



Yurok Today

The Voice of the Yurok People

Father Starts Stick Game Practice

Lance Bates and others teach traditional game to Yurok kids

See story on page 3



Contribute to long-term, Yurok history project

The Yurok Tribe would like the community's assistance on a long-term history project and is looking for information, dating from as far back as pre-colonization and as recent as present history. The Tribe is looking for the following: old newspaper clippings, photographs, official correspondence, personal letters and any other form of historic document. For example, letters written to or from Yurok soldiers during World War I is one type of document that we are trying to obtain. The submissions will be used in a digital history project. Submissions may be scanned, delivered to the Klamath office where they will be duplicated and returned to the owner, or emailed to mmais@yuroktribe.nsn.us. Thank you in advance for considering this request.

Yurok Phrase of the Month

Nepuy skewok kee 'ne-nepek'
I want some salmon to eat



Important Dates

- Tire Amnesty - 10am - Klamath - July 6
- Tire Amnesty - 10am - Weitchpec - July 7
- Sregon Brush Dance Begins - July 7
- South District Meeting - 6:30pm - July 8
- Tribal Council - Planning - 10am- Klamath - July 13**
- Tribal Council - Action - 10am - Klamath - July 14**
- Weitchpus Brush Dance Begins - July 7
- Culture Committee - 10am - Weitchpec - July 15
- Cha-pek-w Jump Dance Begins - July 15
- Weitchpec District Meeting - 2pm-4pm - July 16
- Tribal Council - Finance - 10am- Klamath - July 19
- Last Day to File Election Papers - July 22
- Tribal Council - Planning - 10am- Klamath - July 27**
- Tribal Council - Action - 10am- Weitchpec - July 28**
- Tribal Council - Finance - 10am - Klamath - August 2**
- Tribal Council - Planning - 10am - Klamath - August 10**
- Tribal Council - Action - 10am - Klamath - August 11**
- Wehl-kewl Brush Dance Begins - August 11
- Annual Tribal Membership Meeting - August 6
- White Deerskin Dance Begins - August 19
- Culture Committee - 10am - Klamath - August 19
- Klamath Salmon Festival - August 20
- Tribal Council - Planning - 10am - Klamath - August 24**
- Tribal Council - Action - 10am - Weitchpec - August 25**

SUBMIT A STORY IDEA

WOULD YOU LIKE TO SEE A TOPIC COVERED IN YUROK TODAY?
To submit a story idea via email, send a short note, describing the topic, to mmais@yuroktribe.nsn.us. To suggest subject matter over the phone call (707) 482-1350. Also, please feel free to stop by the Klamath office, during normal business hours, to talk about your idea.

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On The Cover

Lance Bates, a Yurok Tribal member, starts a Stick Game practice. It is open to kids of all ages and skill levels.

Klamath Dad offers Stick Game practice

Positive activity meant to keep kids on the correct path

Yurok Tribal member Lance Bates, a young father, wanted local youth to have better access to traditional recreational activities, so he decided to do something about it.

Every Thursday, after Bates gets off work at 5pm, he leads a Stick Game practice in Klamath. Thirty kids, ranging in age from five to 18, regularly participate in the practices. The players show up early and are enthusiastic about the hard workouts. At each practice, Bates and other local fathers teach the fundamentals of the physically and mentally demanding sport.

“I am surprised that so many kids show up and how excited they are to play,” Bates said. “They love it.”

The coaches emphasize the traditional rules of the sport as well as the cultural aspects that can be employed to live a positive life. Yuroks have played the Stick Game since time immemorial. Being an effective player requires agility, strength and an ability to overcome adversity.

Only males are allowed to play the traditional game. To give local girls an equal opportunity to recreate, Bates bought a volleyball net for the local girls to get some exercise and have a good time in the same general area as the Stick Field.

“Whenever we do something for the kids in the community, Lance is always one of the first people to step up and help out,” said Ryan Ray, a Yurok Tribal Council Representative from the Requa District. “He does it on his time and on his own dime.”

A youth Stick Game practice has also started upriver and the coaches there are hosting a tournament on July 3. Bates’ crew will be competing and he is organizing a tournament on July 14 in Klamath.

One of Bates’ recent Stick Game practices began with a stretching routine, jumping jacks and jogging laps across the field. More than two dozen Yurok boys from Klamath and Crescent City ran faster after completing each jaunt over the approximately 100 yard field. All of them were clearly pleased to be outside doing something physical.

“You have to have wind to play sticks. You have to be able to run and not get tired,” Bates said.

The run was followed by rounds of pushups, which the participants counted out loud in unison. Next, the boys listened eagerly to Bates describe the roles of each position on the field,



Lance Bates coaches the Stick Game in Klamath.

including the Scratcher, Runner and Anchor.

“Right now, we are focusing on hooking the tossel every time and how to make a proper throw,” said Bates, who runs and does pushups with the kids. “The Scratcher is the captain. The Anchor is lined up with the fastest guy on the opposing team, the Runner. The Anchor’s job is to hold him down and not let go. The Runner’s job is to break free and go after the tossels.”

After the warmup routine, Bates broke off a group of five and six year old boys, who learned how to scratch the sand, hold the tossels in their mouth and flick them with the stick, just as it is done at the beginning of a match. On the sidelines, another cluster of kids were being taught basic wrestling techniques.

Following the specialized drills, the group played several scrimmages. The boys were matched according to their age and skill level. During the games, Bates and Hoppow Norris, another Yurok father who is helping train the kids, halted play when they detected a teachable moment. For example, the two fathers called a brief timeout to clarify the role of the coaches that are paired up with each player on the field.

“The coaches keep an eye on the tossels and they pay attention to everything on the field. They will tell you where to go, once you get up from a scramble,” Bates explained to the



players, who stood quietly as the two men talked. “The coach is just as important as the players on the field.”

This lesson is crucial. Knowing the coaches’ contribution will make the kids more aware of the different strategies involved in the game and it will make them more effective players.

“We have all of the kids coaching and playing. When they coach it helps them learn more about the game,” Bates said.

At the Thursday practice, the teens were coaching the younger ones, and they were patiently demonstrating the best way to hold a stick, directing them where to go and letting them know when to wrestle an opponent. As the games progressed, the older boys gave encouragement to the younger kids. All of the children had smiles across their faces for the entire time, aside from the odd scraped knee from the shallow sand on the field.

