

Karuk Tribe

Winter 2024

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*Vice President Harris and Chairman Russell Attebery
at Tribal Nations White House Summit*



AYUKÎ

Greetings from your Tribal Council



Russell Attebery
Happy Camp
Chairman

TERM: Nov. 2023-Nov. 2027



Kenneth "Binx" Brink
Happy Camp
Vice-Chairman

TERM: Nov. 2022- Nov. 2026



Scott Quinn
Happy Camp
Secretary/Treasurer
TERM: Nov. 2023-Nov. 2027



Aaron "Troy" Hockaday
Happy Camp District
Member at Large
TERM: Nov. 2020-Nov. 2024



Kristen King
Orleans District
Member at Large
TERM: Nov. 2021-Nov. 2025



Jennifer Goodwin
Happy Camp
Member at Large
TERM: Nov. 2022-Nov. 2024



Eli Hensher Aubrey
Orleans District
Member at Large
TERM: Nov. 2023-Nov. 2027



Arch Super
Yreka District
Member at Large
TERM: Nov. 2021-Nov. 2025



Elizabeth Bentley
Yreka District
Member at Large
TERM: Nov. 2022-Nov. 2026

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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.



Notes From The Chairman

Ayukii, koovura,
Hope all is well in Indian Country! I recently attended the Tribal Nations White House Summit in Washington DC. President Biden and Vice-President Harris were both in attendance. The Biden-Harris administration has implemented groundbreaking legislation like the American Rescue Plan, the Bipartisan Infrastructure Law, and the Inflation Reduction Act. They are making historic investments in Indian Country, including billions of dollars to rebuild infrastructure, improve internet access, ensure clean drinking water, combat climate change and create good paying jobs.

Here are some of the significant accomplishments the Federal Government has made for Indian Country:

- Took significant steps to improve consultation with Tribes.
- Continued to appoint Native Americans to Federal Government positions in record numbers.
- Sent Federal Government officials out to visit Tribal Councils.
- Continued championing innovative co-stewardship and co-management agreements to ensure Tribal Nations have a role—and can bring their valuable knowledge and expertise—to federal land management.
- Worked to ensure federal employees understand and respect Tribal treaty and sacred site rights.
- Centered environmental justice and Tribal priorities in our approach to conserving and protecting our Nation's land and natural resources.
- Fought for unprecedented levels of funding for Indian Country—including securing reliable advanced funding for Indian Health Service for the first time in history.
- Took bold steps to make federal funding more accessible to Tribal Nations.
- Expanded the Federal Government's efforts to buy from Native—owned businesses.
- Successfully defended one of Indian Country's most precious laws, the Indian Child Welfare Act, before the United States Supreme Court.
- Expanded broadband infrastructure to bring internet to more Native homes.

In summary, the work documented in these reports are extensive—reflecting the Biden—Harris Administration's deep commitment to Indian Country. President Biden is committed to delivering on policies that will make things better for Native communities. Policies that will protect what is most precious to Tribal communities from their Children and Elders to their Languages and Culture. This administration is dedicated to championing a new era of the Nation-to-Nation relationship with Tribal Nations and one where Tribal Nations are, above all, respected as the sovereigns that they are.



Chairman Attebery speaking at the California Indian Law Association meeting. Yurok Chairman Joe James listens in.

On the home front:

Of particular interest to the Karuk Tribe is securing co-management agreements to manage the lands in our aboriginal territories. Currently these lands are managed by the United States Forest Service. The Karuk Tribal Council will be asking for equitable funding to implement Tribal Ecological Knowledge into the management process. Funds for trainings, equipment, vehicles, workforce housing, and economic development.

The Rain Rock Casino expansion is moving along as planned. You can view the construction process by going to our Rain Rock Casino web page. <https://rainrockcasino.com>.

There are still plenty on jobs posted on our Karuk web page and the Council is working on creating more. So please feel free to contact myself, any Council Member or our TERO department for information.

Yootva kura suva nik,
Chairman Attebery 🏹

Message from Vice Chairman

Ayukii
Just a short update from your Vice Chairman. I am very pleased to announce to the elders, age 65 and over, in Happy Camp and Yreka, that we have plans to continue the organic food distribution in the Spring of 2024. We attempted a distribution with a smaller selection, for this winter. But unfortunately the lack of available vegetables impacted our ability to continue with our contract. We are excited to plan for the Spring distribution and have hopes to make it bigger and better.

I would like to give special things to Erin Hillman for her work on getting the funding and organizing the food distribution for the elders, as well as a yootva to KTHA Wellness Center staff in Happy Camp and Yreka for helping to set up the distributions. A special shout out to Jack Lantz, Tribal Public Works Director who has put so much time in developing a community farm in the Yreka next to the Elders Community in Housing. The farm in Yreka is coming along nicely and will be ready to plant by Spring. A future project that the Tribe will be working on is to develop our own organic seed bank to help sustain our community gardens. All three areas Orleans, Happy Camp and Yreka will benefit.

