

Karuk Tribe

Winter Edition 2019

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AYUKÏ

Greetings from your Tribal Council



Russell Attebery
Happy Camp
Chairman

TERM: Nov. 2019-Nov. 2023



Robert Super
Yreka
Vice-Chairman

TERM: Nov. 2018-Nov. 2022



Michael Thom
Happy Camp
Secretary/Treasurer

TERM: Nov. 2019-Nov. 2023



Wilverna Reece
Happy Camp District
Member at Large

TERM: Nov. 2018-Nov. 2020



Kristen King
Orleans District
Member at Large

TERM: Nov. 2017-Nov. 2021



Renée Stauffer
Orleans District
Member at Large

TERM: Nov. 2019-Nov. 2023



Arch Super
Yreka District
Member at Large

TERM: Nov. 2017-Nov. 2021



Sonny Davis
Yreka District
Member at Large

TERM: Nov. 2018-Nov. 2022

Notes From The Chairman



Buster Attebery California Tribal Nations Conference

Ayukii koovura Tribal Members,, I recently attended the first ever California Tribal Nations Conference in Sacramento. These are the opening remarks from California Governor Gavin Newsom:

California's Native people have called this land home since time immemorial and have survived and thrived despite centuries of violence and oppression. Since I took office, I have sought to change the paradigm for state engagement with Tribes-by taking the long overdue step of apologizing for the atrocities committed against Native peoples and establishing a truth and healing council to ensure we are accounting for the whole history of California. We have taken policy, legislative and budget steps-authorizing an additional \$2 million for Census outreach to ensure every Native American in California counts, signing into law bills that ensure Tribes can become eligible applicants to participate in affordable housing programs, more easily access ICWA (Indian Child Welfare Act) proceedings in state court and create culturally-informed youth programs.

Make no mistake; we have more work to do to ensure justice and equality for Native people in our state-in education, in the workplace, in voting and child welfare. I believe that we can most effectively address these challenges through a mutual partnership and a strong sovereign-to-sovereign relationship.

Day one topics included; Tribal-State relationships-Land and Natural Resources-Cultural Heritage-Community Development and Access to Services. I was honored to be selected to the Land and Natural Resources Panel. I reiterated what I have learned from our Natural Resources staff and the Climate Adaptation Plan developed from years of collaboration between the Department of Natural Resources staff and Dr. Kari Norgaard (University of

California, Berkley). My comments were; please review the Karuk Climate Adaptation Plan. It explains how the Karuk Tribe managed these lands for thousands of years with great results, that the landscape was part of the Karuk religion. My questions were; Why would you continue to not consult with the Karuk Tribe. Why in the world would you ignore thousands of years of "best practices"? I believe state officials are taking notice.

Day two I attended the Community and Economic Development session. I talked about the robust economy that used to be here in our forests and the reasons that robust economy is gone. Again referring to our Climate Adaptation Plan, I explained that the main reason was nobody bothered to consult with the people who live here. If that had been done they would have learned the correct way was to think about the ecology first and the economy will follow. I encouraged state officials to give us the funding needed to build the infrastructure and implement our plan. A plan that will protect and preserve our forests and streams not destroy them. A plan that will benefit Tribal and community members and not the corporate world.



Julian Lang Speaker California Tribal Nations Conference

The highlight of the conference for me was the presentation by Artists Keynote speaker, Karuk Tribal Member, Julian Lang. It was inspiring to hear Julian talk about the importance of teaching the Karuk language and to see art work on display by Karuk Tribal Member Brian Tripp. Julian told stories of how the world was created in the eyes of Karuk people. He had the entire audience singing along to the "Worm Song". For centuries Karuk Elders fought hard to keep our Karuk way of life alive and well, I am truly grateful to Julian for his efforts to protect and preserve Karuk language, religion and culture.

Yootva 

Election Committee of the Karuk Tribe

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

NOTICE OF SPECIAL ELECTION

NOTICE IS HEREBY GIVEN that on **Tuesday, February 4, 2020**, the Karuk Tribe will conduct a Special Election. Candidate packets for Happy Camp District Member at Large (partial term) will be available at Tribal Administrative offices in Happy Camp, Yreka, and Orleans on **Wednesday, November 27, 2019**.

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

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

Yreka: Kahtishraam Wellness Center, 1404 Kahtishraam; and

Orleans: Community Center, 39051 Highway 96.

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

SUBJECT MATTER OF ELECTION:

Happy Camp District Member at Large

PARTIAL TERM: through November 2020

ABSENTEE BALLOTS: Please submit your written requests for absentee ballots with a current return address **by Tuesday, January 21, 2020 by 5pm**. If you are already an absentee voter, please make sure your address is up to date with the Enrollment Office to ensure you receive an absentee ballot.

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

Send Absentee Ballot Requests to:

Karuk Voters Registration Office
PO Box 815
Happy Camp, CA 96039

CANDIDATES: Must submit their completed candidate packet and pay the \$75 processing fee to the Karuk Election Committee by **Tuesday, December 17, 2019 at 5pm**. An appointment must be arranged in advance with the Human Resources Office in Happy Camp to have fingerprints taken and submit a drug screening test **PRIOR to 5pm, Tuesday, December 17, 2019**.