A novice scratcher, Morek Nova, who is one of the youngest yet experienced players, worked very hard on dropping the tossels from his teeth and immediately sweeping them down field with his stick — a feat his father Larry Nova helped him figure out.

“We’re going down river! Everybody lock up!” the less than four-foot tall Morek Nova shouted, before the beginning of one of the practice games, pointing his stick down the Klamath River.

Sportsmanship and maintaining a positive attitude have always been key features of the Stick Game. Despite the intense clashes on the field, the players all shake hands and exchange compliments after each match.

“It’s good medicine,” said Nikwic Bates, one the kids participating in the practices and one of Lance Bates’ sons.

Hoppow “Hop” Norris, owner of Bear Island Designs, is working on jerseys and athletic shorts, adorned with a Stick Game-themed logo, for all of the kids. He and others organized a fundraiser to purchase the high quality apparel and he donated the time it took him to create the awesome artwork and put it on the sharp-looking uniforms.

“I want this to be something that the kids are proud of,” Norris said.

While the group has been at it for about a month now, any kids interested in playing may still take part in the practices. It is open to boys of all ages and all skill levels. During the training sessions, mothers and aunties sit on the sidelines and cheer on the kids. A couple of the fathers there to watch their sons jump in to help Bates and Norris coach the athletes. Dads are always more than welcome to join in on the fun.

“We can always use more men to help coach,” Bates said.

The Stick Game imparts to youth a number of benefits that transcend the sandy field into daily life. Throughout the practices,

Bates seeks to instill in the boys a sense of structure, discipline and teamwork. The coaches also reinforce an understanding of when, where and how to be aggressive in an appropriate way.

There are very few recreational opportunities for kids in Klamath. Up until a few years ago, there were no organized sports, because the small population size is not large enough to support something like a soccer or baseball league. People like Council Rep. Ray, Bates and Norris, as well as more community members, are trying to turn this around.

Some of the local kids have difficult home lives, a result of one or more parents who are struggling with substance abuse. The boys need a healthy outlet for the frustration that can come from living with drug addicted parents. For a variety of reasons, these children are acutely at risk of getting hooked on drugs or alcohol and following in the same footsteps as their folks. Bates wants these kids to learn how to cope with their angst in a positive way.

The Stick Game has the capacity to increase the players’ physical and mental health. It also teaches them how to face difficult challenges head on. The comradery, clearly developing among the kids, makes them feel more connected to their culture and community.

“I know how much our kids struggle,” said Hoppow “Hop” Norris. “For a long time there wasn’t anything for our kids to do. Now they have something that they didn’t have last week. That’s awesome. To be able to share and give back is an honor.”

Bates concluded, “We are trying to provide something for the kids to do, rather than doing drugs or drinking, which leads them down the wrong path. This is about teaching them something and giving them something to do.”

Interesting fact- According to recent article published in Harvard Health, strenuous activities, like the Stick Game, have “a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress. It’s a common experience among endurance athletes and has been verified in clinical trials that have successfully used exercise to treat anxiety disorders and clinical depression.

To participate in the practices or to watch the kids play, go to the Stick Game field in Klamath at 5pm on Thursdays. Bates’ Stick Game Tournament is on July 14 in Klamath. Teams may sign up at noon on the day of the tourney. The Klamath Stick Game players will be showing what they learned at the Klamath Salmon Festival’s Annual Stick Game Tournament on Saturday, August 20, 2016. ✨

See photo spread on page 8

Yurok Tribal Court puts on mural camp

Much healing materialized as a result of the four-day art camp

When a young boy from Weitchpec decided to go with his auntie to the Yurok Tribal Court's Mural Art Camp, he looked at it as an opportunity to get out of town and camp by the river for a few days.

Shortly after the camp commenced, the 11-year-old Yurok Tribal member realized that the experience was going to be much more than the average camping trip.

"It was cool," he said. "We had fun at the camp. I would recommend it to my friends."

The youth who did interviews for this story will not be identified by name, because the subject of the mural is extremely sensitive and the camp's organizers wanted to protect their privacy.

The art course was facilitated by Claudia Bernardi, an internationally renowned artist and educator. Bernardi cofounded the School of Art and Open Studio of Perquin, El

Salvador/ Walls of Hope, an international art and human rights group focused on education, conflict resolution and preservation of historic memory. Walls of Hope works in communities that have endured terror and violence, as well as human rights violations. The university professor has led collaborative art projects in worn areas of Northern Ireland and Colombia as well as in the following countries: United States, Mexico, Guatemala, Argentina, El Salvador, Germany, Serbia and Switzerland, where a large refugee population was not being welcome by the Swiss government and citizens. Fundamentally, Yurok history is not very different than that of these places, where state-sanctioned violence has taken a terrible toll on its victims.

The camp was open to Yurok Tribal members of all ages, genders and artistic abilities. Many of the mural's contributors practiced art as a hobby, at least one of the participants was a professional artist and others had no experience at all. The multifunctional art seminar was designed to teach the participants new painting techniques and new coping skills for dealing with traumatic events, such as the suicide crisis on the Yurok Reservation. Regardless of their level of expertise, Bernardi, the facilitator, gave all attendees an equal voice in determining the themes embodied in the mural.

"This project and the finished mural is the result of the conversations between the artists collectively and the drawing/painting that came from our hearts," said Kim Mamaradlo, an astute Yurok artist, who participated in the camp. "As a group and with Claudia's encouragement we decided every subject and detail together."

