to complete and submit a foster family application. When approved by ICW committee, fingerprints for background check must 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.



Cathy Scott managing the CASA fair booth

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 worthy cause. YOUR KARUK CASA IS THE FIRST 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.



Cathy Scott, receiving a Certificate of Appreciation

ASPECIAL THANKS TO CATHY SCOTT who help to coordinate our fair booth which is one of our big events. (FOC members do not receive stipends for their time) Cathy-Thank you for an outstanding job as the chair! The way you organized our volunteers as a team enhanced the success of this exciting event. You made sure every detail was in place, and your people skills added a cooperative atmosphere to the valuable experience. People like you make all

the difference in the world! YOOTVA (A certificate of appreciation and a \$50 People Center certificate was given to her by the council)

Low Income Assistance Program (LIAP):

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

Our goal was 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 was to help those who didn't qualify for LIAP but were very much in need. So the council has obligated some funding 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.

Tribal Reunion: Planning for 2006 Tribal Reunion

Before we know it, our 2006 Tribal Reunion will be here. We will continue to plan for the upcoming event. A date hasn't been officially chosen but we plan to have it

early in the year (around June).

If you have never attended, 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. A KARUK CHAT ROOM IS COMING SOON!

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

The new school year has begun! I have visited the Yreka Head Start and it's great to see all the returning and new children. We have a very reputable Head Start. This success is because of our great administration and classroom staff. Keep up the good work!

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 me your email address to fsuper@karuk.us with a note saying you would like to receive tribal information. Florraine Super



Virginia Peters

Nov. 12, 1932 - September 4, 2005

Virginia Mae Peters, life-long resident of Siskiyou County, recently passed away in her home after a long illness. She was preceded in death by her mother Edith Albers, and her brother James Albers. Virginia is survived by her husband of 56 years, Raymond Lyle Peters, a resident of Happy Camp. Other members of her family who will miss her deeply are her five daughters and their families: Theresa and Alan Lawton of Willow Creek and their daughters Trudy and Valerie; Terrie and Deverous Frank of Redding and their children Mini and Deverous Ray; Leona Peters of Yreka and her children Vyron, Jodie and Trina; Patricia and John Murphy of Anderson and their children John Jr., Craig, and Alisha; Elsa and Bob Goodwin of Happy Camp and their children Robert Ray and Jaelyn. There are also 16 great-grand children and numerous other nieces, nephews and wonderful brothers and sisters in-law that will miss her deeply. She enjoyed hunting, woodcutting and taking rides with her husband. Virginia loved gardening, playing Bingo and her annual trip to Reno with the Happy Seniors, of which she was a member for many years. Virginia was a member of the Karuk Tribe of California and enjoyed talking Tribal politics. She was a very loving wife and mother and she will be missed very much. Services were held at the Karuk Community Center Building in Happy Camp on Friday, September 9, 2005 at 11:00 am.

Karuk YOUTH Council

Yav pa anva Conference
("the medicine is good" conference)

December 3, 2005

Conference 8am-7pm • Movies 7pm-9pm • Dance 9pm—12am

People of all ages and ethnic background are welcome to attend the Karuk Tribe's first annual youth conference. We will be teaching children about our traditions to help them make healthy decisions. There will be food and games provided. This youth day is for kids to get together and discuss our traditions and culture; we will go over diabetes, obesity, and drugs and alcohol. We will switch groups throughout the day and watch movies that have to do with our tribe. We only have enough room for 75 people so hurry and fill out a registration form at www.karuk.us or contact any tribal office. This is a free event for 5th grade and up. Afterwards there will be a dance for teenagers ages 13-19 from 9:00 pm-12:00 am.



Return your registration form by 11-18-05 to:
Karuk Tribe-Florraine Super
PO Box 1016, Happy Camp CA 96039
1-800-505-2785 ~ Fax: 530-493-5322

Aja Conrad ★ Jaclyn Goodwin ★ Alma Navarro

Prize Giveaways!

Housing Available Upon Request

Transportation Provided Upon Request

Free Conference T-shirts & Bags

Snacks, Lunch, & Dinner Provided

No Registration Fee!

TEEN DANCE
9pm – 12am
No cover charge!
High School Students Only
Clean & Sober Activity

Registration Form:

Form may be duplicated. Each person attending must fill one out and return by Nov. 18

Last name: _____ First Name: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Email: _____

Emergency Contact Person/Phone Number: _____

Age: _____ Date of Birth: _____ I plan to ride with: _____

YES, I Need to be housed YES, I Need transportation

My t-shirt size is: S M L XL XXL

****PLEASE TELL US HOW YOU HEARD ABOUT YAV PA ANVA CONFERENCE:**

<input type="checkbox"/> Karuk Website	<input type="checkbox"/> Karuk Newsletter	<input type="checkbox"/> School / Teacher
<input type="checkbox"/> Karuk Staff Member	<input type="checkbox"/> Friend	<input type="checkbox"/> Council Member
<input type="checkbox"/> Youth Council Member	<input type="checkbox"/> Flyer at Tribal Office	<input type="checkbox"/> Other

Contract Compliance Update

Erin C. Hillman

Director of Administrative Programs & Compliance

A separate component of the Tribes' fiscal department, the compliance department, under the direction of the Tribal Council, operates as a liaison between tribal departments and the fiscal department. The compliance department provides assistance and direction to program directors, staff and council in understanding and complying with Tribal, State, and Federal grant administration and contractual requirements. The department is a necessary step in the internal control process to ensure that applicable rules and regulations are adhered to. The goal is to make positive contributions toward fiscal and programmatic integrity of the Tribe.

The end of Fiscal Year 2005 has fast come upon us, and it's been a busy year. The Tribal administration has made several transitions including the restructure of Tribal Transportation/Construction Management and the Compliance Department. The transportation department responsibilities now fall under the NEPA/ Land Manager Scott Quinn, and construction project management has been delegated to long time employee Fred Burcell, formerly Maintenance Crew Supervisor. The compliance department has assumed the responsibility for supervision and oversight of the Education, Low Income Assistance, Language programs and Grant writing staff.


Update on Roads: Minor work that was to be performed in the spring of 2005 to complete the Yreka Roads project has experienced many unexpected delays. The development of the Scope of Work by the Bureau of Indian Affairs for the project took longer than expected. When the project was finally bid out at the height of construction season, no bids were received. Our construction manager is now in the process of negotiating with contractors to perform these services as allowed by our construction procurement policy.

As traffic control (speed limit enforcement) is a serious issue within the Yreka housing community, the Housing Authority intends to install speed bumps to slow traffic as soon as the project is complete. The Tribal Council and staff take these concerns seriously. Since permanent measures to address this issue such as speed bumps cannot be installed until the construction is complete, alternative methods to control traffic are being investigated as a temporary solution to the problem.

Policy Development: The Tribal Council reviewed and adopted the compliance department's draft amendment to the fiscal policy for contract procurement. This policy had been in development for several months and had been drafted to be consistent with other tribal entities and compliant to federal regulations.

Christmas Bazaar

Leo Carpenter, Jr.



We are planning a People's Center Christmas Bazaar in conjunction with the Karuk Tribe of California Annual Christmas dinner on December 10, 2006. We will have 18 tables for local vendors to set up inside the People's Center exhibit area. We will have table applications available on line at www.karuk.us or by calling 530-493-1600 ext. 2202 or 2201 for more information.

Other policy developments in the works are a waiting list audit policy for the Housing Authority and a policy for the compliance review and approval of Memorandums of Agreement and Memorandums of Understanding, for both internal agreements between tribal entities and with outside agencies.

Programmatic Review: Internal audit reviews were initiated and completed for the Department of Natural Resources, Child Care program and Education department. In addition to the internal audits, a programmatic review with the State of California Department of Community Services and Development was conducted and the Tribe had no findings.

Required by the State of California Department of Community Services and Development in order to receive continued funding, the Tribe developed a Community Action Plan (CAP). My office was overwhelmed with responses to our Needs Assessment Survey that was a critical component of the CAP. Without the contributions of our communities, this task would have been impossible to complete. Yootva.