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

Karuk Tribe

Official Election Results
Secretary/Treasurer and Orleans Member at Large
11/05/2019

	TOTAL BALLOTS	Michael Thom Secretary/Treasurer	Luis Neuner Secretary/Treasurer	Renee Stauffer Orleans District	Charlene Naef Orleans District	TOTAL VOTES CAST
YREKA	50	39	11	35	14	99
HAPPY CAMP	65	47	18	42	22	129
ORLEANS	51	22	28	40	9	99
ABSENTEE	184	109	71	150	28	358
TOTAL	350	217	128	267	73	685

TOTAL BALLOTS 350
TOTAL INVALID 3
TOTAL VALID BALLOTS 347

Maggie Morrow, Chairperson Maggie C. Morrow
Dolores Voyles, Vice-Chair Dolores Voyles
Michelle Spence, Secretary Michelle Spence
Romney Beck, Member Romney Beck
Barry Hockaday, Member Barry Hockaday
Tina King, Member Tina M. King
Debbie Whitman, Member Debbie Whitman

Congratulations Chairman Buster Attebery, Secretary/Treasurer Michael Thom and Orleans Member at Large Renee Stauffer! Council Members will be sworn in at the Council Meeting on Thursday, November 21st in Happy Camp.



Buster Attebery
Chairman
Term: 2019-2023



Michael Thom
Secretary/Treasurer
Term: 2019-2023



Renee Stauffer
Orleans Member at Large
Term: 2019-2023

Ayukîi from the Enrollment Office,

There are currently 3,759 Enrolled Tribal Members and 4,909 Enrolled Descendants.



Mildred Grant
Chair



**Jeanerette
Jacups-Johnny**
Vice Chair



Corina Alexander
Secretary



Charlene Naef
Member At Large



Robert Super
Council Vice Chair

Our office offers an array of services.

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

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

Yootva,
Robert Attebery

Do You Have An Article For The Newsletter?

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



Indian Country Loses Respected Elder, Committed Leader

Karuk Council Member Alvis “Bud” Johnson Leaves Behind Long Legacy of Accomplishments

It is with great sorrow that the Karuk Tribe announces the passing of Alvis “Bud” Johnson.

Mr. Johnson was first elected Chairman by the people of the Karuk Tribe in May of 1989, only four years after the formal adoption of its constitution. During his 16 years of continuous service as Chairman, his vision of organizational capacity building and dedication to service delivery generated unprecedented growth and pushed the Karuk Tribe to become leaders in Tribal sovereignty. Chairman Johnson sat on the NAHASDA Negotiated Rule Making Committee, the California Rural Indian Health Board and was nominated to be a member of the National Self-Governance Health Advisory Committee appointed to serve as an advisor to the Director of Indian Health Services.

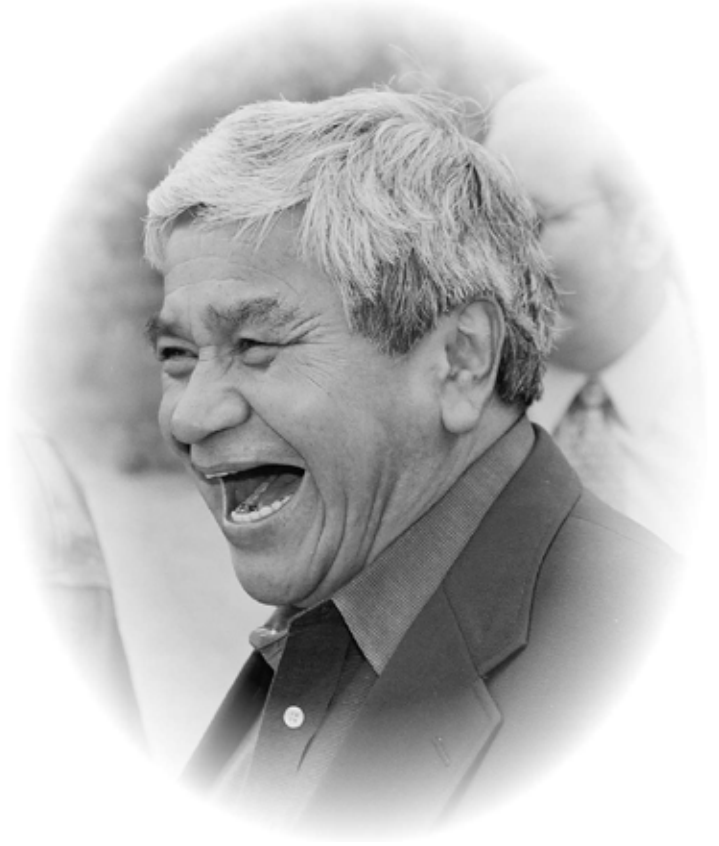
“Bud Johnson led the Karuk Tribe as we formed a modern government and grew to become the second largest Tribe in California,” noted Chairman Russell “Buster” Attebery. “It will take a team effort to fill the void in leadership he leaves behind.”

Following his years as Tribal Chairman, he continually served in governing positions with the Karuk Tribe Housing Authority, Karuk Community Development Corporation, and as a member-at-large for the Karuk Tribe Council, until his passing on Friday, October 4, 2019. In all he served over 30 years on the Karuk Council.

“He is the longest serving council member in our history,” noted Councilman Charron “Sonny” Davis. “He set a great example of service for the rest of us to follow.”


Mr. Johnson was a fluent speaker of the Karuk language and he actively participated in traditional Karuk ceremonies. Prior to relocating to Siskiyou County, Chairman Johnson retired from a career as an ironworker and underwater welder in the Bay Area. He was a Vietnam War veteran, serving in the United States Army.

His legacy will live on not only in the local infrastructure, construction of public facilities, community water systems, low-income housing units, health clinics,



head start centers, senior nutrition sites, environmental stewardship programs and Karuk language restoration activities; but will persevere into the future as a strong foundation for the future of the Karuk Tribe as well as Tribal sovereignty and the rights of indigenous people all across the country.