Bernardi has personal knowledge of what it is like to endure state-

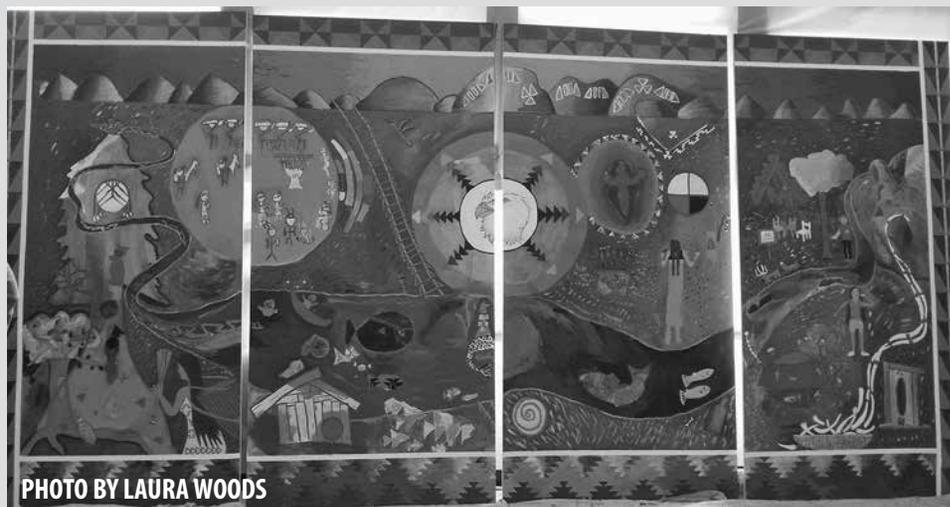
sponsored terrorism, just as the Tribe had from the Gold Rush to the Fish Wars and beyond. She was a college student in Argentina when Jorge Rafael Videla began a dictatorial junta and campaign of violence that lasted from 1976 to 1981. As many as 30,000 people were murdered during Videla's reign as a military dictator. The Yurok Mural Art Camp's attendees, including Mamaradlo and the youth painters, quickly connected

with the Bernardi. For many, the part of her personality that stuck out the most was her sense of humor.

"She was funny. I told her that I could only draw stick figures," recalled one participant. "She told me, 'that's ok' all you have to do is perform plastic surgery on the people you paint."

Mamaradlo had equally fond feelings about the project's facilitator. "She is amazing!" said Mamaradlo, who is a Yurok Tribal member and a skilled artist. "Not only is Claudia extremely talented, articulate and intelligent, she is warm, kind, very funny, compassionate and extremely patient. I recognized traits in her that I aspire to and am grateful for our acquaintance. It is through relationships such as these that I receive the power to become a better person."

The final mural is comprised of four, four-foot by eight-foot panels. Each section features multiple topics, which tell fragments of a larger story. The Klamath River and coastal mountain range span the entire piece. One segment has, among other Yurok-specific depictions, a traditional home, a redwood canoe and the face of a bald eagle. Presented in another is a bear claw, a Yurok male and female wearing traditional clothing and a woman walking out of a fiery circle. The artists also inserted in the mural images including a noose hanging



from a tree with a male standing next to it and a female figure holding a gun to her head. These thought-provoking scenes were accompanied by a sweathouse and a symbolic depiction of drug addicts in recovery.

“The art camp allowed artists to spend sufficient time together to build enough trust to share both our hurts and our joys. From this project I learned that the upriver folks feel very left out of downriver activities. They feel excluded and alone in their sadness,” Mamaradlo explained. “In a conversation involving suicide, I learned that most soldier suicides were committed not during the war, but after returning home. While in combat, they had a comradery as well as dedication devoted to their fellow soldiers’ wellbeing. Returning home, they felt isolated and alone. For me, this project became much more than the art.”

The objective of the camp and purpose of the mural are two different things. The Yurok Tribal Court envisioned the camp as an occasion for those, so inclined, to share their story in full color with the greater community. The workshop was also meant to be a fertile environment for exchanging ideas, fostering new perspectives on challenging problems and finding new, like-minded friends.

“It was a chance to meet and bond with people, who were once strangers, and understand their circumstances,” Mamaradlo said.

The mural is intended to be a prompt for discussion about hard-to-talk-about topics, relating to the adversity the Tribe and individual Tribal members have faced historically and in present times. It is also meant to encourage the viewer to put the subject matter into their own personal context.

“The magnificence of art is its ability to reflect what the viewers need to see and learn about themselves. At first glance the cheerfulness of color and childlike execution appears exciting and happy, but upon closer investigation, they will discover sensitive subject matter tucked within the beauty,” Mamaradlo said. Healing begins when we are willing to be changed. It will not occur because we want others to change or if because we want circumstances to change, but when we are willing to change ourselves.”

The mural is currently on display at the Yurok Tribal Court. Since the art project’s inception, the goal was to transport it to other Tribal offices, as well as both Tribal and non-Tribal government agencies and nonprofits.

The three dozen Tribal members, who contributed to the mural, ended up not only enjoying the experience, but walking away from it with new tools for coping with the tremendous tragedies that have been visited upon Yurok people of the past and present.

“It reminded me of just how important and healing art is. This is a medium which allows an artist to tell their complete truth, expose their hurts and fears in a way that can be very beautiful,” Mamaradlo posited.

At the end of each day, Bernardi conducted a conversation about

the themes explored in the mural. During the last group discussion, there was not a dry eye among the artists, but they were not tears of sorrow.

“A lot of positive change happened in that room. That’s for darn sure. It was a very tearful ending,” said Chelle Brown, a Victim Advocate for the Tribal Court and the camp’s organizer. “We felt happiness and pride, as well as sadness for leaving each other. We all got really close throughout the week. It is something that I will never forget.”

The course was sponsored by the Yurok Tribal Court, Hey-wech-ek’ (I Survive) Program and Ink People Center for the Arts, a Humboldt County-based art advocacy group. ✨

Mission Statement of the Yurok Indian
Housing Authority:
(Adopted October 7, 1997)

“The Primary Mission of the Yurok Indian Housing Authority shall be to provide affordable, safe and decent housing to lower-income tribal members. Affordable housing services shall include, but not be limited to, rental and homeownership programs serving to increase housing opportunities within our communities. All programs are operated within the service area of Humboldt and Del Norte Counties.
Rental Programs

Low-Income Rental Program: Assists families with rental housing owned by YIHA. Required monthly rental payments are based on a maximum of 30% of the household’s adjusted gross annual income. Applicants are screened by criminal background investigation. NO PETS ALLOWED.

Student Rental Housing Assistance: Assists full-time students with the opportunity of attending school while residing in a safe affordable housing. Rent cannot exceed 30% of income and G.P.A. must be 2.5 or higher. YIHA cannot assist if you are current on HUD section 8 or in subsidized housing.

HOMEOWNERSHIP PROGRAMS

Mutual Help: Provides the opportunity to achieve home ownership in the form of a “Lease to Own” Agreement. This consists of a loan at a fixed 1% interest rate. Applicants are screened by criminal background investigation.

Down Payment Assistance: Assists families a 20% down payment up to \$50,000 plus closing costs up to \$5000 towards the purchase of a home.