Grants: Currently the Karuk Tribe is administering 82 open grant files. This does not count the individual departments funded within the Indian Health Service or Bureau of Indian Affairs Annual Funding Agreements, which support in part our Natural Resources Department, Health Clinics and Social Services programs to name only a few.

From October 1, 2004 to September 30, 2005, forty two (42) grants and contracts were submitted for total funding requests of \$5,027,934.00. A total of 35 grants and contracts were awarded to the Tribe totaling \$3,943,007.00. Close out documents for twenty (20) expired contracts or grants were filed. Independent Contractor Agreements submitted and approved by the Tribal Council numbered seventy two (72).

Bi-Annual Joint CRIHB/IHS Meeting

Lawrence Jordan

On July 19-21, 2005 the Karuk Tribe participated in the Bi-Annual Joint Meeting for the California Rural Indian Health Board (CRIHB) and the Northwest Portland Area Indian Health Board in Lincoln City, Oregon. One of the highlights of the meeting was a visit by Dr. Charles Grim, Director of Indian Health Service.

The primary reason for the Bi-Annual meeting is to pass resolutions jointly in support of Tribal health issues which affect Tribes in California and the Pacific Northwest.

Dr. Grim discussed the Indian Health Service budget, the Medicare Part D Pharmacy Benefit, and the IHS Scholarship Program.



Photo L-R: Lawrence Jordan (Executive Director), Doni Wilder (Portland Area IHS Director – also wife of Karuk Tribal Member Leroy Wilder), Dr. Charles Grim (IHS Director), and Margo Kerrigan (California Area IHS Director)

Senate Bill 678 Hearing

Lawrence Jordan

On August 23, 2005, the Indian Child Welfare Act (ICWA) Committee attended a hearing on Senate Bill 678 in Sacramento, California. Arch Super testified in support of this bill on behalf of the Karuk Tribe of California. SB 678 will improve State Court compliance with the Indian Child Welfare Act by amending the California Family Code, Probate Code, and Welfare Institutions Code. As a result of the Tribe's testimony, the Senate Judiciary Committee voted in favor of SB 678.



Photo L-R: Daniel Pratt (Social Worker III – Orleans Area), Arch Super (Chairman), Mike Edwards (Social Worker III – Yreka Area), Florence Conrad (Council Member), Florraine Super (Council Secretary), Barbara Norman (Tribal Attorney), Tanya Busby (Case Worker), and Lawrence Jordan (Executive Director)



Earned Income Tax Credit

**Low-Income Individuals and Families Can Get Extra Money Back
In Their Tax Return**

What is the Earned Income Tax Credit (EIC or EITC)?

Established in 1975, the Earned Income Tax Credit provides a refund for certain low-income working families and individuals.

- For the 2005 tax season the EIC can return up to \$4,400-the average credit for eligible workers with children is about \$2,100

Who Is Eligible for the EIC?

Single or married people who worked during the tax year, are between ages 18 and 64 (or 25 to 64 of no children) with a valid social security number, and who are U.S. citizen or legal permanent resident may qualify for the EIC if their income is under certain amounts (other factors may apply).

**California Indian Legal Services
Administrative Office Telephone
(510) 835-0284**

Eligible Income Levels for 2005 Tax Year

Number of children	If taxpayer is single	If taxpayer is married
0	\$11,750	\$13,750
1	\$31,030	\$33,030
2 or more	\$35,263	\$37,263

For more information, about the EIC and our free tax preparation,

go to www.calindian.org or call • California Indian Legal Services

Bishop • Escondido • Eureka • Oakland • Santa Rosa • Washington, D.C.

E-mail: contactCILS@calindian.org

Staffing Update

Sara Spence, Human Resources Manager



Sara Spence

Here is the quarterly staffing update; we currently have 162 employees on staff.

Jessie Thom resigned her position as Custodian at the Yreka Clinic on 8/8; we have hired a private company, **Pioneer Cleaning Services**, to clean that clinic at night as the task has become rather large with all of the staff/departments out there.

Monty Mollier filled the Maintenance/ Groundskeeper vacancy in Somes Bar/ Orleans on 7/18.

Sharon Denz filled the Patient Assistance Clerk vacancy in the Yreka Clinic on 7/25.

Lana Givant filled the Registered Nurse vacancy in the Yreka Clinic on 7/25, this position was previously held by **Sharon Denney** who resigned on 5/31.

Jolena Jerry filled the Dental Receptionist vacancy in the Yreka Clinic on 8/17 and **Christina Kelley** filled the Dental Receptionist vacancy in the Happy Camp Clinic on 9/6.

Janet Burcell resigned her position as Pharmacy Billing Clerk on 9/16 and **Kathi Hauzer** filled the position on 10/17.

Bonnie Alvarez and **Nell Sakota** resigned their positions as Senior Nutrition Center Cooks on 8/26. **Wilson Donahue** started on 8/29 and **Stephanie Griffin** started on 9/6 to fill these vacancies. Nell resigned her position to transfer to the Head Start Cook vacancy in Happy Camp that was created when **Leona Peters** transferred to the Yreka Head Start Cook position, which was vacated when Rana

Bussard transferred to the bus driver position.

Linda Davis resigned her position as Head Start Teacher in Happy Camp on 8/2 and **Maria Nena Creasy** was transferred into that position. Maria was previously the Teacher's Assistant in the Happy Camp Head Start Center and **Daria Tripp** filled that vacancy on 8/28.

Lora Burns resigned her position as Billing Clerk on 9/22 and we are still in the process of filling that vacancy. We are also advertising for a Temporary Accounts Receivable Clerk to try and keep up to date on the AR/Billing that needs to be done to allow the Health Program to function.

Leaf C. Hillman, Harley Moore, and Grant Hillman were hired on 9/22 as seasonal Biological Technicians to work in the Department of Natural Resources.

Darlene Navarro resigned her position as CASA Program Manager on 10/14 and we still in the process of filling that vacancy.

It seems as though there is always a vacancy of some sort. 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. We have also implemented an email list you can sign up for to be notified when new positions are posted on the website. In one month I had 15 people sign up to find out about employment with the Tribe.

**Attention: Siskiyou County Youth
11-19 years old.
Grants for Youth are Now Available!**

**Grants Advisory Board for Youth
(GABY)**

**is awarding grants from Shasta
Regional Community Foundation**

**Get up to \$1,000
for youth led community service projects!**

Write a proposal for a grant to help you complete a project. For assistance or more information, go to <http://www.shastarcf.org/grants.cfm>. You can also call GABY board member, Andrew Bley at 493-5442, the Happy Camp Computer Center at 493-5213 or Kathy Suvia at 244-1219.

Proposals are due at Shasta Regional Community Foundation by December 14, 2005.

Elder Shares Local History and Genealogy

Rosie Bley



*Hazel Davis Gendron,
Historian*

Hazel Davis Gendron is a remarkably talented woman who is a fountain of information on local tribal and mining history. She has generously shared her memories and knowledge to many (myself included) seeking information on local families and historical people, places and events. Her web site is, in her words, a "work in progress" and has many hidden jewels for those who seek insight into native and non-native history in western Siskiyou County.

To visit, go to:

<http://www.hazelshobbies.com/index.php?module=ContentExpress&func=display&ceid=>

Also:

<http://freepages.genealogy.rootsweb.com/~siskiyou/index1.htm#PageTop>



KTHA Update

*Sami Jo Difuntorum
Executive Director
Karuk Tribe Housing Authority*

The summer went by quite fast at the Housing Authority. The construction season in Northern California was short this year due to a very wet spring. Even so, the Karuk Tribe Housing Authority (KTHA) construction department moved many important projects forward.

The long anticipated Yreka Elder's community is substantially finished. Our first eight Elder's have moved into their new homes. We have fifteen Elder's homes in the Yreka community, fourteen in Happy Camp, and ten in Orleans. If you would like more information on Elder's housing, please call me at 530 493-5434, extension 113, email sdifuntorum@karuk.us, or Ann Escobar at 530 842-1644, email aescobar@karuk.us.

