

DECEMBER EDITION



Yurok Today

The Voice of the Yurok People

REDWOOD CASINO OPENS FOR BUSINESS

REDWOOD CASINO/ABALONE BAR AND GRILL OPEN ON SAME DAY - STORY ON PAGE 3



Tribal Council members begin new terms

There are new representatives in the Requa and Weitchpec Districts

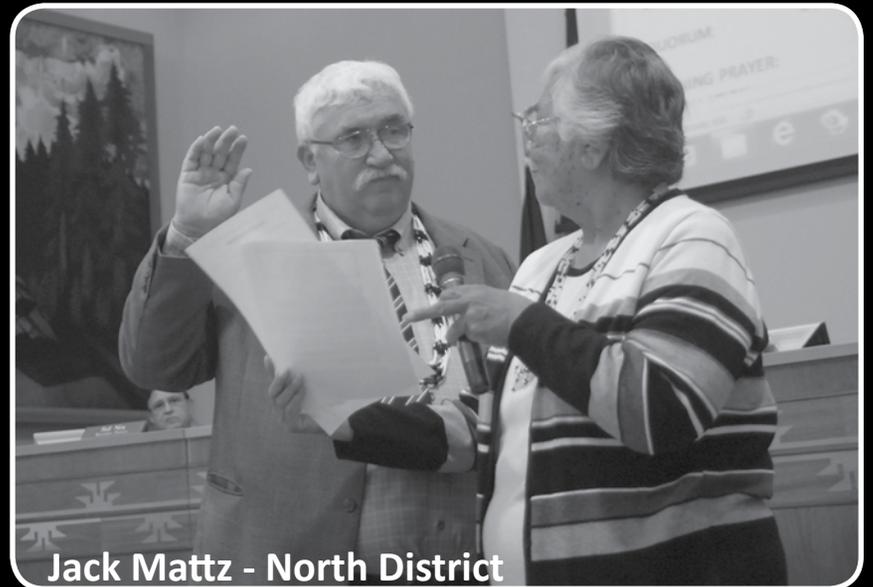
Jack Mattz begins a second term in the North District seat. Mattz ran against Marjorie Donahue Bucksin (106-102). Ryan Ray is now the Requa District representative. Ray unseated David Gensaw Sr. (82-81). Thomas Willson Sr. will be



Thomas Willson Sr. - Weitchpec District

serving the Weitchpec District. Willson ran against Victor Knight (30-26).

Sid Nix, the former Weitchpec representative, retired after serving on the Tribal Council for 20 years. (See back page)



Jack Mattz - North District



Ryan Ray - Requa District

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On The Cover

Veronica and Paul Van Mechelen enjoy the games at Redwood Hotel Casino.

Redwood Casino opens for business

Abalone Bar and Grill, also tribally owned, opens on same day



Redwood Hotel Casino, the first and only hotel casino located directly in the redwood forest, recently hosted a Phase 1 Grand Opening.

The new hotel casino is located in Klamath, California, where the Klamath River meets the Pacific Ocean on scenic coastal Highway 101, 30 minutes south of Crescent City.

"We're excited to unveil the casino and restaurant to the public," says Thomas P. O'Rourke, Senior Chairman of the Yurok Tribe. "It's a beautiful property, and will certainly help our area prosper, both on the reservation and within the Klamath community."

Surrounded by some of the world's most breathtaking natural beauty, Redwood Hotel Casino is the perfect home base for anyone seeking world-class adventure. Beyond gaming, the area features many outdoor activities, including hiking and recreational fishing.

The new property includes a Holiday Inn Express Hotel (which opened in July), the Abalone Bar & Grill, and the Redwood Casino.

The new hotel is receiving top reviews on TripAdvisor.com and Booking.com. Some of the early comments:

"...a modern hotel right near some of the most beautiful locations in the country..."

"...the staff is friendly and helpful and the location is outstanding..."

"...comfy room, comfy bed"

The Abalone Bar & Grill, open for lunch and dinner, features local specialties like Dungeness Crab Macaroni and Cheese and wild salmon, as well as local microbrews and wines. Daily specials feature fresh Pacific Northwest favorites.

"We've taken special care to choose local flavors and put our own unique twist on them," says Executive Chef Troy McColloch.

The destination hotel and casino is just one part of a larger economic revitalization initiative by the Yurok Tribe. Construction is complete on the Yurok Village Cultural Knowledge Park, a self-guided experience that includes traditionally built houses and a salmon-cooking pit for groups. Additionally, construction is underway for a visitor center and amphitheater, expected to draw thousands



Yurok employee named Operator of the Year

Q and A with Yurok tribal member and Water Systems Operator, Austin Nova. Nova was named Operator of the Year by the California Water Environment Association North Coast Section. CWEA is both a water and wastewater organization, and according to the CWEA-North Coast Chapter President Doug Culbert, Nova is the first local tribal operator to receive an award.