REHABILITATION PROGRAMS
(Proof of property ownership required)

Rehabilitation/Replacement: A loan of up to \$150,000 at 1% interest to rehabilitate or replace primary residence. **Tribal members age 62 years and older receive this assistance in the form of a grant.**

Self-Help: A loan up to \$45,000 at a 1% interest for technical assistance and materials to perform renovations, rehabilitation, and/or new construction of primary residence. **Tribal members age 62 years and older receive this assistance in the form of a grant.**

Elder Emergency Assistance: Assists Tribal Elder Homeowners (62+) with heating, air conditioning, or air purification units, and with handicap improvements, as necessary. Total amount cannot exceed \$4999.99.

Weatherization & Foreclosure Prevention Assistance Programs Also Available.

For more information about our programs, please contact us at (707) 482-1506; (800) 281-4749 or stop by the YIHA office! We located at:

15540 Hwy 101 North
Klamath, CA 95548

YIHA wants to remind applicants on our waitlist that annual household updating is **MANDATORY!** The following people we would like to hear from:

Merris D. Obie
Peggy J. Sanderson
Ryan Offins

If you still wish to remain on our waitlist, please contact us!

Thank you,

Mara Bates
Executive Assistant

Tribe/community work to solve crisis

Much has happened since December emergency declaration

The Weitchpec office is now a bustling hub of mental health services that were specifically selected to strengthen the community-driven effort to prevent suicides among youth and young adults. Every day of the week, there is something happening at the Tribe's upriver headquarters.

"There is something going on all the time," said Rose Sylvia, who was named incident commander, following the Yurok Tribal Council's emergency declaration in relation to the suicide crisis.

Some days there is not even enough space in the building to accommodate all of the wellness-related events, because it is so busy.

"We had to hold the Elder's Tea Party in the administrative office," Sylvia said.

The Yurok Tribe declared a state of emergency in late 2015, following the untimely passing of seven beloved Tribal members. The Tribe is now working with the local community to address the root causes of this tragedy. The magnitude of the collaborative endeavor was evident at the recent Suicide Awareness Walk, where approximately 200 people showed up on a Saturday. The goal of the event was to make clear to those considering self-harm that there are people who care deeply about them.

Sylvia conducted a brief survey of the people who participated in the positive event.

"I think it was very successful. The largest percentage of walkers was in the age range that we are trying to reach, 11-20," Sylvia said. "That makes me so happy."

To date, the Yurok Tribe has worked closely with the Weitchpec-area community and several government agencies, including the Indian Health Service, to address this crisis. The Tribe converted the entire Weitchpec office into a mental health/suicide prevention facility. At every stage of the response effort, local residents have helped the Tribe identify what services and programs are needed most.

This community-centered approach has spawned the implementation of several key solutions. For example the California Rural Indian Health Board, at the Tribe and community's request, put on Applied Suicide Intervention Training workshops in Weitchpec and Klamath. ASIST has a lengthy track record of providing people with the tools needed to address real-life situations, where a person is seriously considering suicide. The Yurok Social Service Department and UIHS collaborated to create



PHOTO BY JAVIER KINNEY

an outpatient substance abuse treatment program, which is administered at the Weitchpec office. Behavioral health specialists are now onsite at Weitchpec, too. UIHS has assigned a counselor to the Weitchpec office one day a week and is working to recruit a full time counselor for the area. A substance abuse counselor is there on Monday, Wednesday and Friday. UIHS, Yurok & the Humboldt County DHHS are working on a comprehensive handbook of resources to be distributed to the community. There will be additional ASSIST training in the future.

Many Tribal staff and community members took advantage of the ASIST trainings and are participating in the other new services, such as the Relapse Prevention Program, put on by UIHS. At first, the substance abuse recovery program was sparsely attended, but within a few weeks the turnout quickly grew to near full capacity.

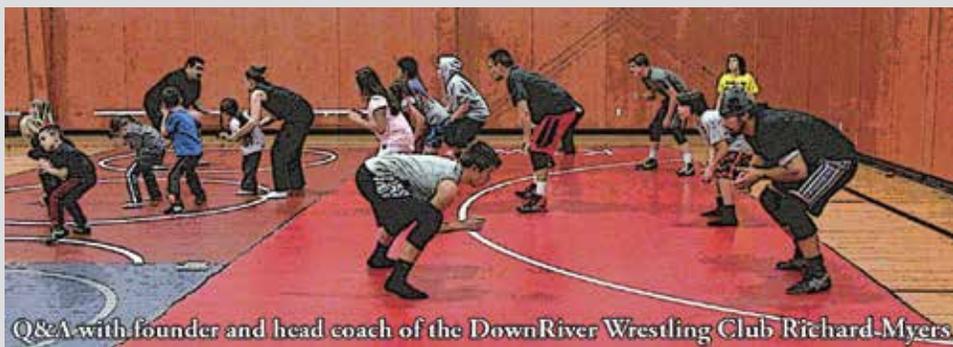
"I think it took time for people to feel confident about the effectiveness of these programs," Sylvia explained.

The Tribe is close to beginning construction multiple, new facilities in the Weitchpec area. A 10,000 square-foot facility will house the Transportation Program, Public Safety and other Tribal departments. The other structure will be a laboratory shared by the Yurok Environmental and Fisheries Programs. The infrastructure expansion will generate new job opportunities in the area. The Tribe will be using the construction of the new office space and research center to put on a paid, training program for

Story continued on page 10

Klamath Stick Game Practice





Q&A with founder and head coach of the DownRiver Wrestling Club Richard Myers

When did it start?

Richard Myers II, wrestler and assistant coach for Hoopa Freestyle Wrestling Club wanted to start a team in his own community with DownRiver youth. There are no sports offered in the Weitchpec to Pecwan area. Elementary students here have never had the chance to participate in a sport. High School students have to commute to Hoopa to play sports. Following the Yurok State of Emergency regarding local suicides, Richard thought that it would be a good prevention activity. It was a dream come true.

In January Monique and I started planning for the Club, meetings, flyers, grants, REWA applications, insurance, etc. The first two weeks of practice we had 9 youth. On February 20th and 21st we sponsored the 1st Annual DownRiver Freestyle Wrestling Clinic, a two-day, six hour wrestling fun filled event. We started out our day with fruit smoothies, then the kids warmed up, followed by a lot of wrestling games, and finally practice. They practiced and played hard all day. There were two other local coaches, Frankie Joe Myers and Two Feathers Offield, who ran practices and the workshops for beginner to advanced wrestlers of all ages. We are so proud of the youth that participated. This event was free of charge to any wrestler. Twenty-eight youth attended, including some from the Del Norte and Hoopa Clubs. The Yurok/Klamath/Del Norte families have been inspired and are talking about also starting a club in Klamath next year. The following weeks attendance at practice jumped two-fold to 19 wrestlers.