The KTHA loan program has over \$978,000.00 obligated in first time homebuyer loans to eligible Tribal members. To qualify for this program, you must live in Siskiyou or Humboldt County. KTHA loan officer Eddie Davenport is the contact person for the loan program and the upcoming Community Development Financial Institution (CDFI). If you are interested in loans programs offered by KTHA, please call him at 530 493-5434 ext 105, or email edavenport@karuk.us.

KTHA is pleased to announce the hire of our Director of Security and Emergency Services, Lisa Haas. Lisa is currently residing in the Yreka community and will be the first Tribal Law Enforcement officer employed by the KTHA. She is busy developing security programs, including Neighborhood Watch. You can contact Lisa in the Yreka office 530 842-1644.

We just ended our program and fiscal year at the KTHA. At the end of each year we compile a report called the Annual Performance Report (APR). KTHA staff will be scheduling public comment meetings in Orleans, Yreka, and Happy Camp for public review and comment on the APR. Once the dates are scheduled, they will be posted in all Tribal offices.

KTHA welcomes our newest Housing Committee member Sheila Robinson of Yreka. Sheila is serving the remainder of the term vacated by former board member Joe Schuler which expires May 16, 2007.

KTHA Securities and Emergency Services

Ayukii!

I am Lisa Haas and I am the new Security Director for the Karuk Tribe.



Lisa Haas

I have worked in the security/law enforcement field for over fourteen years. I was born and raised in Happy Camp and my family has lived on the river for over 8 generations. I have an eleven year old son who is enjoying getting to know his extended family and our Karuk heritage.

My job as director is to implement the Karuk Tribal Police Department.

I will be entering into the California Peace Officer Standard and Training (P.O.S.T.) program in the near future. Currently, I along with the residents in the Yreka Housing Community, are starting a Neighborhood Watch Program.

I would like to take this opportunity to thank the residents of the Yreka Housing Community and the Karuk Tribal Housing Authority for all their support and encouragement while we develop these programs together. The success of the Security Department lies with strong community involvement and continued support from all.

Feel free to contact me with any questions, suggestions, or concerns by calling (530) 842-5355.

Yootva!



*Karuk Tribe Housing Authority Administration
Building, Happy Camp*

Karuk Tribe Military News

SPC Richard George Kozma

Leaf Hillman

SPC Richard George Kozma, son of Richard and Tribal Member Patricia Kozma of Dunedin, Florida is serving in the US Army. SPC Kozma is with the 440th Signal Battalion, 22 Signal Brigade, which is part of the 5th Corp, stationed at Cambrai-Fritsch Kaserne outside of Darmstadt, Germany. SPC Kozma graduated from Countryside High School, Clearwater, FL, in June 2000 and joined the Army August 2000. He graduated from boot camp at Ft. Knox, Lexington, KY. From there he went on to attend AIT in Fort Gordon, GA. First tour of duty for three years, was Darmstadt, Germany. SPC Kozma was deployed to Iraq March 2003 and returned to Germany February 2004. His tour in Germany was extended due to his deployment to Iraq. He married SPC Bevelyn Cowans, of Lexington, NC, September 2004 and they became parents May 2005. In November 2005 SPC Bevelyn Kozma will be deployed to Iraq.



SPC Richard George Kozma

SPC Kozma's parents, brothers Michael, Chris, Kyle, Aunts and Uncles, Andrew and Tribal Member Birdie Whipple; Lynda and Tribal Member Leo Chase; Nick and Tribal Member Andi Cossman; Tribal Member Steven Martin and too numerous to name cousins, want him to know how much he is loved and how proud we all are of him. He is now serving his second tour in Iraq, deployed 5 Oct 2005.



Home Safe

SPC Josh Hillman

back after a year in Northern Iraq to Ft. Lewis

Seaman Recruit Grant Henry Peterson Seaman Apprentice Heather Linnae Peterson

Erin Hillman

Tribal Member Babbie Peterson has had a very busy summer, first attending her children's high school graduations and then traveling to Chicago Illinois twice to witness each of them graduate from boot camp at Great Lakes Naval Base. Babbie and husband Dwayne Peterson's son, Grant Henry, and daughter, Heather Linnae, who both attended Junction



Dwayne, Grant, Babbie & Heather Peterson with Grandpa Willard Titus in chair

Elementary school in Somes Bar, graduated from Hoopa Valley High School in June, and then within weeks of each other, left their home for the Navy.

Seaman Recruit Grant Henry Peterson (E-1) graduated from Great Lakes Naval Base on August 19, 2005. He is now stationed in Groton Connecticut where he is receiving a year of training in computers and electronics which he will use as a submariner. In his spare time at home in Orleans his interests include computers, computer games, running, wrestling, reading and hanging out with his friends.



Seaman Recruit Grant Henry Peterson

Seaman Apprentice Heather Linnae Peterson (E-2) graduated from Great Lakes Naval Base on September 23, 2005 and is currently in San Antonio Texas training to be a culinary specialist. Heather's extracurricular interests include writing, cooking, playing saxophone, learning guitar, listening to music and like her brother, reading and hanging out with friends.



Seaman Apprentice Heather Linnae Peterson

Grant and Heather come from a family with a history of military service, their Grandfather, Karuk Tribal Member Willard Titus Sr. is a WWII Army Veteran and their Uncle Willard "Bucky" Titus Jr. is a Vietnam War Army Veteran. Willard Titus Sr. is very proud of his grand children's decision to join the service. So are we.

Second Annual Fall Karuk Basketweavers Gathering

Leo Carpenter, Karuk People's Center Director



Leo Carpenter, Jr.

The People's Center hosted the 2nd Annual Fall Karuk Basketweavers Gathering on September 23rd through the 25th of 2005. There were 125 registered participants for the three day event held at the Karuk Tribal Administration Complex.

For three days participants shared meals, weaving tips, and good conversations, given at no cost to the participants because of a grant from the National Endowment of the Arts and the Karuk Tribe. The delicious meals were planned and prepared by head cook Carrie Davis and her helpers, Laura "Loli" Ward, Gaby Ward, Mrs. Lora Ward and Kathy Davis. After dinner on Friday evening a Bingo game offered prizes of Karuk jewelry, keychains, a t-shirt, a Navajo blanket and a beautiful star quilt donated by the People's Center.

Verna Reece was the lead teacher of Karuk basketry. Brian Colegrove, taught the men the open weave style. One person Brian taught to weave, made himself a open weave cap.

On Saturday morning Verna Reece led about thirty people on a field trip to gather Woodwardia fern. Verna then taught how to re-seed the area while gathering by stripping the leaves on the site. The students returned to and extracted the fibers used to weave the baskets. In the evening before dinner The Davis Dance group put on a demonstration Brush dance. After the dance, dinner of salmon, cooked in the traditional Karuk way was served by Carrie and crew.

On Sunday after breakfast most of the participants went home. We are planning our 3rd Annual Spring Karuk Basketweaving Gathering for April 2006.



yav pa anav

Karuk Family Wellness Court

by Judge Flies-Away

The *institutionalization* of Healing to Wellness Courts amid some American Indigenous Nations suggests that a *spiritual revolution* is slowly unraveling on the rez. Something stunningly spiritual (related or joined in and energy that brings people together - reconnects) is happening to Indigenous North American jurisprudence. There seems to be a reverent revival and renaissance of traditional and enlightening ways. For tribal government, the movement is almost like the berthing from one world to the next - like the stories in some creation myths - which indicate a major change of context and circumstance. Though this 'native' revolution does not employ a 'call to arms' strategy, it does demand the thoughtful application of indigenous intellect and innovation to the incessant - and intricate - community and nation building campaign.