1. What are your day-to-day duties?

With the help of my co-worker, we are responsible for providing safe and reliable drinking water to our customers. The average daily duties are simple, just making sure each system has the proper amount of chlorine, and try to keep on top of mother nature. Chlorine has to be added to each system to neutralize any harmful bacteria that may have entered into the system. There are also some weekly/monthly activities that include; cleaning the sand filters when they start producing less water than the customers demand, mowing brush around some of the treatment facilities in order to keep the blackberry briars down, and looking for potential problems that will cause the system to go down.

2. What is the most significant work-related challenge you have had to overcome in your position?

Getting on a consistent schedule seems to be the biggest obstacle that we face here in the Public Utilities Department. Since I have been in this position we had many things come up that couldn't be placed on a schedule. The water systems are old and do not have reliable as-builds, and this makes it difficult for us to find the existing lines. I wasn't here when the lines were installed, so the plans are the only thing I have to go on, and when I am looking for leaks on the road and they end up being in the middle of the blackberry briars it makes things a little interesting.

On top of all the unexpected situations faced by system failures, line breaks, and electrical issues, California was struck with a severe drought that greatly effected the Yurok Reservation. The YPUD is tasked with maintaining 6 community water systems, 3 of the systems are being supplied completely from creeks, and 2 are wells close to the ocean. This presented 2 problems, the welled water systems had to be

of visitors to the area. Construction will soon begin on roadway and sidewalk improvements to Klamath Boulevard, as well as improvements to the former Market Building. A new Justice Center is also scheduled for completion by the end of the year.

"We hope by investing in the town infrastructure we can help existing local businesses and attract new ones to our area. This will create long-term prosperity for all," O'Rourke Sr. stated.

These new projects are in addition to the Tribe's recently purchased Klamath River Jet Boats and Riverside and Redwood RV parks. The Tribe hopes to revitalize the Klamath area and attract visitors, with an ultimate goal to increase the quality of life for Tribal members and the greater Klamath community.

Those interested in employment opportunities should contact info@redwoodhotelcasino.com or visit www.redwoodhotelcasino.com for current postings. ✨



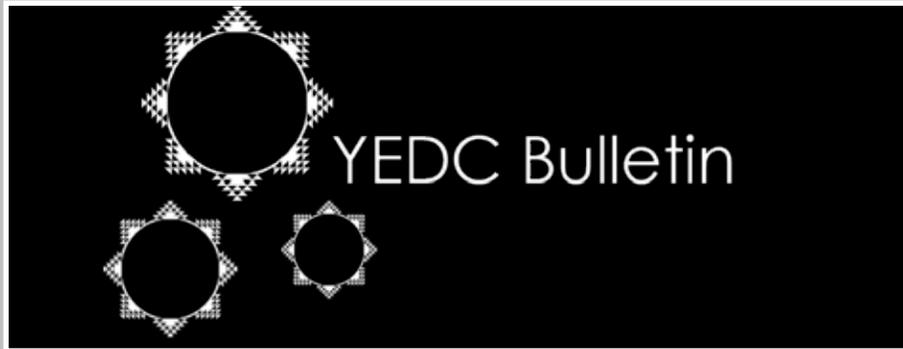
monitored for salt water intrusion, which is a result of the low water tables caused by the drought and could potentially allow water from the ocean to push back below ground and get into our systems. Luckily, that did not happen, but it was something we had to prepare for in order to ensure our that customers continued to receive clean water. The systems that are mainly fed by a creek were a different story, we had to take conservation measures to ensure the community did not go without water. It was important that any leaks were quickly fixed so they would not drain the water from the community, but we managed to get through the drought this year with no water outages.

3. What was your first thought when you won the award?

My first thoughts when receiving the award was disbelief, and then standard warm and fuzzy feelings. I couldn't really believe that anyone would want to give me an award, I felt like I hadn't done anything spectacular. Then I started analyzing things, like I always do, and I had to really be thankful for all the support that I receive from everyone. I can't be spectacular by myself, no one can. I have a good supporting staff of co-workers and friends that allow things to get done when they need to be done. I really want to make sure it is understood that I cannot do this by myself, I get and exceptional amount of help from Rick Nova, my uncle and co-worker. Without him, I wouldn't be able to do half the things I do, and on top of that he compliments any knowledge gaps that I have in the systems. Also, I would like to acknowledge Dean Baker, my supervisor. I really appreciate that he allows me to do my job and is there when I need his help. I think it is important that I am given these freedoms to do my job the best I can, but I also have the support and guidance for when I may be putting too much stress on myself when I am trying to do too much at any given time. Last but not least, I want to mention Dara Zimmerman. She nominated me for this award, and she has been an amazing help to the Yurok Tribe. By sourcing out funding and being there when things get completed, she has definitely pushed me beyond my limits to provide a solid service to the community. I feel she is a complete asset to this organization, and cares about every single person in the community.