Where and at what time does the team practice?

Practices were in the newly built McKinnon Hill/Morekwon Community Center by Kepel Headstart. We started in late February, Tues., Wed. and Thurs. nights, 6-7:30pm until the last tournament in Hoopa April 30th.

How old do kids have to be to participate? Is it coed?

How many people participate? We have anywhere from 11 to 20 boys and girls and 2 men ages 4-40 years practicing each night. Some younger kids just come to practice and are not old enough to compete. Some kids decided not to complete but still come to practice. Most of our youth have never wrestled before. We have many young new

wrestlers 4-10 years old. There are seven tournaments with the only local one in Hoopa and we usually have 16 wrestlers attending.

Do you have any help?

By the end of the season we had five coaches. They were my brother Frankie Joe Myers, Jacob Ford, Joe Tyner, Dustin Offens and Twofeathers. There is usually three to five coaches each night. They share and switch duties depending on who is at practice. Several parents have organized fundraisers raising almost \$2000 with a Yard Sale and Eel Roast, GoFundMe, Easter and Mothers Day Basket Raffles, and a Bingo. Parents have donated food, cook and have gotten many donations. We are also selling sweatshirts with our logo on it.

Does the Club need anything from the community?

Please support at our fundraisers.

What was the community's response to the new club?

Many families have come together to make this happen, from writing grants and fundraising, coaching, ordering (30 uniforms with four different sizes per person), shopping, etc. Whole families (grandparents, aunties, uncles, siblings, cousins) come to practices every night with their kids and distant tournaments. Wrestling fits in with Yurok culture, its good Stick Game training for boys. Richard has been coaching and playing Sticks with local boys at for the last three years, taking them to Klamath, Hoopa, Happy Camp and Smith River to play.

We have seen many kids blossom, both socially and physically in this short time. We have tried to promote good sportsman skills, along with community support. The youth in our community now have five young men, not only to look up to as coaches but to model healthy, clean and sober lifestyles. We see it as a form of prevention as well as maintaining cultural values.

Is there anything else that you'd like to add?

We have received funding from the Yurok Tribe Suicide Prevention Emergency Funding, Meth Prevention and Domestic Violence Departments, and two vans to transport wrestlers and their families to distant tournaments. We have been donated mats from the Hoopa Freestyle Wrestling Club and loaned mats from Rob England and Joshua. This year we had four very used and different colored mats to practice on but UIHS purchased a 40x40 mat for us for next year. Grants were awarded by the Humboldt Area Foundation, Building Healthy Communities, and NCIDC. With this funding we have been able to purchase and loan all wrestlers gear (kneepads, shoes, headgear) and uniforms (singlets, sweat shirts and pants). We also have a facebook page. At the end of the season, wrestlers received a Certificate of Achievement and trophies. ✨

Emergency update continued from page 7

Tribal members. In 2015, the Yurok Tribal Employment Rights Office, in partnership with Native Construction Careers Institute, developed a program offering hands-on instruction in every aspect of home building. In March 2016 the all-Yurok team completed a new house for a Tribal elder in Klamath Glen. A similar approach will be employed in these upriver projects. Licensed contractors, who have taught these skills to other Tribes' members, oversee the construction, but do not do any of the work.

The Yurok Social Services started a youth council in the Weitchpec area, which is designed to teach local teens leadership skills. YSS began offering of Motherhood and Fatherhood is Sacred classes in April. Approximately, two dozen parents completed the course in Klamath, and now it is being offered in Weitchpec. Social Services has the capacity to train Tribal members in leading the positive parenting course. YSS's staff is participating in a train-the trainers' class that will enable the social workers to facilitate a child development program called Incredible Years. This educational resource will soon be available to Yurok Reservation residents. More information about Incredible Years can be found here: <http://incredibleyears.com/about/> Social Service staff members are also doing another training, titled Darkness to Light, which will better equip them to assist child victims of sexual

abuse. To learn more about Darkness to Light please visit <http://bit.ly/28N1Ug2>. Right now, the department is working on training its staff to become instructors of two different, wellness-related curricula. Once the Social Service workers receive their trainers' certificate in Darkness to Light and Drug Endangered Children, they will be offering the class to the community. On May 5, YSS put on a youth art event in Weitchpec. Annelia Hillman, an accomplished Yurok artist, facilitated the project, where adolescents and teens created artwork expressing what Finding Help, Finding Hope means to them.

YSS is also working in collaboration with the Yurok Tribal Employment Rights Office and the community to provide additional work training opportunities in the rehabilitation of the Wautec Shaker Church. Social Services is also working with CRIHB to develop regular recreational opportunities, both traditional and modern, for all ages. At the community's request, the Tribe identified funding to assist the local men, who are building a two sweathouses in the Weitchpec area. The Education Department offered a Brush Dance class in June and is putting on a summer camp in July. The campout will feature a long list of cultural activities. The Indian Health Services awarded the Tribe \$409,000 for infrastructure, training and community outreach events related to suicide prevention and mental health. ✨

High school student wins art contest

Ariana Kartaltepe's logo submission tops Salmon Festival comp

Yurok Artist Ariana Kartaltepe is the winner of this year's Salmon Festival Logo Contest.

Her design was selected out of a seven remarkable submissions. The theme of this year's Salmon Festival is Un-Dam the Klamath, Let the River Flow. Her artwork excellently embodies this timely topic. Kartaltepe, a sophomore at Hoopa Valley High School, began practicing art as a kindergartener, after being inspired by anime on TV.

"I used to watch a whole lot of cartoons and thought, why can't I do that," Kartaltepe said.

Today, she works with pencils, India ink, regular ink and some water colors. One of her favorite subjects to draw is people.

"I like drawing everyone, but me," Kartaltepe said. "Everyone is so unique and beautiful."

The Yurok Tribal member still enjoys creating anime-type characters, but with her own distinctive take on the genre. In traditional anime, the human-looking cartoons appear as though

they are from one, homogeneous ethnicity. Rather than doing something similar, she brings into being fantastical figures that are representative of every culture. Her illustrations are inspired by the people she sees, whether it's on her social media newsfeed or in real life.

"I want to show other people what I see," Kartaltepe said.