It appears that this native revolution's primary purpose is to rid the indigenous psyche of the remaining symptoms common to a conquered and cowed people. For many North American Indigenous Nations, symptoms include extensive alcohol and drug abuse and their related devastating crime, delinquency, and dependency. Encouragingly, Tribal Healing to Wellness Courts attempt to address this particular devastation, depression, and decay of the human spirit; most of which is preventable and needless. Wellness Courts signify that this *spiritual revolution* is beginning to swirl—at least among a few tribal communities. These revolutions not only matter to Indigenous people individually as they each heal and get reconnected, they are of big consequence and concern to their peoples' collective paths as they travel/develop from *Tribes to Nations*.

A Healing to Wellness Court is a tribal version of a Drug Court. Both can be considered a treatment court. Wellness Courts have been implemented in various tribal communities throughout Indian Country and each has taken on its own personality and characteristics derived from its own community and those people who have helped fashion and design each court and its process. Initially, Wellness Courts were alternative criminal court dockets for non-violent drug offenders that provided close judicial supervision of a participant's treatment program and progress, and supervision of their aftercare. Now, wellness courts are working more and more with the family to assist and support the entire family in their efforts to be healthy. To address preventable substance abuse and consequences among tribal families, Wellness

Courts utilize a wide variety of treatment modalities ranging from traditional individual and group counseling to acupuncture, a c u p r e s s u r e and even Zen

meditations. Treating the whole person and family is what is central to the Family Wellness Court approach.

The development of the Family Wellness Court, or what the Team is tentatively calling *yav pa anav*, is fueled by the Karuk's Tribe's desire to respond to alcohol and drug related family issues among the Karuk people and community. Jail time, fines, and punishment alone, do not change a person's behavior; it takes another approach, a healing approach. *yav pa anav*, which translates into Good Medicine, hopes to bring together a wide spectrum of perspectives and treatment services, that can help individuals regain personal and community responsibility and accountability. Treatment possibilities all depend on what healing resources Karuk already provides or is planning to provide, and how well providers can collaborate and make their services available to *yav pa anav* participant families.

It is planned that participant families in *yav pa anav* receive support not only from their counselors and treatment staff, but from the judge and entire Wellness Court Team. A Wellness Court Team can include treatment staff, social services, law enforcement, schools, education and training counselors, elders, community members, judicial officers and others. And in order for participant families to succeed, the Court must track and follow up with participants and provide prompt and swift responses to successes and non-compliance. While the literature on Healing to Wellness Courts is young, evaluations have shown that they can work. Recidivism is down among offenders and participants learn to lead healthier and fuller lives.

In April 2005, with financial support from the U.S. Department of Justice - Drug Court Planning Initiative, the Karuk Tribe began planning its Family Healing to Wellness Court. A Planning Grant supported the travel for a Team from Karuk to attend 4 Meetings/Trainings to learn more about wellness courts, treatment, and potential planning issues that bring the two together. The last training ended on October 15,



Florence Conrad & another participant



Daniel Pratt, Julie Burcell-Carpenter & Judge Flies-Away

Preventing and Reporting Elder Abuse

Babbie Peterson, Senior Center Director

Were you aware that when you continue to use an elder's phone and place the burden of your long distance phone bill on them, that is reportable elder abuse?



Preventing & Reporting Elder Abuse participants

To learn more about physical and emotional elder abuse and reporting, the Siskiyou County Sheriff's Department conducted

training for

community members on October 5, 2005. This training was provided in cooperation with The Happy Camp Family Resource Center, the Forest Service, and the Karuk Senior Center Program. It is a requirement for our Senior Center Nutrition Staff to be mandated reporters of Elder Abuse.

HOW TO REPORT ELDER ABUSE:

- If a known or suspected instance of elder abuse has occurred in a long-term care facility, the report should be made to the local Long-Term Care Ombudsman, the local law enforcement agency or the Bureau of Medi-Cal Fraud and Elder Abuse.
- If abuse has occurred anywhere other than in a facility, reports should be made to the local

county Adult Protective Services agency or to the local law enforcement agency.

- The reporting person is protected from both criminal and civil liability.

Local Adult Protective Services:

Humboldt County Department of Social Services
808 E Street
Eureka, CA 95501
(707) 476-2100 or (866) 527-8614

Siskiyou County Human Services Department
490 South Broadway
Yreka, CA 96097
(530) 842-7009

Ombudsman (Investigative) Programs:

Humboldt, Del Norte, Lassen, Modoc, Shasta, Siskiyou and Trinity Counties
1910 California Street
Eureka, CA 95501
707-443-9747 • FAX 707-444-2065

Ombudsman Program

1647 Hartnell Ave., Suite 6
Redding, CA 96002
(530) 223-6191 • FAX (530)223-5292



Pam Cunningham (left, in black) facilitated the training.

yav pa anav... continued from page 14

2005 and over the next few months will continue planning and develop a grant proposal for implementing *yav pa anav*. Of course, collaboration with the State - the Counties of Siskiyou and Humboldt - is required in order to fully develop *ya pa anav*. The Tribal Court will continue to work with building its relationship with the County Court and welcomes other County participation in *yav pa anav*. Various issues must be worked out and may restrain the tribe's creativity at first but it does not prevent the Tribe from developing an infrastructure necessary to support this important responsibility and expression of tribal sovereignty.

The Team that began outlining the contours of *yav pa*

anav - Karuk Wellness Court - consisted of Chairman Super, Council members Super and Conrad, Chief Judge Flies-Away, Court Administrator Attebury, social services and behavioral health staff Snapp, Pratt, Busby, and Edwards, and administrative staff Hillman and Burcell. The Team is looking for more input from community members and staff, particularly elders, and is planning a presentation to the Council and Membership in the near future as well as prepare the grant application for three years of implementation. If you are interested in learning more about *yav pa anav* please forward your inquiries to the Court Administrator and she will bring them to the Team. Look for announcements for the community presentation in the near future.

SWEEP Success Stories

SWEEP stands for Skills, Work, Education Enhancement Program: This program is to enhance eligible Indians' lives with skills/work and/or education. The goal of the applicant is to become more employable while obtaining an incentive payment. An applicant can be on the program for two years or 48 payments while they acquire skills for permanent employment.

Wesley Mayton, Tribal Member, Happy Camp, CA



*Wesley Mayton
SWEEP Success Story!*

So give us some background of who you are? Born and raised here.

How long have you lived in the area? Most of my life

How did you hear of the SWEEP Program? Florence Lopez, Elder's Director

What year did you sign up for the Program? 1997 – I think

What were your circumstances at the time? Desperate

What duties did you do while in the program? I filed, typed minutes for Lessie Aubrey, CQI Director's Happy Camp Health Office.

How did this lead to your employment? A little job here, a little job there. I just worked into one.

In your own words, how has the SWEEP program changed your quality of life? It helped me get on my feet when I needed it the most.

What do you think can improve the SWEEP Program? I am not sure.

Would you refer Tribal members to the program? I think everyone needs help once in a while regardless of who they are.

Marlene "Sunday" Kalua, Tribal Member, Happy Camp, CA

Lisa Aubrey, SWEEP Director

So give us some background of who you are? My name is Marlene W. Kalua. Most know me as "Sunday Tripp" from Somes Bar, CA. I lived in Somes Bar until I entered High School, which moved me here to Happy Camp. Right after school I moved to Hawaii, homeland of my mother Violet Tripp, whom I lost in 2001. I married and lived in Hawaii until January 2004.



*Marlene "Sunday" Kalua
SWEEP Success Story!*

How long have you lived in the area? All my childhood life

How did you hear of the SWEEP Program? Terry Tripp, sister

What year did you sign up for the Program? May 7th 2004

What were your circumstances at the time? I was starting over in my life and needed a home and job.

What duties did you do while on the program? I thank the Karuk Housing Authority for promptly taking me on board with their maintenance department. But with no positions open for permanent work, I was offered to do SWEEP time assisting Lisa Aubrey, LIAP Administrator. During that time I worked with the TERO program, Dion Wood, Tero Director who pointed me toward another program, California Indian Manpower Consortium Inc. (CIMC) who paid for job training.