I also would like everyone to know that the Rain Rock Hotel and Casino expansion is moving along on schedule. The Casino expansion should be ready by the end of April. It will include a completely non-smoking section, which is truly exciting for our non-smoking customers. The hotel grand opening will be sometime in June, more likely towards the end of June.

I also would like to express how honored that I am to have worked for over twenty years for the Karuk Fisheries

Department to bring down Klamath dams. This celebration belongs to many organizations and people who are dedicated their lives to saving the Klamath, River, and the people who live there. It will be amazing to see the salmon migrate all the way up back up into Oregon again. The salmon is the way of life for our people.

I will continue to work hard to regain are inherit right to manage our ancestral lands. who better than Native American people to take care of the land? It is in our DNA to take care of our mother Earth.

Yootva. 



Photo by Shane Anderson/SwiftwaterFilms

Ayukîi from the Enrollment Office,

We currently have 3,651 Enrolled Tribal Members and 5,942 Enrolled Descendants.

We experienced quite a rise in applications in the last few years. We believe the announcement of the stimulus in 2020 started this significant increase of interest for those Karuk people that had not been enrolled yet and so to those new folks, we say welcome!

Please keep us informed of any address or name changes at your earliest convenience so you won't miss out on any future mailings.

Enrollment Committee



Mildred Grant
Chair



**Jeanerette
Jacups-Johnny**
Vice Chair



Sammi Jo Jerry
Secretary



Charlene Naef
Member At Large



Kenneth Brink
*Council
Vice Chairperson*

 ur office offers an array of services.

- Enrollment/Descendancy applications for the Enrollment Committee.
- Issue Tribal Verification's 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. (Income Eligible)
- Issue 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 at (800) 505-2785 Ext. 2028 & Ext 2039. You can also reach us by email at rattebery@karuk.us & ccook@karuk.us 

Robert Attebery
Enrollment Officer

Winter Weather Safety Tips

Be prepared to Shelter in Place. This winter weather is proving to be a bit more challenging this year. Take the time to prepare your family. Stay home, do not drive during a storm.

Outside:

- Pick-up hazards you may not see covered in snow
- Place cardboard over car windows
- Take your time when walking outside in shoes with solid treads
- Move your wood or pellets closer to your door
- Have salt, shovel, and broom on hand to clear
 - Pathways
 - Animals shelters
 - Other shelters with weak roofs
 - Satellite Dish

Inside:

Your primary concerns at home or work during a winter storm are loss of heat, power and telephone service and a shortage of supplies if storm conditions continue for more than a day. In either place, you should have available:

- Flashlight and extra batteries
- Battery-powered NOAA Weather Radio and portable radio to receive emergency information
- Extra food and water such as dried fruit, nuts, granola bars and other food requiring no cooking or refrigeration.
- Extra prescription medicine
- Baby items such as diapers and formula
- First-aid supplies
- Heating fuel: refuel before you are empty; fuel carriers may not reach you for days after a winter storm
- Emergency heat source: fireplace, wood stove or space heater properly ventilated to prevent a fire
- Fire extinguisher, smoke alarm; test smoke alarms monthly to ensure they work properly
- Extra pet food and warm shelter for pets
- Review generator safety: Never run a generator in an enclosed space such as your house
- Make sure your carbon monoxide detector is working correctly and that the outside vent is clear of leaves and debris. During or after the storm, make sure it is cleared of snow.
- Home fires are common each winter when trying to stay warm. Review ways to keep your home and loved ones safe.

Vehicle:

Each year, on average, more than 5,000 people are killed and more than 418,000 are injured due to weather-related vehicle crashes. If you need to drive in snow or cold

conditions, TAKE IT SLOW IN THE SNOW. Black ice can be difficult to see. If the temperature is near freezing, drive like you're on ice--you may be!

Before you leave the house, especially before a longer trip in winter, make sure all fluid levels are full and ensure that the lights, heater and windshield wipers are in proper condition. Keep your gas tank near full to avoid ice in the tank and fuel lines. Avoid traveling alone. Let someone know your timetable and primary and alternate routes. Then call 511 for the latest traffic and road incidents, including construction and weather conditions and restrictions. Every state offers this Department of Transportation service. Call before you leave; it might change your plans!

- Fully check and winterize your vehicle before the winter season begins. Carry a Winter Storm Survival Kit that includes the following:
- Mobile phone, charger, batteries
- Blankets/sleeping bags
- Flashlight with extra batteries
- First-aid kit
- Knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- Large empty can to use as emergency toilet, tissues, toilet paper and paper towels
- Small can and waterproof matches to melt snow for drinking water
- Sack of sand or cat litter for traction
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Battery booster cables
- Water container
- Candle and matches to provide light and in an emergency, lifesaving heat.
- Compass and road maps, don't depend on mobile devices with limited battery life

Outside Animals

- Move animals to sheltered areas or bring pets inside. Shelter belts, properly laid out and oriented, are better protection for cattle than confining shelters, such as sheds.
- Haul extra feed to nearby feeding areas.
- Have water available. Most animals die from dehydration in winter storms.
- Make sure pets have plenty of food and water and a warm shelter 