In addition to being an adept artist, Kartaltepe is also an excellent student and maintains a 4.0 GPA. She finds something to like about every subject that she is studying. Right now, biology is one of her favorite classes, because the course requires her to draw the components of the natural world.

"I like biology a lot," Kartaltepe said. "Whenever I can draw in class I like it that much more."

The sixteen year old is a voracious reader and greatly enjoys her English course, too.

"I like English because I love reading," Kartaltepe said. "It could be anything, a textbook, fiction, nonfiction."



Aside from school and art, Kartaltepe is one of three girls on the Hoopa Valley High School football team. Being new to the area, she saw the squad as an opportunity to meet new friends and socialize. The Hoopa Valley Warriors just started practicing, and since this is her first year participating in football, Kartaltepe is getting a feel for the game.

The coach compels all of the athletes on the small squad to learn how to play both offensive and defensive positions. Whether it's on offense or defense, Kartaltepe is a linewoman. This is also her first experience in sports and it is turning out to be a positive one. The

other team members and the instructors all treat the three females on the team with respect.

"The guys on the team are very supportive. They say, 'stay low' and 'good job,'" she said. "It's so cool."

Like most 10th graders, Kartaltepe is unsure what she wants to study in college. She is interested in archeology and paleontology and hasn't ruled out a degree involving art.

"Art is my passion," she said. "If I did pursue it, I would like to be an animator, so I would get show the world what I see." ✨

Yurok artist's business is growing fast

Bear Island Designs strives to be a positive force in the community

For Yurok Tribal member Hoppow "Hop" Norris, Bear Island Designs is a vehicle that is simultaneously driving toward several different, positive destinations.

The Yurok-owned business paved a new path for many talented Tribal people to share their distinctive, artistic expressions with a larger audience. Norris uses BID to fuel the facilitation of constructive activities for youth. The quickly expanding enterprise also supports social change that is consistent with traditional Yurok values.

"The reasoning for and the motivation behind this company is not to make money, it is to be a positive influence in the community," Norris said. "We want to breakdown walls, fight ignorance and reduce stereotypes."

Norris, a multi-talented artist, started laying the groundwork for the business in 2012. Within two-years, he identified investors, purchased equipment and built up his inventory. With assistance and support from his wife, Brigitte, the markedly motivated man officially established the brand in 2014.

Bear Island offers an amazing array of fine art, clothing and accessories. Traditional drums, wood-carved canes and more are available through the Native-owned company's Facebook page: <https://www.facebook.com/bearislanddesigns/>. An online store, found at bearislanddesigns.com, is presently under construction and will soon be open to the public. Norris manufactures much of Bear Island's merchandise. Additionally, the proprietor uses this platform to promote an assortment of products made by Yurok Tribal members and other indigenous groups, a service he wanted to provide since Bear Island's inception. Not all of the BID-represented artists are featured online.

"Some Artists prefer to stay out of the spotlight or even remain anonymous to the public. We try to respect that," Norris said. "We are

always looking for new Artisans to join the growing team."

On his Facebook page is exquisite jewelry, crafted by Carrie Raven Heart Bailey, an Ojibwe/Irish Celtic artist, elegant hair sticks created by Ne'Puy Pete, a Yurok Tribal member and the several others' creations.

"There are thousands of cultures in the United States. They are all distinct in terms of their traditions and artwork," Norris said. "We want to breakdown the common misconception that all Native people have the same culture."

In terms of textiles, Norris fashions everything from fancy neck ties to beautiful barrettes bedecked with flashy bird feathers and skull caps to hooded sweatshirts. Other products include: sashes, scarves, sweat pants and baby bibs. His trademark t-shirts have been purchased by people from every corner of the globe. All of the articles in Norris's clothing line are adorned with his much sought after artwork, which often features traditional basket designs and sacred animals. He is constantly creating new designs and adding to the catalogue.

Rather than use a computer, like most illustrators, Norris hand draws almost all of his designs. He is able to do this because he has spent years practicing the fine arts — drawing and painting. The dedication to this genre gave him the dexterity needed to create clean images without assistance from any digital design programs.

The Hoppow Village descendant began cultivating his skills at ten-years-old, when he started duplicating the captivating images that he saw in comic books.

"From there, it went to wildlife, such as otters, eagles, osprey and bears," Norris said. "For as long as I can remember, I've always had a desire to make art."

He spent a few years as an art major at College of the Redwoods, but considers himself mostly self-taught. Sara Broderick, another amazing artist, helped him hone a smattering of specific skills.

“She gave me a lot of formal training in perspective and using color,” Norris posited.

Rather than being content with the substantial skill set that he’s refined over the years, Norris is constantly trying to improve and has devised imaginative ways to expand his abilities as an artist. For instance, he draws everything from pop art “skulls and cross bones to flowery scenes.” He recently drew the face of lion that literally pops off the page. Right now, he is working on photo realism in nine different mediums. His paintings and drawings, done on canvas and heavy weight paper, capture the delicate details of his subjects.

“I try to push myself all the time,” Norris said.

Norris’s capacity to create art goes much further than fine art and graphic design. He constructs circular drums, one-of-a kind drumsticks and other woodwork. The lifelong artisan crafts gorgeous jewelry and ceremonial regalia.

“A lot of artists do one thing really well,” Norris said. “I never wanted to be like that.”

Norris believes that creating art is cultural imperative for Yuroks, which is why there are aesthetically alluring features in even daily use items like bows, eel hooks and paddles.

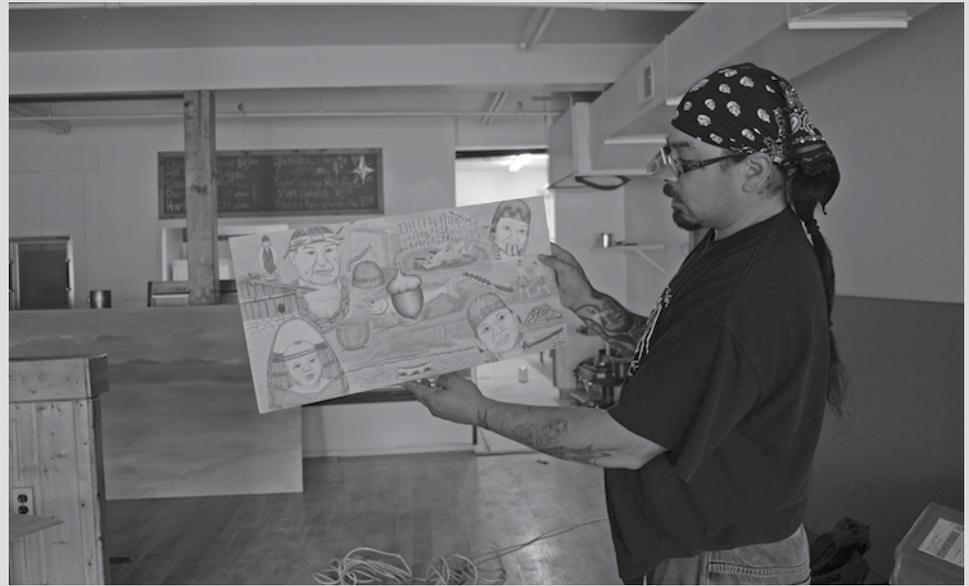
“One of our duties to our Creator is to be creative,” Norris said. “Our spoons, our baskets, our regalia – it’s all art. The purpose of our art is to show that we appreciate that we were set here in paradise, that we are some of the lucky few to be a steward of this beautiful place.”