How did this lead to your employment? Today, I have a good full-time job. I am self-sufficient and I work with good people. I'm so happy!

In your own words, how has the SWEEP program changed your quality of life? The SWEEP program helped and supported me through my transactions. I'm very thankful for the helping hand reaching out!

What do you think can improve the SWEEP Program? I always thought that a social worker should be incorporated into the program.

Would you refer Tribal members to the program? Its there - reach back. I recommend it!

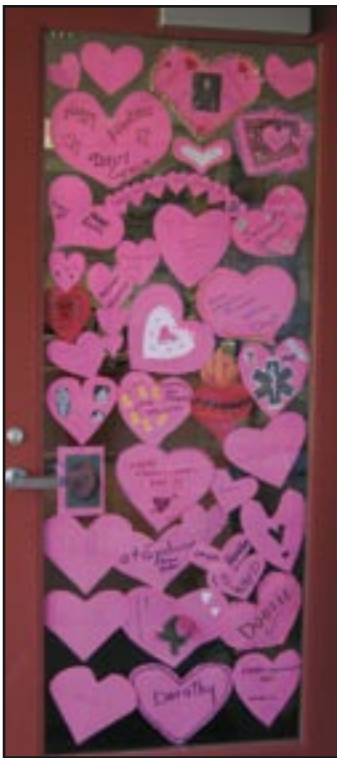
Who is Ellen?

Sara Spence, Human Resources Manager



*Ellen Johnson,
Administrative Office Receptionist*

office mail, etc. Ellen also keeps us all on our toes so that we consistently check in with her and let her know where we are so when you call, she can tell you where we are!



later had become a field of old cement blocks and garbage with overgrown weeds for years. Ellen and her husband Bill, along with other community members, took the time, money, and effort to clean it up and make it into a lovely park for the community to enjoy. They continue to mow and maintain it to keep it looking nice!

I figured I would take this opportunity to give you a face to put with the name since several of you hear it on a regular basis. I would also like to thank all staff who pitch in at the front desk by helping answer phones when we are short staffed!

Do you ever wonder who that voice is that answers the phone when you call the Happy Camp Office? It is Ellen Johnson, (AKA, Dingy by long time friends) our dedicated Administrative Receptionist! Ellen always answers the phone ready to help direct your call to the appropriate place in such a pleasant manner.

She also does several other things for the Tribe including office supply ordering, logging in and out *every piece of mail* that comes into and out of the Administration Office. She distributes memos, faxes, inter-

She spreads happiness and laughter throughout the office wherever she goes and encourages us to express our "creative" side during the holidays with required homework... like making a door decoration for the front door. The most recent example was Halloween and another good one was Valentine's Day as seen in the photos.

Ellen was born and raised in Happy Camp where she lives with her husband Bill. She has one daughter, Lisa Haas, who works for the Karuk Tribe Housing Authority as their Security Director in Yreka Housing.

One demonstration of Ellen's wonderful contribution to the community was the development of the Happy Camp Old Town Park that was built in 1999 across the street from Evan's Mercantile. For those of you who remember, it was previously the site of the Timber Inn and Del Rio Theater, and



*Old Town Park
Downtown Happy Camp*



Grant McElyea Receives Ford Family Foundation Scholarship

Submitted by Nadine McElyea



Grant McElyea, a Tribal member and 2005 graduate of Happy Camp High School, is attending College of the Siskiyous in Weed thanks to the help of the Karuk Tribe of California Education Program and the Ford Family Foundation Jump Start Scholarship. Grant is enrolled in the Administration of Justice AA Degree Program. His plans are to become a law enforcement officer and work in Siskiyou County.

In the attached photo, Grant is receiving his scholarship award plaque from Anne Leavitt, Director of the Ford Family Foundation Scholarship program at an awards banquet held at COS on September 19th. Grant was nominated for this scholarship by Monica Van Baren, Happy Camp High School counselor. The Ford Family Foundation, based in Roseburg, Oregon, provides scholarships to students in Oregon, and in Siskiyou County, California.

10 Money Management Tips

Laura Mayton, CFO

1. Be a saver not a borrower. If you save \$1,000 for a year at 5% interest, you will have earned \$50. If you borrow \$1,000 for a year at 5% interest, it will have cost you \$50. The difference is a \$100 shift in your overall spending power. Earning interest increases your future spending power. Paying interest decreases your future spending power.
2. Pay off credit cards before paying extra amounts towards your home mortgage. Credit cards usually have a much higher interest rate than home mortgages so you are saving money on future interest payments by paying credit cards off first. Also the interest you pay on your home mortgage is tax deductible.
3. When making a purchase choose the best value. The best value is often not the least expensive or the most expensive choice. Sometimes when you purchase the least expensive choice, the quality is not good and you end up spending more to replace the item later. Sometimes when you purchase the most expensive choice, you are paying for a name brand that may not be any better in quality.
4. When making large purchases shop around. There are often significant differences in price between retailers on the same or similar items.
5. For Christmas shop the day after Thanksgiving and get great bargains. Most retailers open early and offer great deals the day after Thanksgiving. Plan your shopping strategy by purchasing a newspaper a day ahead of time and deciding in advance which stores you want to go to and what items you plan to purchase. Plan to start early and expect large crowds.
6. If you read a lot, yard sales and thrift stores are a great place to purchase books. You will be able to purchase several used books in excellent condition for the price of one new book.
7. Have a yard sale. You will earn extra cash, clear your house and garage of unwanted items, and help someone else save money on their purchases.
8. Plan vacations in advance. If you plan your vacation ahead of time, you will have time to look for the best deals on air fare and lodging. You may also be able to find package deals which will save you money.
9. Invest in a 401K plan at work or purchase an IRA. Money that you invest in a qualified 401K plan is not taxed until it is distributed.
10. Get organized. By being more organized you will save money on many items. For example you will use less gas if you do not have to make extra trips to town because you forgot something, and you will not spend money on something that you already have but cannot find.

Neva Lenk Attends University of Oregon

Submitted by Marty Lenk



Neva Lenk has begun her freshman year at the University of Oregon in Eugene.

She graduated this past June from Ashland High School, but also attended Thurston High in Springfield, Oregon for her freshman year.

In high school, Neva lettered in both Theater and Dance Team. She has been learning the Karuk language for the past six years, studying first with Susan Gehr and later with Phil Albers, Jr. She is a member of the California Indian Basketweavers Association and did her senior project on Karuk basket weaving.

Neva plans to major in elementary education and hopes someday to teach somewhere along the Klamath River.

Go The Distance

College of the Siskiyou

Distance Learning

Videoconferenced Classes are now available at Happy Camp High School, room 11, connected to the Happy Camp Community Computer Center.

Why travel to school? College courses are available in Happy Camp. Online courses are also offered.

Pre-register for spring classes now through mid-January.

**Contact the KTOC
Education Department for
Financial Assistance**

Call (888) 397-4339
<http://www.siskiyous.edu>

Happy Camp High School Video Classroom (Room 11 or through the Computer Center)

<u>Class</u>	<u>Units</u>	<u>Teacher</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>
MATH 5B Calc/Analyt Geom II	4	Hatton, J	MW	8:00 AM 10:00 AM	1/20/06 5/24/06
			F	8:00 AM 8:50 AM	1/20/06 5/24/06
MATH 81 Pre-Algebra	4	Broussard, K	M	1:00 PM 1:50 PM	1/23/06 5/22/06
<i>Balance of Class Taught Online</i>					
ECE 5 Human Development	3	Thatcher, P	MWF	11:00 AM 11:50 AM	1/20/06 5/24/06
WEE 1 Work Exp Orientation	0.5	Kirsher, S	SAT	8:00 AM 5:00 PM	3/18/06 3/18/06
BA 18 Legal Envirn/Busines	3	Graves, M	T	2:30 PM 5:30 PM	1/24/06 5/23/06
BA 4 Business Communicatn	3	Dunn, S	T	6:00 PM 9:00 PM	1/24/06 5/23/06
ECE 3 Child Guidance/Mgmt	3	Thatcher, P	TH	6:00 PM 9:00 PM	1/19/06 5/25/06
ECE 7 Child/Family/Comty	3	Thatcher, P	TTH	1:00 PM 2:15 PM	1/19/06 5/25/06
ECE 27 Adult Supervision ECE	2	Thatcher, P	W	4:00 PM 6:00 PM	1/25/06 5/24/06
ECE 14 Materials and Curriculum	3	Skinner	W	6:00 PM 9:00 PM	1/25/06 5/24/06

Look for online courses at <http://www.siskiyous.edu>

Ayukii from the Education Department

Jennifer Goodwin, Education Coordinator
Information collected from FastWeb

Here are tips on how to cut corners on college costs

College costs are going through the roof. The average debt of a student finishing college is \$18,000! To reduce the costs of your education follow these strategies.