4. What do you like most about your job?

I have a mechanical oriented brain. I seem to have an ability to fix problems once I completely understand how the given object is designed to work. This job tests my abilities almost every day. There are problems that come up that you can never account for on paper. If you expect something to work a certain way there seems to always be a variable that makes it act the complete opposite, so to me that is the fun. I love to learn, and when problems are coming up every single day that I have never seen before, that just allows me to expand my knowledge and be a better operator and a better person. ✨



Hello Yurok Tribal members,

I am Tanya Sangrey, Yurok Economic Development Corporation, Executive Director. I have been with YEDC for more than 4 years as the Executive Director, and I am working hard to make YEDC a sound, sustainable Tribal organization. I realize that many of you do not know what we do or where we are located, which is why I am introducing myself and the YEDC organization.

The YEDC office is located, across the street from Pem-Mey Fuel Mart, at 144 Klamath Blvd, Klamath, California 95548. Phone: 707-482-0657.

The Yurok Economic Development Corporation's mission is to build diversified sustainable economics by creating new business ownership and employment opportunities for the Yurok People. The YEDC staff actively researches new opportunities, creates new business, refines existing businesses, and creates jobs for Tribal members. With the development of each new business new job positions are created. YEDC also works with other departments to bring new business to Yurok Tribe.

YEDC worked with the Yurok Planning Department, Gaming Commission, General Manager and Marketing Director from Redwood Hotel Casino, in developing the new hotel casino property.

In April of 2013, YEDC purchased the Klamath River Jet Tour business, the Klamath Jet Boat Tour building and the land where it resides. By May of 2013, the Jet Boat Tours was operational under the new management of YEDC. In the first year of operation Jet Boat Tours realized a profit. The 2014 season was slightly off financially due to the condition of the river. Without water it was difficult to operate the tours at full capacity.

The Yurok Tribe purchased the Village Mobile Home Park in April of 2013. In 2014 The Yurok Tribe reassigned ownership of the Village Mobile Home Park to the Yurok Economic Development Corporation. The park contains 17 units, 3 were occupied when YEDC took over the management. The units were in extreme disrepair. The YEDC maintenance crew stripped the units, painted, cleaned, installed new carpet. We replaced refrigerators, stoves and heaters where needed. The Village Park Mobile Home Park, at this time, has 100% occupancy. The majority of mobile home units are



occupied by Tribal members and their families. The mobile homes are now safe and in good condition. The Park also has temporary RV spots, approximately 20 spaces, 4 spaces are presently occupied. Village Mobil Home Park has become a safe and secure residence for our tenants.

Additional Accomplishments

- YEDC property management owns and operates three RV Parks, Redwood RV Park (formally Cats RV Park), Riverside RV Resort Park, and Requa RV Resort.
- The Village Mobile Home Park located in the Klamath town site is owned and managed by YEDC
- Redwood RV Park (formally Cats RV Park) 2014 season had a slow start but the customers that did stay at our park were pleased with the park and the services they had received. The Tribal fisherman that did not want to stay at Requa found that Redwood RV Park suited their needs. The Park is a beautiful piece of land (21 acres) on the river and is sheltered from the wind. This shelter creates a cove that is approximately 10 degrees warmer than the town site. YEDC upgraded the restrooms and build a new boat dock.
- Riverside RV Park had a very successful 2014 season. With the new septic system we were able to accommodate more and larger RV's. In 2014, Riverside was full, with many returning customers to the Park. The house on the Riverside property has 2 apartments one on the first level and an apartment on the second level.
- Requa RV Resort has traditionally been used as the Tribal commercial fishing camp. This year, 2014, the fishing season lasted approximately 5 days. The RV Resort depends on the commercial fishermen to support and maintain the resort. Without the fishermen the park cannot sustain financial stability, therefore

YEDC Board of Directors has decided to broaden the use of the resort. The Resort is one of the most beautiful areas with an amazing view of the river as well as the ocean. YEDC is going to market the resort to the tourist for the months of May, June, July, August, September and October.