Election Committee of the Karuk Tribe

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

**Congratulations to our newly elected candidates for the
Karuk Tribal Council Members for the 2023-2027 Term!**

Chairperson November 2023-2027



Russell "Buster" Attebery

Secretary/Treasurer November 2023-2027



Scott Quinn

Orleans Member-at-Large November 2023-2027



Eli Hensher-Aubrey

**The candidates pictured above were sworn
in to office at the November 16, 2023
Karuk Tribal Council Meeting at 10 AM.**

**Headway Building
64101 2nd Avenue
Happy Camp, CA 96039**

KARUK TRIBE

Election Results

General Election

Chairperson

	<u>Total Ballots</u>	<u>Russell Attebery</u>	<u>Crispen McAllister</u>
Yreka	74	53	20
Happy Camp	62	39	23
Orleans	42	26	16
Absentee	251	208	41
Total:	429	326	100

Secretary/Treasurer

	<u>Total Ballots</u>	<u>Scott Quinn</u>	<u>Robert Super</u>
Yreka	74	47	27
Happy Camp	62	46	15
Orleans	42	26	16
Absentee	251	137	106
Total:	429	256	164

Total Ballots:	433
Total Invalid Ballots	4
Total Valid Ballots	429

Member at Large- Orleans

***Eli Hensher Aubrey was unopposed for the Orleans Member At Large seat.



Emergency Services Department Update

Ayukii,
December marks a full year of serving the Karuk Tribe as your Emergency Manager. It has been quite a year and entering into 2024, I believe it will be equally busy for me as I continue to improve the Tribes Emergency Preparedness Department. Some of the highlights of this past year included teaching First Aid and CPR to employees, community members, medical staff, and even contractors for the new medical and dental clinics and the dam removal crew at Copco and Irongate on the upper Klamath River. We have several classes coming up in January and will continue through Spring and Summer. I will be providing the AVERT Training (Active Violence Emergency Response Training) to all departments and going over emergency action plans for all of our program sites.



CPR Class



The Head Fire begins August 2023



Fire First Aid Training



Highway 96 sign damaged by Head Fire August 2023



Staff unloading emergency water supply for Happy Camp community

During the height of the wildfire season of 2023 I was working in the field and spent 21 days straight working, starting with the Head fire, assisting our Federal, State, and County partners with emergency evacuations, road blocks, and response to tribal members who were in need. During those times I spent time in Siskiyou County's Emergency Operations Center getting real time information and attending fire management cooperators' meetings making sure we had the best information available to forward to our communities.

An 8 hour Community Preparedness Academy will be scheduled for February for Orleans and will be on a Saturday. Once we complete that I will be repeating the training for Happy Camp and Yreka throughout the Spring.

As you already know, water has and continues to be a big issue along the Klamath River. Emergency water filters were distributed along with emergency water delivered to Orleans and Happy Camp Tribal Elders and communities consistently for this entire year due to boil notices and shut downs. I will be exploring additional water projects with the State Water Resources Board to make sure we have clean drinking water on the river. One of our future projects worth mentioning is the water vending machines that will be installed at the senior nutrition program sites in Orleans and Happy Camp. This will provide additional filtered water to each of

Winter 2024



Head Fire clean up activity along Highway 96 near Scott River turnoff

these communities. Additionally, the Karuk Tribal Housing Authority (KTHA) office staff and I have teamed up to install under the sink water filtering systems to tribal housing in Orleans and Happy Camp.

I got great help from just about everyone during this last year. I appreciate you all for allowing me to be of service to Tribal Elders, Tribal Members and our Tribal Communities.

Yootva! 🏹

Darrell Frost, NR-Paramedic

Emergency Manager

Best Phone: 530-643-6461



Flash Flooding cause major damage to Klamath River fish habitat

Karuk Tribe Water Quality

Work Continues Post Copco 2 Dam Deconstruction

The Karuk Tribe Water Quality Program continues to monitor water quality in the main stem Klamath River and its tributaries. The program collects and assesses things like water temperature, sediment, dissolved oxygen, pH, nutrients, as well as other parameters of interest. We are actively involved in the Klamath dam removal monitoring and responsible for monitoring water quality in 175 miles of the river (from Orleans, California to Keno, Oregon). This summer, Copco 2 (the smallest of the four dams being removed) was completely deconstructed and the river in that section permitted to run free for the first time since 1925. This dam had diverted the river completely, dewatering the

original channel which has now been restored. This coming year, Drawdown (releasing water) for the bigger reservoirs will begin on January 11 and dams will be removed when that process finishes in late spring to early summer. Drawdown will release sediments accumulated in the reservoirs, which are nontoxic and mostly consist of dead and decaying algae, but changes in water level will be small compared to tributary inputs downriver.