Ask about application fee waivers.

The cost of applying to college, taking standardized tests and having those scores sent to schools can add up. If you're strapped for cash, consider asking about application fee waivers. But keep in mind: Availability is limited, and you must meet some pretty stringent standards to qualify.

Apply for financial aid.

Even if you think you're not eligible, be sure to apply for financial aid by filling out the FAFSA (Free Application for Federal Student Aid). This form is the first step for applying for all kinds of aid, from federal aid (grants, loans, and work-study), to state-based finding (grants and other programs), to college-based aid (special awards, grants and work-study programs).

Search for free money.

And since every little bit counts, you should also apply for scholarships. Try using the FastWeb scholarship search to help you find awards and then apply! You can also visit www.finaid.org to learn about all of your funding options.

Complete some of your credits at a lower-cost school.

You can save a lot by completing your general education requirements at a community college or less expensive school and then transferring to complete the degree. Talk to an admissions counselor to be sure your credits will transfer, and learn as much as you can about the financial aid policy. Some schools restrict financial aid for transfer students.

Get to know the financial aid officer at your college.

While specific rules apply for financial aid calculations, financial aid officers still have a certain amount of leeway in determining how aid is allotted. It's important to let your financial aid officer know about any special circumstances that affect your ability to pay for college.

Look for ways to pay in-state tuition.

Most public colleges and universities charge considerably less tuition to in-state students in comparison to students from out of state. Pick a college in your state to keep costs down. Or if your heart is set on going out of state, consider moving a year before starting college. After you've established residency (usually one year), you should be eligible for in-state tuition. Policies vary from school to school, so be sure to check with your school of choice.

Accumulate credits before college.

You'll save a lot in tuition by earning college credits while you're still in high school. Take Advanced Placement courses or think about taking courses at a local community college to get a head start on your college career.

Combine degrees to save time and money.

If you're planning to earn multiple degrees, you can save a year's tuition by enrolling in a combined degree program. Some schools will allow you to combine a bachelor's degree with a master's degree or a master's degree with a doctoral degree.

Live at home during college.

You can save a lot if you live in your parents' home when you go to college. You might miss out on the dorm experience, but your food and housing bills will be a lot lower. If you really want the residential college experience, compromise by spending some years at home and some years living on campus.

Apply for "life experience" credit.

If you're entering school from the work force, you may be able to earn college credit for your employment and life experience. Some schools administer their own tests and standards while others allow you to take tests for college credit.

Keep costs down and maximize your financial aid, and you'll look forward to graduation day all the more!

Forge Ahead With All Of Your Educational Goals!

If I may be of any assistance to you or if you have any questions please feel free to contact me at any time.

Jennifer Goodwin
Education Coordinator
530-493-1600 ex. 2034 or 1-800-50-KARUK ex. 2034

Yupsitanach (Baby) Page

Casey Alan Quinn



Details: Born September 4, 2005 at 5:23 PM at Mad River Community Hospital in Arcata, CA

Weight: 6 lbs. 6 oz., 19.5 inches long

Parents: Scott and Jeanette Quinn of Somes Bar, CA

Paternal Grandparents: Alan and Lillian Quinn of McCloud, CA

Maternal Grandparents: The late Gene Courtney; Julia Courtney-Williams and Joe Williams of Trinidad, CA

Paternal Great-grandparents: Robert and Jenevieve Quinn of Eureka, CA and the late Stan and Aline Wilder of Orleans, CA

Rayann Lynn Jerry

Details: Born August 7, 2005
5 lbs 13 oz., 19 inches long

Parents: Joe and Lyndsey Jerry-Janesville

Paternal grandparents: Anthony (Sunny) Jerry-Yreka

Great-grandparents: Lorelie & Eugene Super-Yreka

Anthony & Berta Jerry-Montague

Maternal grandparents: Robert & Janice Watts-Janesville

Great-grandparents: Leo & Millicent Heinz-Glendale



Dakoda John Scott Kozma



Details: Born on May 25, 2005 at 4:44 PM in Heidelberg, Military Installation, Germany
8 lbs 9 oz. 21" long

Parents: SPC Richard Kozma and SPC Bevelyn Kozma

Paternal Grandparents: Richard and Patricia Kozma of Dunedin, FL

Maternal Grandparents: Bevelyn "Pete" and Caroline Cowans of Lexington, NC

CHS Levels of Care for FY 2006

Effective: October 1, 2005 through September 30, 2006

The Contract Health Services (CHS) Levels of Care were reviewed and updated by the Karuk Tribal Health Board on October 6, 2005. The Karuk Tribe will cover the following expenses for all **eligible patients** that **meet all requirements** of the CHS Department. **Items that were changed are in *italics*.** Please call Anna Myers, CHS Supervisor, at 493-1600, Extension 2156 or Lucille Tiraterra, CHS Clerk, at 493-1600, Extension 2151 for further information.

- Level 1**
- A. Pregnancy related items.
 - B. Abortion services.
 - 1. Only when necessary to save the life of the mother or in the case of rape or incest; consistent with Federal Regulations.
 - a. With a written doctor report stating the cause of the complication.
 - b. With a written referral from the referring KTHP provider.
- Level 2**
- A. Prescription medications.
 - 1. Prescriptions not covered under the Karuk Tribal Health Pharmacy Guidelines may be reimbursed on a case by case basis only. (CHS appeals process may apply).
 - B. Consulting services (evaluations and management services).
 - C. X-rays/Medical Imaging.
 - D. Lab services for students and transients when the professional service has been approved for payment by CHS.
 - E. Diagnostic testing.
 - F. Colonoscopy with or without polyp removal, sigmoidoscopy.*
 - G. Emergency Services (ER).
 - H. Urgent Care Services.
 - I. Sleep Apnea Evaluation.
 - J. Medical Supplies (*Not Durable Medical Equipment*).
 - K. Oxygen (*Re-certification needed no less than annually*).
 - L. Orthopedic Appliances/Devices.
 - M. Outpatient Chemotherapy.
 - N. Outpatient Radiation therapy.
 - O. For patients having Medicaid or other medical coverage for office visits, CHS will pay for travel expenses at the following rates:
 - 1. Per diem up to \$30 per day plus one nights lodging at the government rate, *will be paid to patients whose appointments (medical/dental) require travel over 7 hours round trip in one day, or in special circumstances determined on a case by case basis.*
 - 2. Patient must have a referral from a KTHP provider.
 - 3. An escort may accompany individuals unable to travel without assistance (eg; children and handicapped adults) CHS will pay the escort up to \$30 dollars per day for food.
 - P. Optical examination for vision (refractive exam).
 - Q. *OB/GYN devices.*
 - R. In office procedures.
 - S. Contacts/Glasses limited to one pair every two years (\$200 cap).
 - T. Hearing aids (\$1,600 cap for one ear and CHS will pay only once).
 - U. Physical Therapy
 - 1. Maximum of 10 visits per referral, with a maximum of 2 referrals per episode. Further referrals for the same episode must be approved by Managed Care.
 - W. Mental Health Services (limited to five visits).
 - X. Chiropractor, for spinal manipulation (limited to five visits).
 - Y. Acupuncture, by certified acupuncturist, for pain (limited to five visits).