- The Klamath Market Building was purchase by YEDC in 2011/2012. YEDC plans for a major remodeling of the old Klamath Market Building in 2015 to accommodate more businesses in the town site of Klamath. The remodeling of the Klamath Market Building in 2015 will create Office space and retail stores.
- YEDC rented the grocery store located at the Requa Resort to the Fisheries Department. They have an office space, boat storage and easy access to the river.
- Fish Plant: Phase I: The 6800 Square foot Fish Plant building is completed. The plant, at this time, is not equipped for use. YEDC is actively looking for funding to purchase the equipment necessary to make the plant operational. We have applied for 3 grants and these applications were denied. We will continue to apply for grants and look for other funding opportunities. Web site development for Yurok Salmon is currently under construction.
- Klamath River Jet Boat Tours started in 2013 under new management. YEDC purchased the Jet Boat Tours in April 2013. There are 3 jet boat tours a day, which offer a 45 mile trip up river and back. The gift shop is fully stocked with jackets, sweatshirts, jams, jellies, sauces, ice cream, soda pops, and gifts. The store space has a separate office that is designated to accommodate the web-based store.
- Pem-Mey Fuel Mart is a constantly evolving business. In 2010/ 2011 YEDC added Kee-Ya espresso coffee kiosk and the gaming machines. 2011/2012 YEDC added the Express Deli: Chester Chicken, Mexi-go and Deli sandwiches. Pem-Mey has added groceries to the store mix to offer the local customer some whole foods, in addition to the convenient store snacks. Fruits, vegetables, meats, pasta, and form the base of whole food offerings that are now available at Pem-Mey. The Pem-Mey Fuel Mart has had a consistent and steady growth these last 4 years.
- YEDC wrote and received two USDA grants.(1) 2011 RBEG USDA grant for \$98,000.00 to create product development, management, marketing, product transportation, accounting systems, web site and a web base store to market the Yurok Salmon products.(2) 2012 RBEG USDA grant or 99,000.00 is to hire a consultant for operation of the fish plant when the plant is operational.
- YEDC wrote Comprehensive Economic Development Strategy that was adopted July 2011. This strategy was YEDC's



guideline and vision for the creation of business between the years of 2011 to 2015. The viable and attainable projects stated in the CEDS have been completed. (Board and Council Approved) Available upon request.

- YEDC has written business plans for all existing business and writes business plans for all new business. This is a necessary function of purchasing or buying a business.
- YEDC updated and rewrote YEDC by-laws (Board and Council Approved) Available upon request.
- YEDC updated YEDC Policies and Procedures (Board and Council Approved) Available upon request.
- YEDC updated and rewrote YEDC Fiscal Procedures and Policy (Board and Council Approved) Available upon request.
- YEDC developed a 10-year plan of operation. The 10- year plan focuses on making the YEDC self sustainable. The 10-year plan also establishes the time frame as to when the Economic Development Corporation will start helping with the support of other Tribal departments. For the first time since YEDC creation 10 years ago YEDC will not have to rely on the Tribal government for operational funding. The YED Corporation is self-supporting. (10 Year Plan Board and Council Approved)
- YEDC ,in July 2014, purchased a small parcel of land next to the old Klamath Market in the Klamath town site.
- Continual research is being conducted on all business opportunities in all regions of the Yurok Reservation. YEDC also investigates opportunities outside the borders of the reservation.

In conclusion, profits generated from economic development activities on the Reservation are re-invested into planning and development of new economic projects that will benefit the residents of the community and the overall tribal economy. ✨

Yurok woman becomes medical doctor

Tribal culture, decision to leave comfort zone lead to success

When Laura Jordan was 14, she wrote a letter to the K'ima:w Medical Center's director, Dr. Eva Marie Smith, asking if she could shadow the Native American physician.

After reading the letter, Dr. Eva Smith immediately called the Yurok tribal member to say "yes" to the request. Every week day, after going to school at Hoopa Valley High School, Jordan traced the steps of her role model at the community health center.

That fateful correspondence was the first of many instances where Jordan, born and raised on the Hoopa Reservation, made a conscious choice to vacate her comfort zone, while in pursuit of her goals. Her primary aim, since the days when she put bandages on her stuffed animals, was to become a doctor, so that she could serve her people in a meaningful way.

In early December (2014), nearly 15 years after writing the letter, Jordan returned to the K'ima:w Medical Center, an extremely busy and important rural health facility. This time, the genuinely humble and empathetic woman was there, as a graduate of the UC Davis School of Medicine, to work side-by-side with Dr. Smith.

"It is exciting to come back as a physician and serve the people in the capacity that I have always dreamed of," Dr. Jordan said. "I am thoroughly enjoying the opportunity to work with my people, as well as my mentor."

Dr. Jordan's unorthodox path is an effective road map for young Native Americans, who want to shape their own fate. It can be replicated to become a doctor, a fisheries biologist, or really, any type of trade.

"Even if it may not seem like it, there is always a way, or more than one way, to pursue the things that you really wish to achieve. Some times you have to make those opportunities happen for yourself," Dr. Jordan explained.

At K'ima:w, Dr. Jordan worked closely with patients suffering from rare and complex ailments. If she hadn't stepped out of her comfort zone to write the letter to Dr. Smith, Dr. Jordan, at such an early age, would not have had the opportunity and the time needed to really understand her vocation, which involves knowing how to identify and treat challenging diseases and disorders.