With dam removal underway, we are working hard to analyze and document the “dams in” condition of the river using data collected over the past 12 years. With this information we will be able to track the River’s recovery. The

Tribe’s commitment to long-term, place-based monitoring provides a unique opportunity for developing knowledge around river management and dam removal. We are also partnering with researchers at Stanford University and UC Berkeley to produce a social impact assessment of dam removal, studying the ways that dam removal impacts Tribal well-being, cultural resources, self-governance, education, and livelihoods.

Another new initiative is a pilot study with the Klamath Tribal Water Quality Consortium to evaluate the presence of a toxin of emerging concern, 6PPD-quinone. This compound is derived from tire wear particles flushed from roads and is severely toxic to salmonids. This year the Tribe also petitioned the California State Waterboard to establish minimum instream flows for the Scott and Shasta Rivers, in the interest of providing adequate water to support salmon. We continue to work on collaborative projects involving fish disease, harmful algal blooms, and eDNA (Environmental DNA). We remain committed to our work protecting and understanding the Klamath River and its tributaries and the communities that live along them. 🏹

Copco 2 before and after removal



Medical and Dental Facilities Construction Complete

The Karuk Tribal Health program is proud to announce the Grand Opening of our newly constructed medical and dental clinics will be held in January 2024. These two new beautiful buildings represent the tribe's resilience and our dedication to our membership, patients and community that we happily serve. These medical and dental clinics, combined with the existing Family Services facility, make up over 15,000 square feet of state-of-the-art buildings that will now serve our tribal membership and community members in Happy Camp.

The completion of the Medical and Dental clinics facilities marks the end of the phase 3 construction plan for the Happy Camp Health Campus and the beginning of Phase 4, which will include an additional 4,000 square foot Health Administration facility, that will house our Health Administration team, Community Health Representatives, Transporters and Medical Billing Department. This will be the final phase in our current Health construction plan in Happy Camp.

Our grand opening ceremony is currently scheduled for later in January. More information will be posted on the Tribes website and everyone is encouraged to attend. There will be refreshments and a tour of the facilities. We're very excited for everyone to come out and celebrate the completion of these new facilities with us. 🏹



Cultural Burning Policy Update

Ayukii! It's been an exciting time in the world of cultural burning policy over the past couple years, so we wanted to give you an update on what the Karuk Tribe's Department of Natural Resources has been up to. Karuk people have stewarded our lands and waters since Time Immemorial, and have been using fire as a key way to do so. Karuk people have an aboriginal right to burn that has never been extinguished and have both a right and responsibility to steward our lands.

The issue is that this right has not always been acknowledged by those in positions of power, including federal and state agencies. This has resulted in overgrown forests that are both greater wildfire risks to our communities and also less abundant in the traditional foods, fibers, and medicines that we and our local wildlife depend on.

To address this issue head on, the Karuk Tribe released the Good Fire Report (version 1) in 2021, which outlined 12 key barriers to the expansion and scaling of beneficial fire (including prescribed fire and cultural burning) and also made recommendations for overcoming them. This version of Good Fire focused primarily on state-level policy, and has been widely cited by researchers, practitioners, and policymakers in the last couple years since its publication. In fact, it has been so influential, that it has led to a few new laws in California. These include Assembly Bill 642 (AB 642), Senate Bill 332 (SB 332), and Senate Bill 926 (SB 926), detailed below.

In September of 2021, AB 642 defined "cultural burning"

and "cultural fire practitioner" in state law; required the appointment of a cultural burning liaison to advise on matters of cultural burning at the state level; required the creation of a proposal for a prescribed fire training center; and established a state burn boss certification for prescribed burners; among other actions.

Following closely behind, SB 332 was signed into law on October 6, 2021, and changed certain liability standards for prescribed and cultural burning from simple negligence to gross negligence. If certain conditions are met, no person should be liable for any fire suppression or other recoverable costs if fire management agencies respond to help with suppression of an escaped burn. The conditions that must be met for a gross negligence standard to apply include the following: the purpose of the burn must be for wildland fire hazard reduction, ecological maintenance and restoration, cultural burning, silviculture, or agriculture; the burner must have landowner permission or approval of a Tribe to burn; and the burn must be conducted following applicable burn and air quality permit requirements; among others. For prescribed burns, SB 332 requires that the burner use a state certified burn boss to review their plans and conduct the burn according to their burn plan, while for cultural fire practitioners, no burn plan is required. While changing the gross negligence standard was a win, the state should still not expect cultural fire practitioners to get any permits to burn as



Analisa Tripp conducting a cultural burn with a pitch stick. Photo Credit: Alex Watts-Tobin.



Prescribed burn with cultural objectives conducted at the Karuk Women's TREX event in 2022. Photo Credit: Chloe Swiney.

that is an affront to Tribal sovereignty, and so the Karuk Tribe has since sponsored Senate Bill 310, which is currently going through the legislative process (more on this below).

In 2022, SB 926 established the Prescribed Fire Claims Fund Pilot (Claims Fund) to support coverages due to losses from prescribed and cultural burning carried out by nonpublic entities such as cultural fire practitioners, private landowners, and non-governmental organizations. At present, the Claims Fund can provide up to \$2 million dollars per burn to cover losses. Burn plans are required to access the Claims Fund, however, and burn permits are required, if applicable.