“You never replace a person like Bud Johnson, but we will honor his memory by continuing to work hard to benefit future generations of Karuk People,” said Natural Resources Director Leaf Hillman.

“We will forever be grateful for the dedicated service and inclusive leadership that he provided. While he will be greatly missed, his laughter will continue to ring on in our hearts. Suva nik Thank you,” concluded Chairman Attebery. 

Low Income Assistance Programs (LIAP)

1.800.505.2785 or 530.493.1600 Ext. 2025 Michelle Camarena LIAP Administrator
 Apply Now for the Low Income Assistance Programs

Low Income Home Energy Assistance Program (LIHEAP):

This program provides energy assistance to eligible enrolled Karuk Tribal households with electricity, propane, wood and minimal weatherization. The applicant must reside in the Service Area.

General Assistance (GA):

This program provides low income families and individuals with Food and/or Clothing, Shelter, Emergency Assistance (burn out, flood, destruction of home) and Burial Assistance. The applicant must reside in the Service Area, be an Enrolled Federally Recognized Tribal Member and not receiving public assistance. Benefits are adjusted depending on income received.

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. Lets save on energy and our budgets!

Fraud?

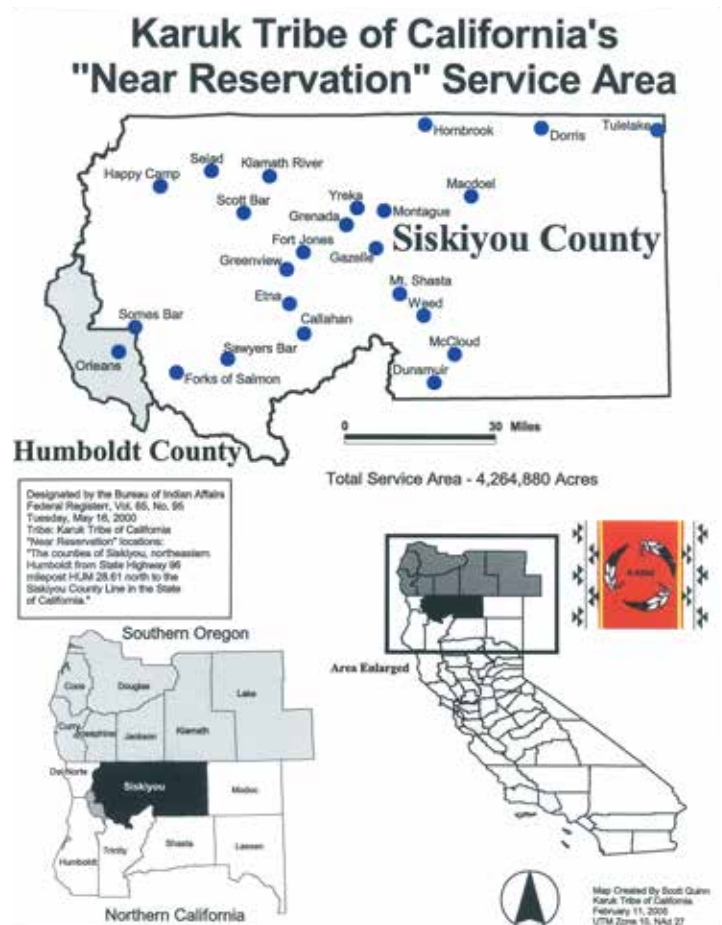
With regards to the Low Income Assistance Programs, to report any type of fraud by vendors or otherwise, please notify this office immediately at: (530) 493-1600 Ext. 2025.

Community Services and Development (CSD):

This program provides assistance for low income families with food, shelter, transportation, and health and safety issues. The applicant must reside in the Service Area, be income eligible, and a Karuk Tribal Member or Descendant.

Adult Services:

The Adult Services program is available to assist Elders seeking non-medical care such as chores, light housekeeping, meal prep. The providers must be certified or licensed. Back ground checks are also a requirement. Contact the LIAP Department if you are an elder in need of a care provider or are interested in becoming an adult care provider.



Michelle Camarena LIAP Administrator

Purchased Referred Care Services Eligibility

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

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

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

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

Referral:

Medical care that is not available at the Karuk Tribal Health Care facility. Referrals are not a guarantee that we can assist in payment with services. A patient must meet eligibility criteria, medical priorities, and use of alternate resources. Referrals are reviewed and payment is based on availability of funds; the referral is then approved, denied or deferred. If a referral is denied, the patient may obtain medical care at their own expense.

IHS-PRC Authorization:

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

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

Alternate Resource:

IHS-PRC is a payer of last resort. When a patient has Medicare, Medicaid, Private Insurance, Veteran's Assistance, CHAMPUS/TRICARE, Workman's Compensation, or is covered by any other resource, that resource is the primary payer. All Explanations of Benefits (EOB) and payment checks from the primary payer(s) must be brought or mailed to the PRC office without delay, when received by the patient. Many times the non-IHS will turn the patient's bill over to collections because they are unable to get the EOB from the patient. The non-IHS provider cannot collect payment from IHS until they have filed the bill with the EOB. Therefore, it is crucial for the patient to provide the EOB either to the non-IHS provider or to the Purchased/Referred Care in order to complete the payment process.

Pregnant/Prenatal Care:

If PRC is requested to pay for the charges for your delivery/newborn care and hospitalization you must apply for OB Medi-cal. According to Federal Register IHS Regulations, it is mandatory that all other resources be utilized before PRC funds can be obligated. The


California Medi-cal Services has a program for which you may be eligible for. All pregnant women will be interviewed, advised and/or assisted if needed in applying for OB Medi-cal. If you are denied, you will need to take the letter to the PRC office to be filed with your OB referral form. Failure to cooperate with IHS-PRC will result in denial to authorize payment for any charges you may incur.