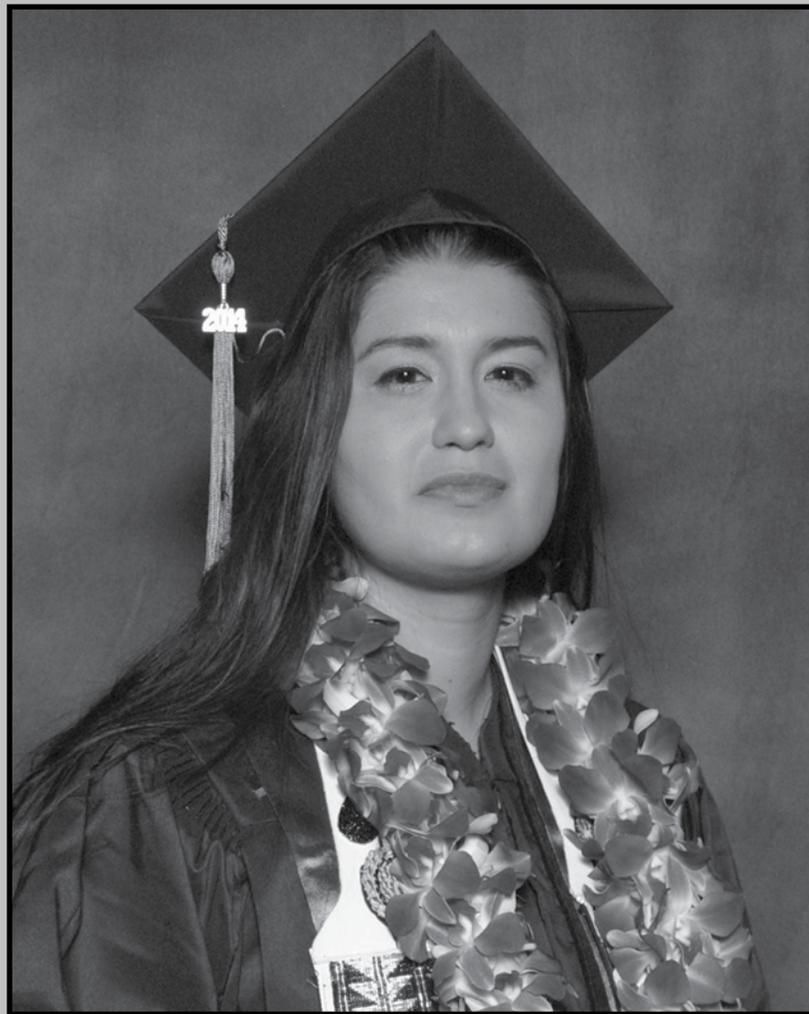
"If there was a medical problem that I didn't understand, I would dig into the books," Dr. Jordan said.

As Dr. Jordan wove her way through an undergraduate program at Humboldt State University, and a post baccalaureate and doctoral programs at UC. Davis, she continued working at K'ima:w, during every break. Throughout every stage, Dr. Smith, a member of the Shinnecock Nation, was a constant presence in her life and even wrote letters of recommendation for Dr. Jordan to every school that she attended. Dr. Jordan attributes a substantial sum of her success to the inspiration derived from watching, when

she was in high school, Dr. Smith perform her daily duties and the invaluable experience she obtained, as she grew older, by assisting the family physician

"There was so much to learn from her," Dr. Jordan said. "She taught me how to be a good physician, the importance of being there for people and having good bed-side manner."

Dr. Jordan is serving a required three-year residency at Ventura County Medical Center, which allows its doctors to spend two weeks each year working at different sites. Just like Dr. Smith,



the highly inquisitive Yurok is working toward becoming a fully fledged family physician.

“Medicine is something that excites me. This is how I can contribute,” Dr. Jordan said. “Everything in medicine is always changing. I will always be learning new things and adapting as new technologies and procedures are developed.”

As a teen, Dr. Jordan was already so drawn to learning medicine that she taught herself to treat the family pets after they were injured by other animals. She was also a voracious reader of medical encyclopedias and would pour over the reference books her parents and others gave her “until the spines were torn to shreds.”

Angela and Larry Jordan, Dr. Jordan’s parents, also played a leading role in her professional achievements. The Jordans inoculated their daughter, who was valedictorian at Hoopa Valley High School, with a sense of responsibility to her community and encouraged her to know her culture.

“Both of my parents taught me to value education,” Dr. Jordan said. “They told me I need to pursue what makes me happy. They told me to follow my dreams.”

Dr. Jordan’s cultural values, which she learned at home, form the basis of her life. Her cultural beliefs, specifically related to compassion, are what make it possible for Dr. Jordan to “hold someone’s hand as they are taking their last breath and greet a new mother for the first time,” she said.