Patient Feedback is Very Important!

By Lessie Aubrey, Director of Quality Management, Compliance and HIPAA

The Karuk Tribal Health Program is very interested in what our patients have to say about their care. In order to obtain this information we have instilled:

- Suggestion boxes in each clinic lobby
- Complaint Forms which are located in the lobby
- Compliment forms, also located in each lobby called "Rave Review", and
- Patient surveys to determine their level of satisfaction.

How Do We Use This Information?

We collect this data and use it in our Performance Improvement Process. This means we use what information is obtainable and appropriate to our mission statement.

Several years ago we learned after installing a new phone system, that our patients were having a difficult time reaching staff or trying to make an appointment. We tried various ways to make the system work more efficiently, and after several modifications and satisfaction surveys, it no longer presented itself as a problem. Therefore, we improved our process and gained patient satisfaction.

Suggestion boxes are occasionally a source of jokes and discrimination against employees, but mostly provide good and needed Performance Improvement Activities. Diaper changing tables, lobby water coolers, and outside clinic benches have all been obtained through patient suggestions. Lobby toys have been requested, but because of infection control standards, we are unable to place them in the clinic lobbies.

We cannot place soda or snack machines in our lobbies either, because they are contrary to our prevention and educational activities. To do so would only encourage this behavior.

We will take constructive suggestions very seriously, but suggestions for beer, cigarettes and matches, etc., will be ignored. Please use the suggestion boxes wisely.

Patient Complaint Forms are pink and located in the lobby. The outline for making the complaint is included on the form. All complaints are sent to Lessie Aubrey, who investigates them. The complaints usually tell us that something has gone amiss, and we try to resolve the issue(s).

The Rave Review is a form (blue) to compliment a staff member on their services or care. When we receive a Rave Review, that staff member is then presented with a certificate.

Patient Survey's are usually done annually. Next time you receive one, please respond quickly and truthfully, and send it in to us. We analyze this information and come up with ideas to improve the care we offer our patients.

I hope you can see that your input is very important to the quality of services we provide, and I hope to hear from you soon through one of our Performance Improvement Activities.



Medicare Drug Coverage Update

Beginning January 1, 2006, Medicare Part D, Prescription Drug Coverage will take effect. This is considered the most significant change to Medicare in 40 years. It has also been called the most complicated drug benefit ever created. A lot of details need to be resolved with the plan and new information is coming out every day.

This program is completely voluntary but Indian Country is unique in that there will be a loss of funding sources if eligible elders refuse to register. In an effort to simplify things, keep in mind the following key points: 1) In January, the program starts in earnest but in the meantime there are things to be aware of; 2) MediCal/Medicare dual eligible beneficiaries will be automatically enrolled into the Medicare Part D plan and will have no co-pays; 3) Elders with limited income should ask for extra help; and 4) Elders have uninterrupted access to their prescriptions while ensuring that clinic income is not diminished.

Timeline: Open enrollment begins November 15. Individuals will have a choice of at least two (2) plans. Enrollment is optional/voluntary. However, it is important

that eligible patients discuss enrollment with their local clinic. This will help ensure that those who should sign up get it completed, and it will help protect the clinic's funding for prescription drugs.

MediCal/Medicare dual eligible patients will be automatically enrolled into a randomly selected Medicare plan. This is intended to simplify things for elders but again in Indian Country it is just a bit different. The best plan is for elders to check with their clinic if they receive a letter from Medicare indicating that they were automatically enrolled.

Low income elders should consult with their local clinic to see if they are eligible for the Extra Help program which assures that the elder and clinic maximizes the amount of money expected from Medicare.

The goal is to seamlessly help all elders receive the medications that they need without interruption. At the same time funding sources are changing and, hopefully, elders will take this opportunity to help the clinic and community. By maximizing enrollment in the Medicare Drug Coverage plan clinics can stretch each dollar and provide the most services to the community as possible.

Low Income Assistance Programs (LIAP)

Lisa Aubrey at 1.800.505.2785 or 530.493.1600 Ext. 2025



Low Income Heating Energy Assistance Program (LIHEAP):

This program provides energy assistance to eligible tribal members. This program provides eligible households with electricity, propane, wood and minimal weatherization. The applicant must reside in the service area. For those of you who live outside the service area, try energyassistance@ncat.org or the LIHEAP programs administered by tribes at: www.acf.hhs.gov/programs/liheap/tribal.htm or administered by States at: www.acf.hhs.gov/programs/liheap/states.htm

Housing Improvement Program (H.I.P.):

This program provides grant assistance funding to repair or the replacement of your home. This program is only funded once a year. The deadline for HIP applications is August of every year. To qualify you need to:

1. Be a member of a federal recognized American Indian tribe or Alaska Native village
2. Be income eligible
3. Reside in the service area
4. Send a disability/handicapped statement
5. Proof of Ownership or Lease
6. No prior HIP assistance



ATTENTION!!!! Apply for the CARE program offered by PP&L and PG&E. This program gives a discount on your utility bill. If you need an application please call and request the CARE application be sent to you. Let's save on energy and our budgets.



Starting this month teachers in California, Oregon and Washington, can request safety presentations to be given to their 5th grade classes, or to the 4th grade classes in Wyoming, by calling Pacific Power at 1-800-375-7085.

Oregon customers can also purchase ENERGY STAR compact fluorescent light bulbs for .99 to \$1.99 through a special offer from Energy Trust of Oregon now through December 31st. For a list of participating retailers, visit www.energytrust.org/residential/ehp/swat.html. *Eight bulbs max per customer and is not valid with any other utility offer. (Bi-Mart Medford, Grants Pass) (Fred Meyer, Medford)

Bureau of Indian Affairs Programs (BIA)

Each applicant will have to apply concurrently for financial assistance from other federal, state, county, tribal or local agency in the service area. An applicant must not receive any comparable public assistance.



- ✦ **General Assistance:** This program provides low income families with food and/or clothing, shelter, burial and emergency assistance (burn out, flood, destruction of home).
- ✦ **Skills, Work, Education Enhancement Program (SWEEP):** This program is to enhance eligible Indians with skills/work and/or education. The goal of the applicant is to become more employable while obtaining and incentive payment. An applicant can be on the program for two years or 48 payments.
- ✦ **Adult Services:** Adult care assistance provides non-medical care for eligible adult Indians. The providers must be certified or licensed. Background checks are required.

Live outside the Tribal Service area?

Call The National Energy Assistance Referral (NEAR)

1-866-674-6327

Monday through Friday, 6 a.m. to 6 p.m.