While Norris has packed schedule, running Bear Island, parenting his children and producing professional artwork, he sets aside time to give back to his community. This past school year, Norris and his wife volunteered to teach art and culture at four local elementary schools. This summer, the couple is participating in the Title VII Culture Camps that are put on by Margaret Keating and Redwood Elementary School. BID provided the entire Head Start graduating class with sashes for 60 percent off and has contributed to about a dozen fundraisers. BID also purchased Christmas gifts for two families that would have otherwise not any presents.

“It is the Yurok way to share, even if you have just a little, you share with those that are without,” Norris said. “These are the things that we’ve been able to do with and through BID. We are blessed to be able to share and hope to do even more in the future. That is what this little art company is about.”

Every second Saturday, Norris and his wife contribute the Cultural Crossroads Program, through the Family Resource Center, where he is a volunteer teacher of Yurok culture and art. The class begins at 11am and is open to kids age’s four to twelve. The removal of creative courses in the public school system curriculum is a source of consternation for Norris. Leading Cultural Crossroads is his contribution to the solution of this pervasive problem.

“Art is one of the most essential keys in productive brain



Hoppow “Hop” Norris owns Bear Island Designs.

development. Without Art our brains do not develop correctly. I want to do my part to keep art around for our youth,” Norris said.

On top of everything else, the professional artist is working with local youth to create a series of murals that depict life on the Klamath River. The Our Town Youth Mural Project is in its final stages and the expansive art pieces will be placed on the walls that surround the amphitheater next to the Yurok Country Visitor Center. Norris is working on a selection of silhouettes for the Klamath Gateway Project.

Prior to starting Bear Island Designs, the entrepreneur worked in construction, but his heart was always with his art. One day, he decided to give up the comfort of a regular paycheck and do whatever it takes to run his own business, which is now growing at a fast clip. Norris is extremely grateful to the all of the people, particularly his wife, for assisting and believing in him as he developed the business.

“No one succeeds at anything on their own,” Norris said. “My wife and the local community supported me every step of the way.”

More than anything else, the Yurok man wants Bear Island Designs to be an instrument of positive change in the community. Recently, Norris donated a fantastic graphic which he put on athletic jerseys and shorts for the boys, who are participating in the Stick Game practice in Klamath. He helps coach the kids, too.

“I love Klamath. Those are my people. I want to give back,” Norris said. “I want this company to be about more than money or ego or even art. I don’t feel like it’s about me. It’s about what we can do to make our community better. I want to pay if forward.”

Original Bear Island Designs products can be found at local events like the Salmon Festival, Crescent City Farmers Market and other Native American Craft Fairs. Norris’ and other Native artists’ work can be viewed at bearislanddesigns.com and www.facebook.com/bearislanddesigns/. ✨

Meet many of the Yurok graduates



Yurok grad tells her story

Aiy-yu-kwee Yurok Tribal Members,

My name is Teresina WhiteRose Obie. I am honored to be featured in the Yurok Tribal Newsletter. I am the daughter of Merris Obie and Steve Burbank and Tony and Jolanda Obie. My paternal grandparents are Awok Milton and Matilda Obie. My maternal grandparents are Frank and Denise Ruiz. I am from the villages Sregon, Pecwan and Katamiin.

Growing up on the Hoopa Valley Reservation, I noticed the lack of employment opportunities and generational poverty. That's when I knew I needed a college education.

After graduating from high school in 2008, I moved to New Jersey to attend Georgian Court University (GCU) on a full athletic scholarship. In my second year of college, I made Captain of the Track and field team. However, it was difficult to balance both athletics and academics. I chose to focus my energies on academics. I was able to transfer my athletic scholarship to an academic scholarship. I focused my time and energy into my studies and immersed myself into many leadership organizations such as Women in Leadership Development and the Student Ambassador Association. These leadership positions elevated my knowledge and skillset to work with people in diverse settings.

I graduated from GCU in 2013 with my Bachelors in Social Work. I was accepted to the Graduate School of Social Services at Fordham University in New York City and recently graduated with my MSW. New York City was an incredible experience that I cannot fully put into words. While living in NYC, attending Fordham University, my mother and I were both preparing to graduate with our MSW degrees. Graduating from Fordham University with honors and my mother graduating from Humboldt State University is truly life changing for not only our family but its opening the doors for the younger and older generation to go far beyond the reservation boundaries. I never let the fear of the unknown hold me back from achieving my dreams. There's a huge world out there and the more I experience the more I can help my people in return.

I credit much of my educational success to the support of my family, dance family and tribal communities. Applying the lessons I learned from our culture, traditions, and ceremonies into my professional studies has made me strong, resilient and capable of achieving all that I set out to accomplish.

I chose the field of social work because it is a diverse field that will allow me to pursue all areas of interest. My passion is working with youth and elders. I also have an interest in furthering my knowledge of tribal government and its operations. I would like to help create and implement effective systematic change on all levels of tribal government and administrative management to further the longevity and sustainability of the Yurok people.

As I continue to grow, develop and evolve into an Indigenous woman and leader, I look forward to living and working among the beautiful tribal people and their communities. If my story can help influence others, imagine who they will influence beyond my lifetime. ✨



Siblings graduate from Stanford University

This spring, Yurok Tribal member Lena Tseabbe Wright and her brother Nikwich both graduated with honors from Stanford University. Their parents are Teresa Hendrix Wright, a Yurok Tribal member, and Mervin Wright Jr. of the Pyramid Lake Paiute Tribe.