Appeals:

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

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

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

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



If you have been referred to an outside provider (i.e. specialist, hospital, etc.) you must contact the CHS department BEFORE your appointment. This will help ensure your eligibility for Contract Health Services. If you do not this may impede possible payment for services.

CHS is not an entitlement program and an IHS referral does not imply the care will be paid. If IHS is requested to pay, then a patient must meet the residency requirements, notification requirements, medical priority, and use of alternate resources.

You may contact the CHS department between 8:00 am and 5:00 pm.

Thank you for your cooperation.

Anna Myers @ 493-1600 ext. 2156

Cat Turner @ 493-1600 ext. 2155

Meranda Rasmussen @ 493-1600 ext. 2151

This is very crucial to our process.

Ayukîi from the Karuk Community Development Corporation!

Census 2020 is fast approaching and the official Census Day is April 1, 2020. The U.S. Census Bureau will begin mailing or delivering notices to households in the lower 48 beginning in March of 2020.

The Karuk Community Development Corporation (KCDC) has been awarded a grant to provide Census outreach to the enrolled Native American population and to those self-identifying as Native American that live in the Karuk Tribe ancestral territory and service area. Historically Native Americans are the most under represented group in the nation and we are trying to change that. When completing the Census form there are some key points that every enrolled Tribal member or person that self-identifies as American Indian or Alaska Native should know.

If for instance, you are Karuk and Yurok, it is critical that you identify with one Tribe only on the Census form. If you list both, you will be classified in the mixed race category and not as Native American.

It is also important to have the Native person in the household fill the Census form out as Head of Household; this will ensure the household will be counted as a Native American household. If the person filling out the Census form checks the box as Hispanic, Asian, Hawaiian, Caucasian, etc., that is what the household will be counted as in the Census so it is critical that the Native American (enrolled or self-identifying) list their name as Head of Household on the form.

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics – they cannot be used against you in any way. By law, all responses to the U.S. Census Bureau household and business surveys are kept completely confidential. Under Title 13 of the U.S. Code, the Census Bureau cannot release any identifiable information about individuals, households, or businesses, even to law enforcement agencies. It is very clear that the data collected can only be used for statistical purposes and nothing else.

Members of our Census Committee recently traveled to Elk Valley Rancheria to attend the Northwestern California Intertribal Census Workgroup. An invite to the meeting was extended to Congressman Jared Huffman and his staff and fortunately he was able to include the meeting in his busy schedule. Members of the group were able to voice concerns about the upcoming Census and how the Native American population will be counted or not counted.

Congressman Huffman stated he would speak to his fellow Congressman for further support and draft a letter to the Census Bureau to address the issues that were discussed. We would like to thank Congressman Huffman for attending the meeting.

In other news, the Happy Camp Community Computer Center, in coordination with College of the Siskiyous, is offering video teleconferencing classes in Happy Camp. For a complete listing of winter session classes please go to www.siskiyous.edu. For other classes offered at the Computer Center please contact Frank Snider at (530) 493-1485.

KCDC currently has a Fiscal Assistant Position open. Please go to karuk.us under the jobs tab for an application and job description.

If you would like more information about KCDC or to contact us please call us at (530) 493-1475 or email kderry@karuk.us. Yootva! 🏹



NW CA Intertribal Census Workgroup with Senator Huffman

Justice Department Grants

WASHINGTON— The Office of Justice Programs' Office for Victims of Crime on April 3rd, 2019 awarded more than \$8 million to support crime victims in Native American communities in six states: Alaska, California, Maine, Oregon, Washington and Wisconsin. The group of 13 awards is the third in a series of grants being made by OVC to American Indian and Alaska Native communities. OVC has now awarded more than \$17 million of nearly \$100 million to support tribal victim service programs.

The awards—30 in total so far—will fund critical crime victim services, such as counseling, transitional housing, emergency services and transportation. The grants are supported by the Crime Victims Fund, a repository of federal criminal fines, fees and special assessments. *The fund includes zero tax dollars.*

Four California tribes were among the 13 receiving grant awards in April 2019. Nearly 170 tribes are expected to receive funding this spring to help their communities support crime victims over the next three years:

- **The Karuk Tribe (California)** was awarded \$719,970 to improve access to and delivery of, services to victims of crime by establishing a Victim Services Access Center, which will include secure space for a victim interview room and a private waiting area for victims.
- **The Scotts Valley Band of Pomo Indians (California)** was awarded \$546,586 to build a culturally relevant, long-term strategic plan to improve services to victims; and develop programming around the concept of historical intergenerational trauma therapy using a practice-based curriculum.
- **The Bishop Paiute Tribe (California)** was awarded \$715,750 to enhance services provided through Relief After Violent Encounters by expanding the victim service program to include direct emergency supportive services.
- **The Big Valley Rancheria Band of Pomo Indians (California)** was awarded \$670,443 to conduct a community needs assessment and develop a strategic plan to help inform the implementation of crisis intervention services for men, boys, and elders who are victims of crime. The tribe will also improve case

management, incorporate healing and cultural practices into their victim advocacy services, and expand community outreach and education to help connect victims to vital resources.