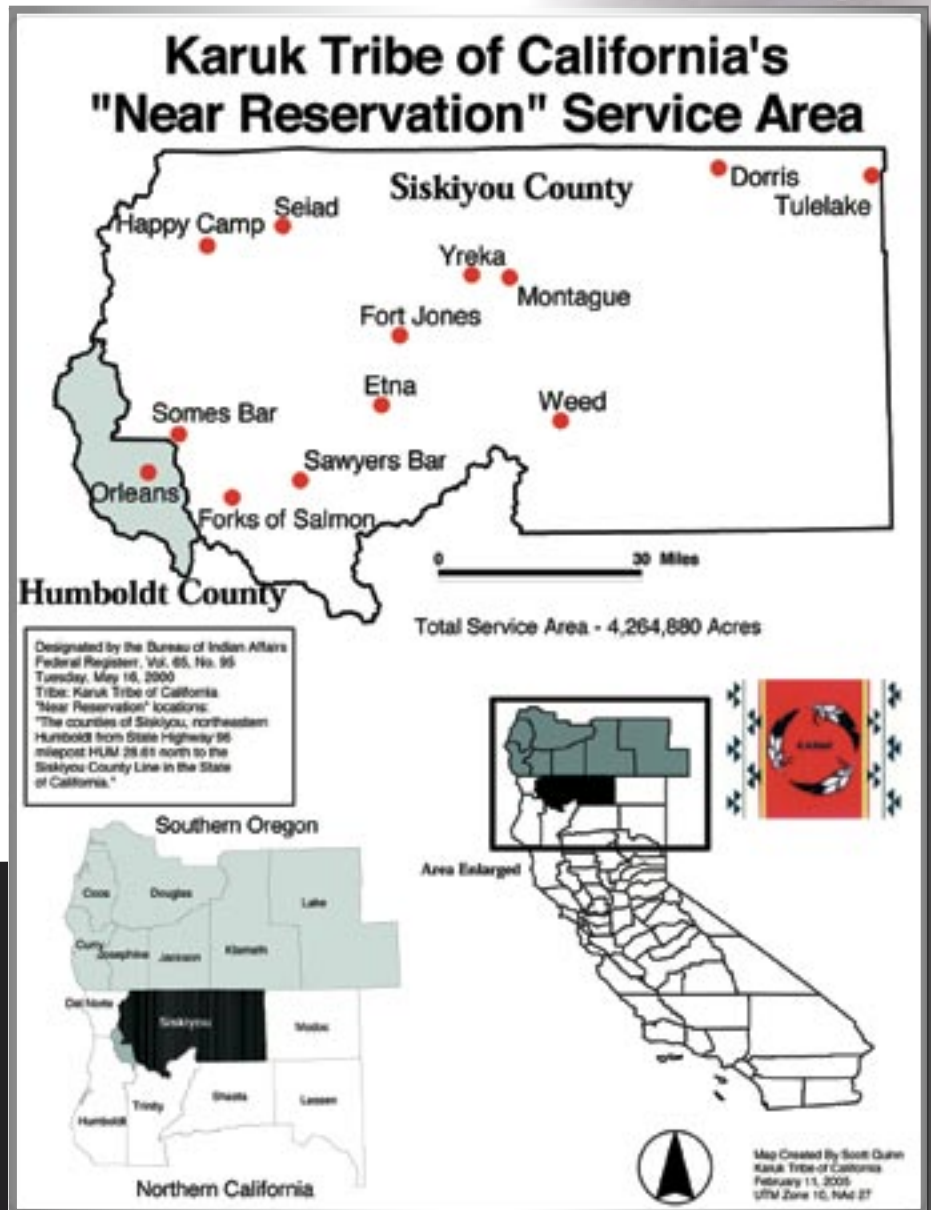
Community Services and Development (CSD):

This program provides assistance for low income families with food, shelter, transportation, health and safety issues. The applicant must reside in the service area, be very low income and be a tribal member. For those of you that live outside of the service area try

www.acf.dhhs.gov/programs/ocs/csbg/index.htm

Coming soon!!!! Low Income Assistance Program Applications on our webpage!

Congratulations to Nancy Allen and Arlene Sanderson. They won the \$50 Wal-Mart gift certificates for filling out the 2006 HIP application!!!!!!!!!!!!



The Nurse's Corner

This month we are going to place the Focus on Fitness

David Eisenberg, PHN

To get in shape, you need to:

- Train for a marathon Make physical activity party of your daily routine
 Work out in a gym Purchase stylish fitness clothing

You don't have to go to the gym or be a fitness fanatic to be active. Think "activity" instead of "working out". Little things, like taking the stairs, parking your car farther away and walking, washing your car or taking a walk after dinner all add up.

For overall fitness, concentrate on:

- Aerobic exercise Strength Training
 Flexibility training All of these

A well rounded fitness program includes each of these types of exercises. Aerobic exercises raise the heart rate, strength training builds stronger muscles and flexibility helps us move our joints.

If you exercise regularly, you can eat whatever you want:

- True False

Oh... if were only true! - In reality to maintain a healthy weight you have to watch what you eat, even if you are exercising regularly. Regular exercise means you are burning more calories, but that is not a green light to over indulge. Strike a balance between the number of calories burned when you exercise and what you are taking in with daily meals.

Regular exercise may help to prevent:

- Coronary artery disease High blood pressure Depression All of these

All of these conditions can be helped by regular physical activity. If you have a chronic illness, you should consult with your doctor or nurse practitioner before starting an exercise program.

When exercising, you may be pushing yourself too hard if you ...

- Break out in a sweat Are too winded to carry on a conversation
 Go longer than 15 minutes Can't watch TV or read a magazine at the same time

Breaking out in a sweat can happen, but if you're too winded to talk, you may be pushing yourself too hard. In fact the "talk test" is one of the best ways to measure your exercise intensity.

Screening Prevents Colon Cancer Deaths!

Studies have shown that a very simple painless screening that you can do at home can cut death rates from colon cancer by 35%! Colon cancer develops slowly over as much as a decade. The problem is that it seldom causes symptoms until it is far advanced.

Luckily, colon cancers tend to leak blood into the intestine. A simple test you can do at home on your bowel movement can detect blood. If there is blood in the stool, your doctor can do further studies to find out if you have a developing cancer. In this way, many, colon cancers are picked up at an early curative stage.

See your doctor for a home colon cancer screening kit if you

- Are more than 50 years of age
- Have a family or personal history of cancer
- Have polyps in your colon
- Have ulcerative or Crohn's colitis

A Personal Health tip from the Karuk Tribal Health Program

Karuk Tribal Health Clinic - Turkey Trot

Saturday, November 19, 2005

5 K Run (3.1 Miles) and 2 Mile Fun Walk/Run

Commemorative T-shirts will be given to the first 50 participants

Start and finish at the Karuk Tribal Health Clinic, 1519 South Oregon Street, Yreka



- 5 K course leaves the Clinic and proceeds to and around Greenhorn Park
- 2 mile walk/run follows a similar shorter route with courses clearly marked
- Post-event refreshments will be served
- Registration at 8:00 am. Events begin at 9:00
- Prizes will be awarded in all categories



Categories: 12 and under • 13-18 years • 19-30 years • 31-50 years • 51-64 years • 65 +

Free raffle at the end of the event • For more information, call Amy at 842-9200

Karuk Tribal Health Pharmacy - Charging Policy Summary

Effective October 1, 2005

I. Karuk Tribal Members Living Within The Karuk Service Area

A \$2.00 charge per 30-day prescription of covered medication.

II. Medi-cal Covered Patients

- a. Native Americans-- \$1.00 dispensing fee.
- b. Non-Native Americans—Share of cost must be met first, then \$1.00 dispensing fee.



III. Karuk Descendants And Other California Indians Living Within The Karuk Service Area

\$5.00 charge per 30-day prescription of covered medication.

IV. Karuk Tribal Members Living Outside Of Karuk Service Area

A \$2.00 charge per 30-day prescription or cost of medication, whichever is greater.

V. Non-California Indians living within karuk service area

Cost of medication plus \$5.00 dispensing fee.

VI. Any Native American Living Outside Of Karuk Service Area

Cost of medication plus 20% plus \$5.00 dispensing fee per 30 day prescription.

VII. Non-Indian Beneficiaries

Cost of medication plus 30% plus \$5.00 dispensing fee.

VIII. Spouses And Dependents Of Karuk Tribal Members

Cost plus 10% plus \$5.00 dispensing fee per 30-day prescription.

Native California - If you or somebody you know has a problem with Drugs or Alcohol, free help is available.



California
American
Indian
Recovery

Call the CRIHB CAIR Toll Free Number for information about how you can get on the road to recovery.

Call Today!
1-866-350-8772

Council Approved: August 11, 2005



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

Arch Super,
Chairman

Leaf Hillman,
Vice-Chairman

Florrine Super,
Secretary

Leeon Hillman,
Treasurer

Roy Arwood,
Member at Large

Florence Conrad,
Member at Large

Robert Goodwin,
Member at Large

Robert Grant, Sr.,
Member at Large

Alvis Johnson,
Member at Large

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*Karuk Tribal Members,
Descendents, Families,
& KTOC Staff*

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Change of Address

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

The Karuk Tribe of California
would like to wish you all
Happy Holidays!

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