Lena Wright earned a degree in art practice with a minor in education. Nikwich, a member of the Pyramid Lake Paiute Tribe, received a degree in English with an emphasis in creative writing.

With a solid portfolio of professional artwork and a diploma in her hand, the young Yurok woman is going to spend the next year rounding out her resume.

"For an entire year, I want to focus on just art and expanding my portfolio," Wright said.

In addition to mixed media artwork, the talented 21-year-old also creates amazing beadwork, paintings and photographs. She has many examples of her fluency in different mediums on her website, <http://www.lena-tseabbe-wright.com/> Lena Wright's mother, Teresa, home schooled both Stanford graduates until they reached high school. Teresa Wright, another art school graduate, inspired her daughter to pursue a degree in a creative field of study.

"My inspiration would be my mom. She pushed the creative side with me and my siblings," Lena Wright said.

While at Stanford, Lena tried to include cultural elements in all of her projects. For example, when a photography professor gave her an assignment to take ten portraits, she captured sharp images of ten Native American students. The studio artist also incorporates traditional basket designs into her digital art. In one piece, there is a native woman with basket designs woven into her hair. A bald eagle is in the foreground and Oregos flanks the vividly colored image.

"I try to keep it culturally relevant," Wright explained. "I've tried exploring abstract painting and drawing, but I find myself being drawn to more cultural themes.

During the coming year, the Honors in Arts Symposium contributor wants to work on creating professional digital prints, either as an artist in residency or under the guise of a grant. To support herself, she will be putting her minor to use as a substitute teacher. She will also be setting herself up to obtain a teaching credential. ✨



This artwork was created by Yurok Tribal member and Stanford University graduate Lena Wright.

2016 YUROK TRIBE ELECTION NOTICE

TO ALL YUROK TRIBAL MEMBERS WHO WOULD
LIKE TO RUN FOR THE FOLLOWING SEATS:

**EAST DISTRICT
PECWAN DISTRICT
SOUTH DISTRICT**

Any Yurok Tribal members that are interested in running for Election as a Representative for the Yurok Tribal Council may pick up Nomination papers beginning **June 20, 2016**, at the Yurok Tribal Office in Klamath.

All Candidates must be 25 years of age for a district seat as of October 12, 2016. There is a \$105 filing fee due when you pick up the Nomination forms and background check packet. Fingerprinting will also be done at the time you turn in your background check packet.

The Nomination Period closes **July 22, 2016**.

For More Information, Please call the Election Office at (707) 482-1350.

YUROK TRIBE 2016 ELECTION SCHEDULE

OCTOBER 12, 2016	PRIMARY ELECTION
NOVEMBER 9, 2016	RUNOFF ELECTION
<hr/>	
JUNE 20 (8:30AM)	FIRST DAY TO ISSUE NOMINATION PAPERS FOR COUNCIL OFFICE
JULY 12 (5:00PM)	LAST DAY TO REGISTER WHEN MOVING INTO A DIFFERENT DISTRICT (90 DAYS)
JULY 22 (5:00PM)	LAST DAY TO FILE NOMINATION PAPERS
AUGUST 12, (5:00PM)	LAST DAY TO FILE INITIATIVE(S)
AUGUST 12	PUBLICATION OF NOTICE OF ELECTION (60 DAYS)
AUGUST 19	LAST DAY TO RECEIVE CANDIDATE STATEMENTS FOR THE SAMPLE BALLOT (250 words) AND NEWSLETTER (750 words)
AUGUST 26	LAST DAY TO REGISTER FOR PRIMARY ELECTION (45 DAYS)
AUGUST 29-31	ELECTION BOARD CERTIFICATION OF NEW REGISTRANTS
SEPTEMBER 2	MAIL OUT SAMPLE BALLOTS TO REGISTERED VOTERS (40 DAYS)
SEPTEMBER 9	MAILING OF ABSENTEE BALLOTS (33 DAYS)
SEPTEMBER 28	LAST DAY TO RECEIVE ABSENTEE BALLOT REQUEST BY MAIL (14 DAYS)
OCTOBER 11	LAST DAY TO PICK UP ABSENTEE BALLOT IN OFFICE (1 DAY)
OCTOBER 12, 2016	PRIMARY ELECTION
OCTOBER 21	LAST DAY TO RECEIVE ABSENTEE BALLOT REQUEST BY MAIL FOR RUN OFF (14 DAYS) <i>ONLY IF YOU DID NOT REQUEST AN ABSENTEE FOR THE PRIMARY ELECTION</i>
OCTOBER 21	MAILING OF ABSENTEE BALLOTS FOR RUN OFF (19 DAYS)
NOVEMBER 8	LAST DAY TO PICK UP ABSENTEE BALLOT IN OFFICE FOR RUN OFF (1 DAY)
NOVEMBER 9, 2016	RUNOFF ELECTION



Yurok Tribe

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WEWIN Scholarship

North Coast WEWIN is proud to announce a limited number of registration scholarships for the 2016 WEWIN Conference in Tulalip, WA...a value of up to \$455.00!

This year's Women Empowering Women for Indian Nations ("WEWIN") Conference theme is "Embracing Cultural Values to Succeed: Individual, Family Community, Tribe." This conference is designed for personal and professional renewal, connecting with a strong network of Native women, and the opportunity to learn from others on personal and professional development, community-building, and more.

To be considered for a scholarship, please submit a 500 word essay on why you should attend the 2016 WEWIN Conference to susanmasten04@gmail.com by July 29, 2016. Applicants should address how they will use the skills gained at the conference to help their local community. Yurok women and other Natives living in the North Coast region are encouraged to apply.

To learn more, visit www.wewin04.org. Scholarship winners will be responsible for their own lodging and transportation costs. There may be a carpool to Tulalip and/or opportunities to share a hotel room.

Free Tire Disposal Event



In an effort to remove potentially harmful tires in the waste stream The Yurok Tribes Environmental Program is holding a Tire Amnesty event to offer free tire removal to the public.

YTEP will have two separate pick up locations on the following time and dates:

Klamath Tribal Office:

Wednesday, July 6th, from 10-3pm

Weitchpec Transfer station:

Thursday, July 7th, from 10-2pm

The Weitchpec transfer station will no longer be accepting tires for free after this event!!

For assistance and more information contact Yurok Tribes Environmental Program (707)482 1822 ex 1015, ex 1011