Building off of these recent successes, there is still a key barrier to cultural fire practitioners from benefiting from SB 332 and SB 926 due to the fact that cultural burners should not need burn permits, air quality permits, or any other permit in order to carry out their unextinguished Tribal right to burn. Thus, with Karuk Tribe sponsorship, Senator Dodd introduced Senate Bill 310 (SB 310) in 2023 to authorize the California Natural Resources Agency and other agencies the ability to enter into sovereign-to-sovereign agreements with Tribes that explicitly acknowledge Tribal sovereign authority over cultural burning, and thus acknowledge that certain state permits do not apply. This bill is still in negotiations, and will likely be picked back up by the Assembly Appropriations Committee in early 2024.

While much has been happening on the state level, we have also been quite busy on the federal level. Last year, the Karuk Tribe's Director of Natural Resources and Environmental Policy, Bill Tripp, was appointed to be the Tribal government representative on the Biden Administration's Wildland Fire Mitigation and Management Commission, and continues to serve in that role. The Commission was created by the Bipartisan Infrastructure Law and charged with making recommendations to Congress to more effectively prevent, mitigate, suppress and manage wildland fires, including the rehabilitation of wildfire affected lands. This September, the Commission released their final report outlining

148 comprehensive, consensus-based recommendations to address the U.S. wildfire crisis, including over 20 recommendations specifically aimed to further enable cultural burning, Indigenous stewardship, and Tribal sovereignty, self-governance, and self-determination. This was a huge feat; however work remains to translate the Commission recommendations into legislative action and ultimately law.

To assist in this effort, the Karuk Tribe will soon be releasing an updated version of the Good Fire Report that will not only focus on state fire policy, but will include expanded sections on federal fire policy as well. The federal recommendations will build on, clarify, and delve into greater specificity about several of the key recommendations from the Biden Commission. Stay tuned for this report, expected in early 2024!

Please reach out to Bill Tripp or Colleen Rossier at the Karuk Department of Natural Resources with any questions or comments. Yôotva. 🏹



Isha Goodwin conducting a prescribed burn with cultural objectives, and using cultural ignition methods. Photo Credit: Naomi Huddleston.

I Need My Meds!

Picture this: it is 3pm on a Thursday and you just opened your Metoprolol to discover you only have 3 pills left. What are you going to do?

Did you know there is a process for that? The Karuk Tribal Health Clinics process medication refills received from the pharmacy via electronic fax. We ask that you:

1. Call the pharmacy 7 days before you run out of your medication to request a refill
2. If you haven't received it 3 days before you run out call and speak to a nurse at the clinic
3. Come for your recommended appointments. At least once a year but usually every 3-6 months. Ideally medications are filled at this time, this eliminates the need for a request.

The clinics are held to specific standard in regards to medication refills. One of these is ensuring you are seen at regular intervals. Controlled substances require appointments at every refill! This is for your quality of care and to help keep you well.

What if it is after clinic operating hours? There is an on-call provider available 24/7. Call the clinic you usually visit and when prompted press one. There maybe a pause but the call service will connect you. 🏹



Time for your flu shot.

There has never been a better time to get your flu shot! Let's talk about some common misinformation spread about the influenza vaccination:

Myth: The flu shot makes me sick!

Truth: Unless you have had a serious reaction in the past the flu shot does not make you sick. It does not contain a live virus. It is more likely you were exposed to another virus like the cold after receiving your vaccination. To prevent this increase vitamin C, water, and rest 2 days prior and 2 days following vaccine administration.

Myth: The flu shot now contains the COVID vaccine.

Truth: The vaccinations are separate. In our clinics they are even different manufacturers. Both injections have been FDA approved which means what's on the label has been tested and is what's in the syringe.

Myth: Influenza is not serious so I don't need the vaccine

Truth: Each year roughly 650,000 people die from influenza due to breathing complications. Receiving the flu vaccine help protect you and those around you that may be at high risk.

Flu shots are available for all ages at all the tribal health clinics. Patients that have been seen in the last year are eligible to receive the vaccine without a provider visit.

See you soon! 🏹



Happy Camp Senior Lunch Program

The Karuk Senior Nutrition Program Staff would love for you to come on down and have lunch with us, all it takes to qualify is your age (Tribal is 55 years or older) (everyone else is 60 or older). We have a Diabetic Luncheon the second Wednesday of each month for those in need. We put out a great lunch Monday – Friday at 12:00 p.m. You will make new friends and maybe see some old friends you haven't seen in a while, have some refreshments, lunch and have a good time so we hope to be seeing you soon.

We held our Elders Christmas Party Friday December 22nd and a good time was had by all! 🦋



Orleans Senior Lunch Program

We would like to invite all Elders in the Orleans area to come and join our Senior Nutrition Program. All it takes to qualify is your (age) 55 and older if your Native or 60 and older for everyone else.