“You can’t be a good physician without compassion,” Dr. Jordan said. “My culture guides every decision that I make. The cultural values that I was raised with are what led me to where I am today.”

Temporarily leaving her family in Hoopa, which has a population of about 3,000 for the city of Davis, populated with about 70,000, was quite a change. In addition to moving to a drastically different place, Dr. Jordan had to navigate through foreign cultural standards in medical school. This required her to once again depart from her comfort zone. For example, aggressive self-promotion, and looking elders in the eyes are not traditional values. However, this type of behavior is widely accepted as normal in medical schools.

“Our norms are not the same as those in mainstream America. They think that people who don’t maintain eye contact are submissive or weak, when we think it is a sign of respect. We are taught to be humble and out there you have to promote yourself,” Dr. Jordan said.

In order to make her childhood dream a reality, Dr. Jordan put all of the money she made working at K’ima:w, other jobs

and her Hoopa/Yurok Settlement Act check into her education. The first-generation college student was a recipient of the Gates Millennium Scholarship, which paid for her under graduate schooling and part of medical school. She also received a Health Professions scholarship from the Indian Health Service. The IHS award funded tuition, required fees and living expenses while Dr. Jordan was completing medical school at UC Davis. She did acquire some debt from medical school.

Dr. Jordan is doing her residency at the Ventura County Medical Center, which is the top-rated family doctor-training program in the United States and getting into the program is extremely competitive. In the year that Dr. Jordan applied, 850 of the brightest individuals from the best schools put their names in for consideration. Only 15 were selected for the coveted, three-year residency.

“Right now, I’m learning every aspect of being a physician,” said Jordan, who works 16-hour days. “I’ve worked in labor and delivery, the intensive care unit, the emergency room and with trauma patients. I am also getting experience providing care in a rural center.”

In the year she graduated, there were about 90 Native graduates from the nation’s 129 medical schools. Dr. Jordan would like to see this number dramatically increase, because there are a great many Native Americans, who are more than equal to the task, but it is possible they might be discouraged by a number of factors.

“It’s important that Native patients be seen by Native doctors, who know the inherent cultural boundaries,” Dr. Jordan said. “If I can leave the reservation and obtain these skills then a lot of other people can do it too. That’s why I am doing this interview.”

All of those hours she spent working at K’ima:w gave Dr. Jordan an extended glimpse into what family physicians face on a daily basis. It also offered her an intimate understanding of how to work with patients to achieve the best possible outcome.

“Working at K’ima:w allowed for more patient interaction,” Dr. Jordan explained. “I think it makes a big difference when you can relate to your patients on a realistic basis. If I don’t understand where the patient is coming from, what I say to the patient is not going to make a difference.”

After completing the three-year residency at Ventura County Medical Center, Dr. Jordan plans to practice medicine in Indian Country.

“After I finish the program, I want to continue to serve Native people,” Dr. Jordan concluded. ✨

LET THE GAMES BEGIN

REDWOOD CASINO/ABALONE BAR AND GRILL OPEN FOR BUSINESS





TICKETS AVAILABLE NOW!

SWERVE TO MERV DANCE & AUCTION

The Northern Humboldt Indian Education Program will be holding its annual fundraiser on January 31st at the Blue Lake Casino...

TICKETS ARE AVAILABLE NOW!!!!

TICKET PRICES
\$15.00-SINGLE
\$25.00-COUPLE

Constitution Week celebration in the works

Yurok Tribal Member volunteers time to make tribal event a success

On July 4, 2010, Rhonda Wright was feeling very patriotic about her Tribe. More than that, she was contemplating how her nation honors its heroic fight for independence in the face of incredible adversity.

“We celebrate the 4th as Americans, but what do we do as Yurok people (to recognize our autonomy, our sovereignty)?” Wright remembered asking herself at the time. “I wanted to come up with a specific date to pay tribute to our shared past, present and future.”

After much consideration, the Yurok Tribal Member decided on a potential date to celebrate, on an annual basis, the Tribe’s independence and history.

“That happens to be the day the Constitution was adopted,” said Wright, who is also the Secretary for the Yurok Tribe’s Office of the Tribal Attorney.

The Constitution of the Yurok Tribe was approved by the Tribal Membership on October 22, 1993. This critically important document defines how the Tribe’s democracy, which is intimately connected to cultural principles relating to justice, resource management and sovereignty, will proceed into the future.

In order to make the Constitution celebration official, Wright petitioned the Yurok Tribal Council to issue a resolution making it a reality. The Council was so impressed with Wright’s idea that they approved more than a one day affair. The Council declared the week of Oct. 22, Constitution Week. Constitution Week will honor that pivotal moment in the Tribe’s history and the past 150-plus years that have witnessed horrific injustices, but also a true triumph over the seemingly indomitable forces of genocide and assimilation.