The Karuk Tribe has prioritized victim safety in tribal communities through the expansion of the Karuk Judicial Division of Victim Assistance. The Office of Justice Programs' Office for Victims of Crime Grant funds will be used to open a Tribally Operated Victim Access Center in Yreka. 🏹

April E. Attebury, MJ
Administrator

Karuk Tribe Judicial and Division of Victim Assistance

*This Article was taken in part from the News Release from the U.S. Attorney's Office - District of Oregon *Posted on FlashAlert: April 3rd, 2019 2:00 PM*



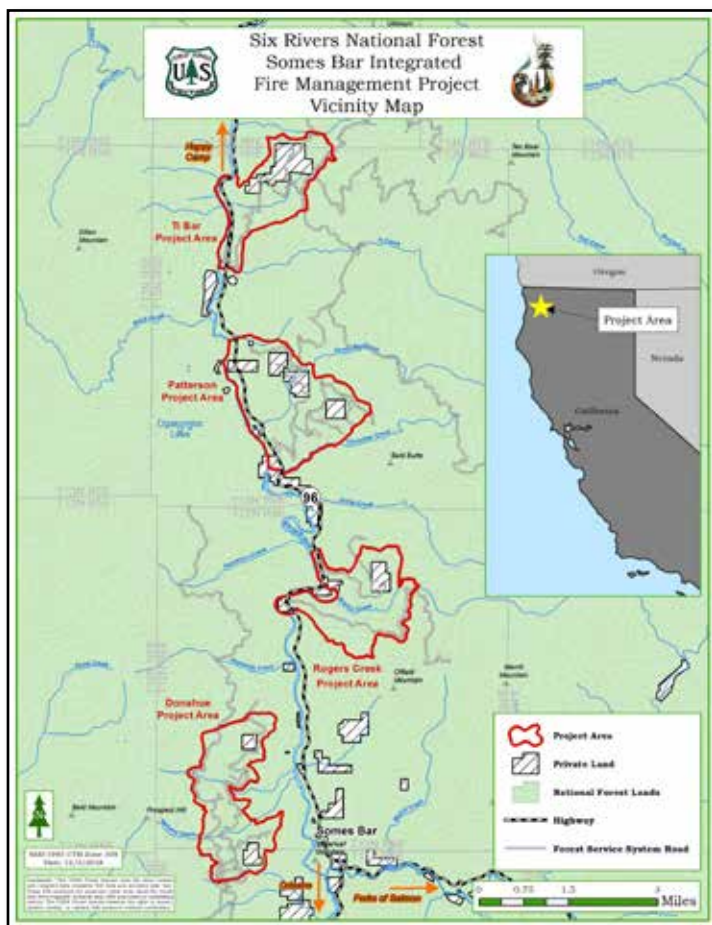
Karuk Tribe's DNR Moves Forward

The Karuk Tribe Department of Natural Resources, along with its key partners in the Western Klamath Restoration Partnership (WKRK) and Lomakatsi Restoration Project has just entered into their first contract to begin the mechanical implementation of the Somes Bar Integrated Fire Management Project (SBIFMP). The SBIFMP has been many years in the making, and was made possible through the efforts of multiple agencies and partners, working together under shared goals such as fire-adapted communities, safe and effective wildfire response, and resilient landscapes.

This project will utilize multiple management strategies, such as thinning and burning, and is informed by a combination of Karuk Traditional Ecological Knowledge and Western Science. The 809 acres treated under this initial contract is primarily focused on thinning units for large-scale prescribed fire while enhancing cultural use species through the reduction of overstocked conifers. Critical components of the overall project include cultural resource management, oak woodland and meadow restoration, fuels reduction, enhancing wildlife habitat. In

the past 100 years, a combination of fire suppression and timber management established large populations of low-elevation Douglas fir and Pine, encroaching on historic patchworks of mixed forest types and creating conditions for catastrophic wildfires. A major component of this contract will involve judicious removal of even-age conifer stands, opening up the forest for larger levels of biodiversity and increased fire-resiliency. The timber derived from this project is considered a by-product of restoration, and any money generated will be invested back into the SBIFMP Supplemental Project Agreement, sustaining restoration activities. The implementation of the mechanical portion of the SBIFMP is just one component of the overall purpose, and a step toward resilient ecosystems, communities and economies. (Earl Quote)

A vital aspect of this project's success, is the economic benefit to the local community. Operating under a Stewardship Implementation Specialist in conjunction with Lomakatsi Restoration Project and Six Rivers National Forest, Karuk DNR will be trained to administer timber contracts for future projects, improving workforce capacity and increasing local jobs. All of the planning, prescription development, timber cruising, and marking was done by the WKRK partnership. This first contract was signed with ABC Logging owned by Happy Camp local, Butch Crocker, and implementation will start in summer of 2020. The primary focus areas will be Ti Bar, Patterson and Donahue flat, and it is estimated to produce 4.02 million board feet of timber. Planning for future projects are underway, and encourage tribal members to contact the Department of Natural Resources for further information. 🏹



Map showing extent of Somes Bar Integrative fire management project



Prescribed fire being utilized in Patterson, one of the focal areas of the SBIFMP

Karuk Tribal Health & Human Services

The KTTHS (Karuk Tribal Health & Human Services) would like to pass along some general health information on certain health tests that should be done by a specific age. As we all know we are in our Flu season (September-April) it's recommended that everyone become vaccinated each and every year. All Health employees are required to have their yearly Flu shots and annual physical on their anniversary date. Women should begin to have a mammogram by the age of 40 if there's no history of cancer in the family and every year after that. Self-breast examinations should be started at the age of 21. Colonoscopies are usually started at the age 50 for everyone and then every 10 years after the first colonoscopy if there's no findings. Prostate should be self-checked starting at age 21 and a physician appointment at the age of 40, and continuing to have checkups yearly. When it comes to high blood pressure, cholesterol and diabetes you should be screened by the age of 25. High Blood pressure should be checked every 3 months and the normal range is 120/60. Cholesterol has two indicators LDL (bad cholesterol) and HDL (good cholesterol). You LDL should be less than 100mg and your HDL should be 60mg or higher. Another great service we recommend you taking advantage of is contacting our outreach workers to sign up for ACA (Affordable Care Act-Insurance) in Yreka we have Sharon Denz and in Happy Camp we have Didi Poe. Our Dental office in Yreka will be changing their emergency walk ins from Tuesdays to Wednesdays on December 11, 2019. If you have any questions please contact them at 530-841-3148. We encourage you to take advantage of all of our services. We love to serve our entire communities! 🏹