We make Delicious nutritious meals Monday – Friday lunch is at 11:30 am. We would love for you to come have a meal with us and socialize with others in our community. 🦋



New Health Employees at Karuk Medical & Dental

At the Karuk Tribal Health Clinics we strive for growth to ensure quality patient care. Over the last year we have added some new smiling faces to our Yreka clinic. I would like to take the time to highlight them.

Julie Gaulden FNP- Julie comes to us as a nurse practitioner. She serves the community ages 13 and older. She has a wide range of previous nursing experience and years of high-quality care. We are excited the Julie is a permanent provider instead of a locum. She does not treat chronic pain but will happily refer you to someone who specializes in this.

Amy Lantz and Chris Davies- This is your Tele-med Team! Amy and Chris have been hard at work to expand our Tele-med program. This allows some patients the convenience of specialty appointment right in our office. This program is vital to patients unable to travel long distances and in need of specialized care.

Kim Quiroga- Kim is a certified phlebotomist working as a medical assistant. She loves the outdoors and brings an

eagerness to the care team.

Tori Campbell-Tori is a certified phlebotomist working as a medical assistant. She brings laughter to the room and is always ready to learn new things.

Cecille Gonzalez- Cecille is our new public health nurse. She will be over seeing the community outreach program, diabetes program, and providing home visits when needed. She comes to us with experience and an understanding of the importance of caring for all.

Tonya Albers- Tonya is health IT. She has been working hard to ensure our system is compliant and up to date. She handles all the computer problems we encounter.

Emalee Black- Emalee is a receptionist. She comes with years of experience and medical training. She enjoys reading books.

Come by anytime to visit our care team! We look forward to seeing you and assisting on your Wellness Journey. 🏹



*From left to right back row Jessica Berendonk, Peggy Einsele, Chris Davies, Danci Harris, Janet Beck, Cindy Hayes, Emalee Black, Donna Anderson, Kristal Black, Sharon Denz, Sarah Abono, Cecilli Gonzales, Crystal Kurtz, Shannon Jones, Rondi Johnson, Carol Thom, Flame Page-Brink
Front row: Alexis Croy, Tori Campbell, Sydney Mager, Sammi Jerry, Jolene Knuckles, Cheryl Asman, Dr Eunsun Lew, Roberta Kelley*

New Public Health Nurse starts at Karuk Tribe!

The Health and Human Service Community Health Department has a new Public Health Nurse for the Happy Camp, Orleans, and Yreka area, Cecilli Gonzales. She is a Karuk Native that has been a nurse for 10 years.

The aim of the Community Health Department is to reduce health inequities to ensure that every person has the opportunity to be as healthy as possible by addressing health disparities to provide health promotion and disease prevention in coordination with the Community Health Representatives. The CHRs are members of the community that are trained in basic healthcare skills to assist with disease management, and prevention. The Yreka CHRs will be hosting their quarterly diabetic luncheon in January with the author of the cook book Chímí Nu'am, Calvosa Olson, as a special guest. The diabetic program looks forward to expanding in the future with a focus on diabetic nutrition education and reintegrating Karuk traditional foods into people's diet.

CHR Area Representatives

Orleans Area:

Melodee Conrad

Happy Camp Area:

Bobbiesue Goodwin

Gary Bailey

Yreka Area:

Roberta Kelley

Carol Thom

Letha Jerry

We aspire to have the healthiest community possible. We encourage you to do your part this respiratory virus season to protect the elders, young ones and yourself by getting your flu shot and Covid-19 vaccination. The clinics carry the latest Covid-19 booster Novavax that was authorized by the FDA in October. This vaccine is more targeted to protect against the Omicron variant and increase immunity to the varying strains of Covid-19. 🏹



Karuk Tribe Human Services

Ayukii From The Director:

I am very proud to be a part of the Human Services team that cares for our Tribal Members. Embrace client care is our mission, but also our way of supporting and focusing on our Tribal members and community. The Human Services team has been truly the “guiding light” since my inception in May, 2023. From the behavioral health teams, Substance Use Disorder professionals, and front desk staff—you could not ask for a better team! Our department focuses on your well-being through therapy, addiction, and transitional housing. Our funding is backed by large grants to keep operations and training innovative and relevant.

Behavioral health needs have been exacerbated since the pandemic and additional barriers have emerged. Since then, there has been a whopping 21% increase in clients who are seeking mental health services and an even larger increase in medical management services. With small steps, the Karuk behavioral health team advises everyone to take action by focusing on self-care. Like your physical health, it is important to take care of your mental health. By doing so, self-care can increase your sleep time, heal your gut, lessen pain, and overall improve well-being.

Take charge today by:

1. Identifying times throughout your day to take breaks
2. Take short walks after lunch/dinner
3. Eating healthier
4. Pet your animals/engage in your hobbies
5. Journaling or reading

Our behavioral staff are here for your mental health needs and are licensed providers who go through rigorous annual training to keep up with today's psychological issues to bring you towards kinder, wiser, and healthier well-being!