Wright also made a comparable pitch to the Yurok Culture Committee, which wants to see the event grow into “something similar to Hoopa’s Sovereign’s Day,” she said.

To commemorate the passage of the Constitution, Wright and a small committee, are developing a chronicle containing copies of all of the legislation, court cases and other decisions that have played a part in the Tribe’s history. Commentary, written in layperson’s terms, will accompany each document and put each event in proper context. It will also include copies of hand-written notes, penned by BIA officers, who worked many decades ago with Tribal Members. Once finished, the bound document will be put on display, during Constitution Week, at all tribal offices. It will also be

available online and on compact disc.

“The main purpose of this document is — for good or bad — to highlight the historical events that have brought Yurok people to where we are today,” Wright explained.

One example of the type of document that will be included in the sophisticated scrapbook is a copy of the Dawes General Allotment Act. The 1887 Act affected all Native Americans and altered the history of the Yurok Tribe. The congressional dictate diced up tribal land holdings on Reservations nationwide by making it possible for non-tribal members to purchase pieces and outright swindle broad swaths of tribal lands. As a result of the legislation, non-Indians acquired two-thirds of the 138,000,000 acres that were considered Reservation lands when the US Congress passed the 1887 Act. The Hoopa/Yurok Settlement Act is an example of a statutory plan passed by Congress that implicitly impacted the Yurok Tribe.

For Wright, a self-described history buff, doing research for the book was like “biting into a big ol’ juicy apple pie,” she said.

“There is so much information here. I am really excited about it,” Wright said.

The energetic multi-tasker moved back to the Yurok Reservation from Texas about five years ago. The time away, which was much longer than what Wright would have liked, because of circumstances outside the homesick mother’s control, gave her a deep appreciation for being a member of the Tribe. This gratitude is a big part of what inspired her to build the historical publication, which she is volunteering to make on her own time.

“When you’re stranded away for so long, you see things in a different light,” Wright said.

Wright would like to give a special acknowledgement to Yurok Tribal Member Jeanne Riecke, who completed much of the research.

“Jeanne had already compiled all of these documents and I scanned them into digital form so they could be used in the book,” Wright said.

As more historical events unfold in the Tribe’s future, such as the complete renovation of the town of Klamath, more information will be added to the bound book.

“In a way the document will be a living document and we will add information to it over time,” Wright concluded. ✨

Meet the new Yurok Today contributor

Native man discusses the healing properties of plants/culture

Aaniin, niijin! In Anthony Barela Nystrom indizinikaaz. Teypana, Suaqui, na Michilimikinaak indoonjibaa. Tigua, Yoeme, na Anishinaabe indoodem. Hello, friends! My name is Anthony Barela Nystrom. I descend from the villages of Village Flower in the Rocky Mountains, Heart of the Cactus Fruit in the Sierra Madre Occidental, and Big Turtle Island in Lake Huron. I come from the nations of Tiwa, Yaqui, and Ojibwe. Although I descend from the Rocky Mountains and Great Lakes, I was not born on my ancestral lands and instead lived in many places before my relocation to the North Coast in 2007. Unfortunately, generations of intergenerational violence caused us to move frequently and have a complicated idea of what home is. As we moved unexpectedly throughout my childhood, my aunt and great grandparents tried to instill a sense of stability for me. They taught me about our culture's connection to plants and how we are a people of gardens. In their lessons, I was taught to speak with plants and to engage in a reciprocal relationship with the landscapes around me. It was these lessons that guided me out of abusive cycles and towards a new beginning.

As a child, I spent as much time as I could playing in pepperwood groves and gathering acorns. I dreamt that someday that these seeds would grow into a forest that could protect me from the pains of a dysfunctional family. Recalling the knowledge of my aunt and great grandparents, I frequently spoke with oak trees in the hopes of finding a way out of the violence that surrounded me. Through time, this self-preserving relationship blossomed into an all-around passion for the environment. It was here, in the presence of the trees, that I could find the solace necessary for survival. Sheltering me from the instabilities of home, the oaks guided me down a path towards my true identity. With roots deep in the memory of my great grandparents and my aspirations lifted with the growth of my oaks, I came to believe at an early age that it was my purpose to be a steward for the earth. This sense of meaning drove my desire to seek both a B.S. and M.S. degree in natural resource sciences at Humboldt State University.

Motivated by this higher purpose, I became the first person in my family to obtain a Bachelor of Science degree and enter the Master of Science program in spite of an immense number of personal and financial obstacles. During my time as an undergraduate, I expanded my acorn-based philosophies and



HSU graduate student, Anthony Barela Nystrom, studies Traditional Ecological Knowledge.

branched out into various realms of scientific research. From these experiences, I developed an interdisciplinary approach to developing my graduate thesis. Keeping true to my Indigenous roots, I became inspired to acquire knowledge of the traditional methods used by my people to manage resources on the North American continent. Through my involvement with the Indian Natural Resource Science and Engineering Program (INRSEP) at Humboldt, I had the opportunity to participate in various professional conferences and research experiences that exposed me to working with traditional ecological knowledge (TEK). These voluntary learning experiences further encouraged me to fulfill my acorn-inspired goals and motivated me to bridge the gap between TEK and mainstream science.