Blue Pic Mens Health



Indigenous Pink



Crouch Dental Education



Karuk Tribe Housing Authority

Kahtishraam Wellness Center

The Parking Lot Paving Project is complete, and turned out wonderfully! This will help with dust control and access to the Center immensely (Yootva to Misty Rickwalt and the Transportation Program)! The Center continues to be open Monday through Friday, 8:30am to 8pm, and Saturday 11am to 8pm. Be sure to sign up for Remind to get a daily text with the schedule for the Center as there are SO many activities going on there. You can contact Florrine Super at florrinesuper@karuk.us for information on this wonderful service.



Kahtishraam Front Parking Lot



Kahtishraam Rear Parking Lot

Happy Camp Wellness Center

The Fitness Center in Happy Camp continues to be open *seven days a week from 5am to 9pm* and the Gymnasium has Men's Open Gym time several nights per week from 7:30 to 10:30pm. We have seen an increase in community members volunteering to oversee activities such as Walking Time and potentially Yoga as well as Happy Camp Elementary School utilizing the space for

their Volleyball and Basketball practices. The Happy Camp Community Center was recently awarded a grant by the Ford Foundation that will allow for after-school activities that will also utilize this beautiful facility for the benefit of our youth. Any community members, who are interested in utilizing the Fitness Center, or signing up as a Volunteer to lead group activities, can contact Adia Supahan at asupahan@karuk.us in the Happy Camp KTHA Office for more information.

KTHA Programs

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

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

Applications and the Waiting List

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

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

2019 U.S. MFI

	1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
80%	\$ 42,280	\$ 48,320	\$ 54,360	\$ 60,400	\$ 65,232	\$ 70,064	\$ 74,896	\$ 79,728
100%	\$ 52,850	\$ 60,400	\$ 67,950	\$ 75,500	\$ 81,540	\$ 87,580	\$ 93,620	\$ 99,660

and when the application is deemed complete.

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

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



KTHA Boat and Landing Zone Trainings

Security Training Activities

KTHA Security and Emergency Services Officers Randy White and Charles Sarmento along with other staff, law enforcement, first responders, and community members have been busy receiving training on the Swift Water Landing Craft purchased with the FEMA grant funds; this training was a required component of the grant awarded by FEMA. KTHA recently deployed the Incident Command Trailer, that was purchased in the same grant, to the Orleans Community due to the repetitive and at times extended, PG&E Planned Service Outages that occurred four times in one month recently, affecting that community.

Security was lucky enough to also participate in training that was held in conjunction with the Karuk Tribal Health Program to be able to establish a Landing Zone at the Happy Camp Medical Clinic for helicopter transports.

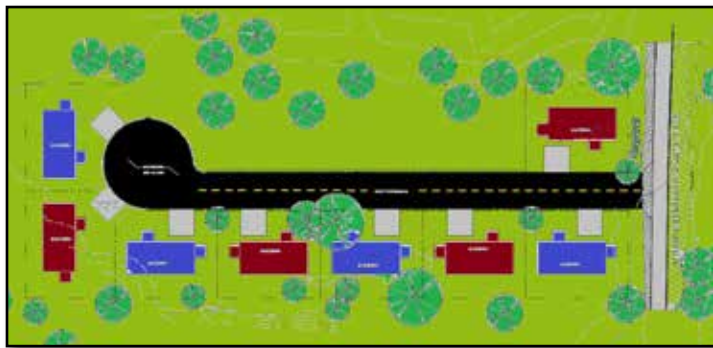
Grant Applications Pending

KTHA has over \$9 million dollars in pending grant applications which if funded will retrofit over 100 existing units to mitigate wildfire danger by replacing the roofs, siding, decks, and fences; renovate 63 of our oldest units to fully replace their kitchens, bathrooms, and flooring; install full infrastructure necessary for three separate building sites in Happy Camp and Orleans; construct 4 units in Happy Camp; construct 6 units in Orleans; and hire a Resident Opportunity and Self Sufficiency (ROSS) Coordinator for three years! We look forward to receiving positive notifications on all of them in the near future!

Board of Commissioners

The fully seated Board of Commissioners includes Robert Super (Yreka), Dolores Voyles (Happy Camp), Arch Super (Yreka), Sherile Grant (Yreka), Teresa Valin (Yreka), Joseph Waddell (Happy Camp), and Deborah Whitman (Yreka).

Please attend the next Tenant Meeting in your community; the location rotates between Happy Camp, Orleans and Yreka with all meetings beginning at 10am. Tenant Meeting dates are posted on the Karuk Tribe Housing Authority website at www.ktha.us 



Orleans Pines RV Park Site Design

Orleans Housing Development

We are very excited to be making progress on constructing single family homes in the Orleans community on the property that was previously the Pines RV Park. Work is underway to prepare the plans, designs, and specifications necessary to begin installing infrastructure (water, electricity, sewer, roads) for the eventual construction of 2 bedroom units in that community. The full scope will eventually include 8 units, though not all will be built at one time.