The Substance Use Disorder team is also here for all who seek sobriety, wellness, and support. Programs such as Substance Use Disorder, Relapse Prevention, group sessions, individual counseling, Batterers' Prevention, and DUI are enriched with culturally appropriate treatments to help overcome addiction. Our licensed, certified, and recovery staff are there every step of the way toward your sobriety and can be available in Happy Camp and Yreka locations.

Opioid Crisis:

The nation is currently experiencing an Opioid/Fentanyl crisis with these drugs pouring into the country through our southern border. The Karuk Tribe is not exempt from the effects of this crisis. Fentanyl is being added to street drugs in uncontrolled amounts that have resulted in many overdose deaths. Naloxone which comes in a spray bottle, can reverse the effects of Fentanyl, but that is after the

fact and not a solution. The first step in combating this crisis is for healthy family members to try not to enable addicted members, and to encourage them to seek treatment from the Karuk Substance Use Disorder Program. It can offer assessment, send them to detox or residential treatment, and offer relapse prevention services when they come back home. This step of not enabling family members is one of the hardest things that you will ever have to do, and I speak from personal experience. ---Joe Snapp, SUD Program Manager.

The SUD team is focused on strategic crisis initiatives to combat the opioid crisis and bring awareness to all three Karuk jurisdictions in Yreka, Happy Camp, and Orleans. All Karuk Tribe members, the community, and Karuk Staff are welcome to attend these FREE and informative trainings as they are all announced through Facebook, Karuk Tribal platforms, and to the community. The training includes an assortment of light food and fabulous prize raffles. This will be a great opportunity to learn about the drug that plagues our communities and has taken too many loved ones away. Be informed, be proactive, and be supportive---our Tribal and communities can promote harm reduction, prevent misuse, and understand the benefits of Narcan.

Family Healing Family Works! “It takes YOU to encourage an individual who seeks help with drugs, alcohol, or addiction.” 🏹

Yootva,
Ray Elliott
Karuk Human Services
1515 South Oregon Street, Suite C
Yreka, CA. 96097
(530) 841-3141 Yreka
(530) 841-5150 Happy Camp





Public Service Announcement

STOP THE OVERDOSE! Fentanyl/Opioid Crisis

In 2021, 1,358 AI/AN people died by overdose, which was the highest rate of any racial or ethnic group. It starts with you helping a family member cope with an addiction!

“Families-Healing-Families”

Karuk Tribe Substance Use Disorder Program

Yreka (530) 841-3141

Happy Camp/Orleans: (530) 493-1450

Greetings from Pírish Plants Division

Ayukii kôovura! We finished our very first field season, and wanted to extend our thanks to the elders, community members, and partnering programs whom we've learned so much from this year. The Pírish Plants field crew, Onna Joseph, Ruby McCovey, and Hallee Colegrove, has been hard at work this season with invasive plant removal, native plant enhancement, and youth and community engagement throughout our project sites. As we build this Division, it's important to us that it benefit the Karuk community. Please feel free to reach out and let us know: are there priority sites that need plants attention? Are you interested in joining us for more community workdays? Do you have any feedback or suggestions? Contact us at pirish@karuk.us or call 530-627-3446 extension 3053.

Yôotva! 🏹

Heather Rickard, Pírish Plants Division Coordinator
Analisa Tripp, Collaborative Stewardship Program Manager



Crews collect blazing star seeds during Summer for replanting



*Onna Joseph pulls scotchbroom during
Athithuuf Restoration Project-Happy Camp*



Flourishing native grass in early Summer after seeding

HELP

Save Lives With
Naloxone

A FEW SIGNS OF AN OVERDOSE

- * NOT WAKING UP
- * SLOW OR NO BREATHING
- * LIPS AND NAILS TURN GRAY OR BLUE
- * SKIN IS PALE AND CLAMMY

CALL 911

ADMINISTER NALOXONE

AS DIRECTED

For information on where you or someone you know can get Naloxone (Narcan) or treatment for opioid addiction

Contact:

Karuk SUD Program

Yreka: 530-841-3141

Happy Camp and Orleans:

530-493-1450

Rex Harrison

Karuk Tribe Dept. of Natural Resources

Sober since Jan 2009!



KEEP EACH OTHER SAFE FROM A DRUG OVERDOSE

Never use opioids alone or with someone who won't call 911 to save your life

It isn't against the law to overdose or report one

Diabetic Foot Care

Did you know, that Diabetic Medicare Patients could qualify for a new pair of custom shoes?

Twenty three elders from the Yreka and Happy Camp Community's received Diabetic Shoes. We can always do better! Let's be better! Please reach out to your primary care provider to see if you meet the programs criteria. 🏹



Tracy, Odessa, Sammi Jerry, MA from the Yreka Medical Clinic and Barry Hockaday Transporter for the Happy Camp area.



Karuk Tribe Employment Opportunities



We encourage you to visit the Karuk Tribe's website at www.karuk.us.
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.