Ikrívraam - Karuk Men's Transitional Home

After decades of dreaming and planning, Ikrívraam a Karuk Men's Transitional Home is a reality. Through funding provided by the Substance Abuse and Mental Health Services Administration Tribal Opioid Response grant, Karuk Human Services was able to implement the project. The project has long been a dream of Joe Snapp LCSW and we are grateful for his inspiration and leadership. We are also grateful for the assistance and support of the Karuk Housing Authority for providing us with the house necessary for the project.

Ikrívraam is a six bed transitional living home offering a communal living environment for Native American and Alaskan Native adult males, 18 years of age or older in recovery. The Transitional Home is available for eligible

sober Karuk and other American Indian/Alaska Native adult males who have participated in Substance Use Disorder services and reside in the Karuk Tribe's service area. The Karuk Men's Transitional Home is NOT an emergency shelter, homeless shelter, rehabilitation, treatment, or aftercare facility.

We also want to thank the Tribal Council for their support in achieving this milestone. Over the past several years, they have been instrumental in providing the Human Services Department with the necessary resources to seriously address substance misuse in our communities.

For more information or to obtain an application for residency, please call Karuk Human Services at 841-3141.



Karuk Victim Services Access Center Opens its Doors!

Ayukii, The Access Center is a new tribally operated facility located in Yreka at 1217 South Main Street Suite D.

The Access Center is staffed with advocates on site and provides support and services for eligible victims of crime. The Center offers a large family meeting room that is comfortable and inviting to meet with families and children, a Conference Room and two kiosk stations with computers and printers for eligible victims use. There is a roomy reception area for seating in comfort.

We welcome you to stop by the Access Center anytime between 8am to 5pm Monday through Friday.

Operated and staffed by:

Rudy Aguirre

Deputy Administrator, Division of Victim Assistance

530.643.1029

Barbra Risling

Supervising Advocate I

530.643.9243

Leslie Harrison

Pikav Domestic Violence Services Program Coordinator

(Wednesday and Friday) 530-493-1630



Barbra Risling and Rudy Aguirre

Department of Transportation

The Karuk Tribe's Department of Transportation staff worked hard to ensure several important construction projects were completed this season. We're proud to present the newly paved parking facility for the Kahtishraam Wellness Center in Yreka, as well as the expanded parking facility for the Department of Natural Resources in Orleans. If you get a chance, swing by those locations and check them out.

Please join us in welcoming our newest crew member, William Setzer, to our team! He's been with us since June of this year, and we're very happy to have him on board. Bucky Lantz, our Lead Road Maintenance Supervisor has been with Karuk DOT for 10 years now! He has been doing a great job at showing William "the ropes", and they both do an excellent job of keeping our tribal roads maintained and looking good. Yootva, Bucky and William!

Karuk DOT has recently developed a fillable form for reporting tribal road maintenance needs – you can find it on the Karuk website under Departments/Transportation, at <http://www.karuk.us/index.php/departments/transportation>. Additionally, if you know of any areas on a State Route

that need better maintenance, or something in particular repaired, please visit <https://csr.dot.ca.gov/> to fill out a Caltrans Customer Service Request. These requests are tracked, and should produce fairly quick results.

As always, you're welcome to stop by the office in Orleans, contact me by email at mrickwalt@karuk.us, or give me a call, at (530) 627-3016 with any comments, questions, or concerns. Safe travels! 🇺🇸

Suvanik
Misty Rickwalt, Karuk DOT Director



*William Setzer & Bucky Lantz
DOT Maintenance*



Kahtishraam Wellness Center - Before



Kahtishraam Wellness Center - After



DNR Parking Lot Project



DNR Parking Lot Project



Kahtishramm Wellness Center Overflow Parking

Rain Rock Casino

The team members at your Rain Rock Casino hope you are as proud of the casino as we are. Since opening back in April of 2018 we have enjoyed continued growth especially over the last year, our business has been very strong. Our guests have really enjoyed your casino, with all the fun promotions, great food specials and most importantly the service from our team members. We may not be the biggest casino but we are one of the cleanest and friendliness, and our guests notice this and comment on it continually.

As we move into the winter please look for the new lighting we just installed on the outside of the building, this has drastically improved our visibility from the highway at night.

Also right around Thanksgiving we will be putting up our Christmas display which this year will include four – 12 foot lite trees over our walkway and a 26 foot Christmas tree right outside the front of the building – we are sure it will be easy to see from all over.

Also speaking of Thanksgiving if you prefer not to cook – we are offering a complete Thanksgiving dinner including all the fixings and dessert for only \$12.99 – you can make reservations by call 530-340-4007.

Don't forget to be with us on New Years Eve, where we will be giving cash and free play with one luck guest winning \$2,020!!! Happy New Year..... 🏹



Your Management team at your Rain Rock Casino

Rain Rock Casino

The perfect holiday gift is now available at Rain Rock Casino. \$25 gift cards can now be purchased at the casino main cage. Useable for Rain Rock Casino goods and services these gift cards are sure to be the gift that everyone desires. Must be 21 to purchase and / or use Rain Rock Casino gift cards.




Rain Rock Casino is at it again with mind blowing food and beverage specials that are out of this world. The all-new \$3 / \$5 / \$7 prime deals are Rain Rock Casino are now available, every day, no exceptions. Start your day with a \$3 breakfast, referred to as the Mini Jackpot, and dig into an egg, a pancake, and one piece of bacon or sausage. Served up from 9:00 AM to 11:00 PM.

Stick around for lunch and get your hands on one of our renowned cheese burgers. It's a one third pound cheese burger with fries for just \$5. Yes, you read that right, just \$5 (it's truly not a typo.) Served up daily from 11:00 AM to 4:00 PM.