Annelle Lerner, Human Resources Director, Phone: (530)-493-1600 Ext. 2041, Fax: (855)-437-7888,
Email: alerner@karuk.us

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

Karuk Tribe Attn: HR

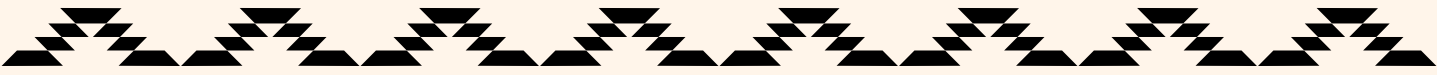
P.O. Box 1016

Happy Camp, CA 96039

**Employment
Opportunities are
available
with the
Rain Rock Casino!!!**



**Find us on
Facebook**



IMPORTANT INFORMATION FOR YOU REGARDING REFERRALS FOR HEALTH CARE

PURCHASED REFERRED CARE

Patients are RESPONSIBLE TO CONTACT PRC office to be eligible for Assistance from the PRC department with a referral.

1. If you were seen in the emergency room: Patients (their family or the care provider) must notify PRC of these services within 72 hours (three days of receipt of the services).
2. If you are an elder (65 years or older) or disabled, and seen in the emergency room or admitted to the hospital, Patients (their family or the care provider) have 30 days to call PRC.
3. Prior approval is required on all non-emergency services. (referrals)
 - a) If the outside provider refers you for additional services you must call the referral clerk at the clinic you were referred from for a second referral.
 - b) Co-pays or deductibles will not be paid without these referrals

Please notify PRC staff at 530-493-1659 OR 530-493-1600 ex 2156, 2151 or 2155 of all appointments.



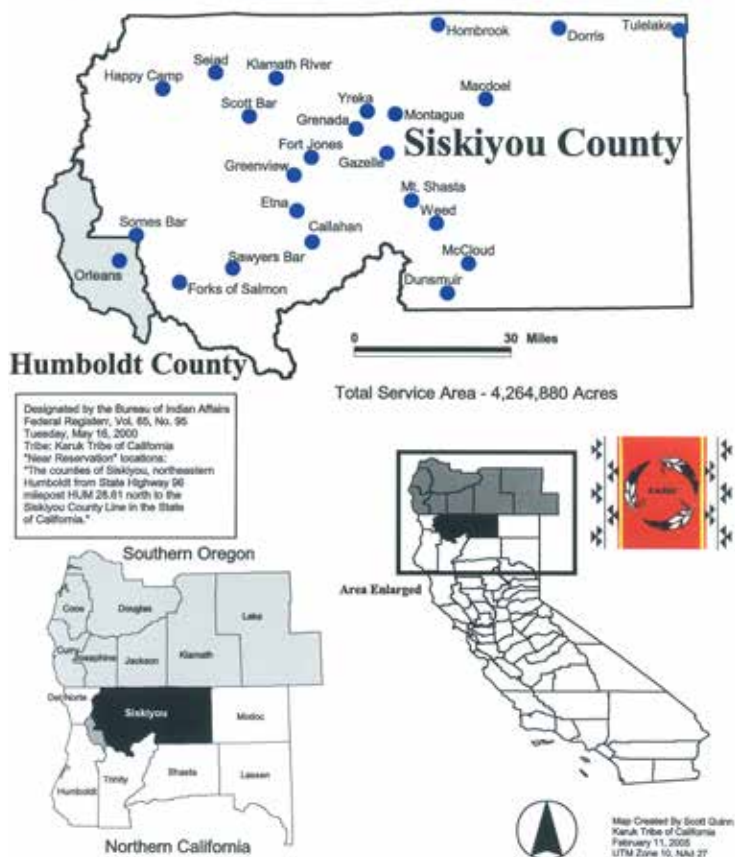
Low Income Assistance Programs (LIAP)

- Safety Net Services- This program helps low income families with food, shelter, and clothing. The applicant must reside in the service area, be a Karuk tribal member, descendant or member of any federally recognized tribe, and a low-income household.
- Low Income Heating Energy Assistance Program (LIHEAP)- This program provides energy assistance to eligible tribal households with electricity, propane, firewood, and minimal weatherization. The applicant must reside in the service area.
- General Assistance- This program provides low income families with food and/or clothing, shelter, burial and emergency assistance. Benefits will be adjusted depending on income received.
- Adult Care Services- Adult care assistance provides non-medical care for eligible elders. Background checks are required.
- If you've experienced a loss in income due or hardship due to COVID-19, you may be eligible for additional assistance. Contact the LIAP Department for more information.

For those residing outside of our service area there may be other resources available. We encourage you to reach out to your local Community Center or Resource Center, these centers may have additional resources for accessing energy assistance and/or food vouchers. Northern California Indian Development Council (NCIDC) is another great resource and has offices located in both Yreka, CA and Eureka, CA.

For more information contact:
Low Income Assistance Program
Emma lee Perez
530-493-1600 Ext.2025

Karuk Tribe “Near Reservation” Service Area





Karuk Tribe

Post Office Box 1016
Happy Camp, CA 96039-1016

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO 110
MEDFORD OR



Karuk Council Members Brink, Hockaday, Hensher-Aubrey, staff and tribal members attend drawdown at Iron Gate Dam.