If breakfast and lunch are not enough for you, then get your dinner craving fulfilled as well. Mouthwatering fried chicken, mash potatoes and gravy, and mixed seasonal vegetables, all for just \$7. You won't find better deals in the North State, and definitely nothing as tasty. Only one requirement, must be a Players Club Card member, so if you're not a member swing by the Players Club and get your free membership today!



Rain Rock Casino is bringing more to the table than just food specials. Our promotion line up has exactly what you're looking for with more opportunities to win. Join us every Sunday through December 22nd for our Icy Cash drawings where you could win up to \$5000 CASH! One winner selected every half hour between 2:00 PM and 5:00 PM. The Icy Cash Grand Finale takes place on December 22nd at 6:00 PM. One winner will be selected and receive a guaranteed \$10,000 CASH. 



Introducing . . .

Karuk Wellness Court Enhanced, Now Offers Re-Entry Programming For Adults And Youth

Ayukii, My name is Joseph Perreira, Lead Compliance Officer for the Karuk Wellness Court Program. With the expansion of the Wellness Court, the Court now offers Re-Entry services to all eligible Adults and Youth. The Re-Entry programming assists helping to obtain necessary documents and completion of paperwork for program entry, to assisting in developing short-term and long-term achievable goals for a successful life style. The Wellness Court strives to provide access to culturally appropriate and evidenced based interventions while educating participants regarding substance abuse. The staff assists in referring participants to other services and resources as needed.

For more information please check out our brochures which are available at most Karuk Tribal locations, as well as many agencies within the community!

Yootva!

Joseph Perreira RADT, Lead Compliance Officer
P.O. Box 629, 1217 South Main Street Ste. C,
Yreka, CA. 96097
530-841-3143 x. 6503
530-643-2092 Cell
530-572-1200 Fax



Joseph Perreira, Lead Compliance Officer and Angela Baxter, Wellness Court Coordinator



Ayukii pa'araaras. paKaruk Tribal Court Advocacy Program nikyáviichvuti. naa nikyáviichvuti kuth paaxiitchas Karuk Tribal Court.

Hello people. I work for the Karuk Tribal Court Advocacy Program. I work with youth who are in the Karuk Tribal Court system. Our program consists of advocating for youth in the Karuk Tribal Court system. The Karuk Tribal Court appoints an Advocate for the child/youth throughout their time as a dependent of the court. The Karuk Tribal Court Advocacy program collaborates with communities and other Karuk agencies to provide outreach and information on Child Abuse, Domestic Violence, Stalking, Teen Dating Violence and cultural awareness.

yōotva

Tamara Alexander, Karuk Tribal Court Supervising Advocate (530)721-3601 tjalexander@karuk.us

Ayukii Karuk araaras (People / Relatives).

My name is Arch Super, I am the Tribal Council Representative for the Yreka District. I just wanted to say Ayukii (Hello) and speak to our tribal membership and open some lines of communication.

Communication - I feel that it is very important for our membership to feel that they can get in touch with Tribal Council / District Representatives at any time to communicate any concerns and be heard. I always encourage our membership to do so. It is also important for the tribe to ensure that we get information out on the many programs, projects and service that are available, and general information on the status of tribal operations and relations.

Vote – I would like to thank membership for voting in our tribal and general elections on November 4, 2019. Vote and let your voice be heard. Your vote will always count. I hope to campaign this coming year to register tribal members to vote in tribal and general elections. Karuk voices matter!

Language - Language has always been important to me. I have learned the basics through my childhood and into adulthood. For the past 20 plus years, I have been taught by my elder cousin, Vina (Pepper) Smth. Now is the time to teach and share what I have learned and I try to speak as much Karuk as I can. My golden rule is to speak many words and phrases on a daily basis; try dropping English

words and replace them with Karuk. The more you speak, the more you will learn. I do it all of the time with Tribal Council and as a member of all committees and boards. Language is medicine and medicine will heal the world.



Operations and Relations – The tribe has been very busy for the past few years. We have grown in leaps and bounds. We want to make sure membership knows what the tribe is doing, what is available, and what we have planned for the next two, three, five years. Our overall relations with federal, state, and local governments is doing well. It would be very nice to get input from membership on the issues, services, and foresight that they would like to hear from the tribe

Yootva - I would like to say thank you to our membership, tribal work force and Tribal Council for the support and work that we strive to do. 🏹



Announcements



My family and I would like to thank the Karuk Tribe, Karuk TANF and Karuk Housing for all their help getting us to Michigan for the National Championship for the High school trap shooting.

Colby represented the trap shoots for Etna High School.

Colby Bridwell placed 536 out of 1,800 high school students from the USA. Colby also got second place in the California State trap shooting for the singles division.



Iwant to take this opportunity to thank the members that voted in this election. I am honored to have the chance to serve another four years as your Tribal Council Secretary/Treasurer. I have always made a commitment to serve all tribal members and descendants of our tribe. The areas that I cover as a Council Member will help our tribe move forward in the future. The protection of our right to be Karuk members very important that's why we attend a lot of meetings thru out the year. If anyone ever needs assistance that I might be able to help with email me at mthom@karuk.us. There is one thing that I would love our membership to think about that is voting in our election process. This process is the upmost important for the membership and descendants of our tribe. I know that I hear what my tribe has done for me lately. We follow the guidelines of our grant funded programs but we could do much more if the members and descendants speak up and help us decide what we really need as a tribe. We have committees that have open positions that need to be filled. Learning is a process that everyone should think about to help our tribe succeed. - Michael Thom

Karuk Tribe Employment Opportunities

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

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

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

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

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

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

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