My first experience came in 2010 through an internship with

the Northern California Indian Development Council (NCDIC) in traditional land management. I was hired to help maintain the cultural landscapes at United Indian Health Services (UIHS) in Arcata. Through this experience, I learned a great deal of how traditional land practices coincide with ecosystem health, therefore influencing plants to grow in patterns necessary for food and fiber production. Witnessing the use of traditional practices to solve contemporary issues motivated me to pursue research that ties oral history to environmental remediation.

Hoping to utilize the knowledge of my great grandparents in combination with what I'd learned at UIHS, I decided to pursue a research experience with the University of Minnesota. Working with researchers from the University of Minnesota's National Lacustrine Core Facility, I assisted in a project that analyzed lake cores taken from habitat-impaired Rice Portage Lake on the Fond du Lac Reservation of northern Minnesota. Once we analyzed our sediment samples, my research team collaborated with Ojibwe elders to determine when and where wild rice grew on the now barren Rice Portage Lake. This information was used by the Fond du Lac Reservation resource managers to settle a case with the U.S. Army Corps of Engineers regarding the ecological damages associated with local dike construction projects.

My experience in Minnesota taught me how valuable research can be in enhancing tribal sovereignty over natural resources. Borrowing research design methods from my participation with Fond du Lac, I synthesized my skills to structure a plant-related research project here on the North Coast. As I noticed a gap in culturally-oriented research occurring between my university and Indigenous nations of the region, I independently developed a pilot study to observe the fruit productivity patterns of fifteen native food-producing plants. As I had been gathering in the area according to my great grandparents' lessons for several years, I noticed inconsistent food patterns between the plants on my property in Orick and those on adjacent lands in Redwood National Park. This observation led me to seek information on historic food productivity throughout the North Coast. Through extensive literature review and conversations with families who had lived in the area for many generations, I learned that traditional food plants were once highly productive throughout the region.

Based on these observations, I developed a hypothesis that the decline in productivity is linked to the absence of traditional gathering and forest management practices – particularly the use of fire and the legalssity of accessing traditional foods. With support from INRSEP, I developed routine trail surveys to examine the fruiting and flowering patterns of fifteen native food plants in Redwood National Park. After several months of observations, I was able to find higher fruit yields among stands of plants that experience prescribed fire. From

this information and ongoing conversations with Robert McConnell from the Yurok Tribe's Heritage Preservation Office, I developed my graduate thesis which will assess the role of fire on pepperwood (*Umbellularia californica*) fruit productivity. As a child, pepperwood groves were among my favorite places to play and reflect on my great grandparents' teachings. Since pepperwood is both an important plant to the Yurok Tribe and to my own upbringing, I found it to be an appropriate plant to represent the widespread need for traditional gathering and forest management practices to be reinstated.

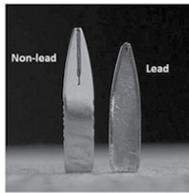
Growing up in a challenging environment, I have witnessed the value of restoring the knowledge of our elders to overcome problems within our communities. With an interdisciplinary and inclusive approach to contemporary research, both Indigenous and non-Indigenous groups experience immense advantages in solving complex socio-ecological problems. Rooted in the cultures of my Tiwa, Yaqui, and Ojibwe ancestors, I proceed to navigate a philosophical path to solving scientific questions. Since early childhood, I have believed it is my purpose to be a steward for the earth. This sense of meaning continues to drive me to acquire knowledge of traditional natural resource management while preserving my culture and helping advance the broader society. ✨



FREE AMMO

Do you hunt large game? Know someone who hunts large game?
If You Are A Yurok Tribe Member You Are Eligible

Lead bullet fragments left in big game carcasses and gut piles are toxic and have a negative impact on the ecosystem, of which we are a part. Such fragments are the *number one* killer of wild condors and are also lethal to other wildlife species, such as eagles and vultures. Similarly lead has been shown to negatively affect development in human children, even while still in the womb.



Cross sections of non-lead and lead bullets.



Non-lead bullet after impact with water.

Luckily, reducing the threat from lead ammunition is an easy fix. All we have to do is get the lead out by switching to highly-effective, non-toxic, lead-free ammunition.

If you are interested in trying out lead-free ammunition for hunting, the Yurok Tribe Wildlife Program would like to give you a **FREE** box of non-lead, premium ammunition in the caliber of your choice.



Lead bullet after impact with water.

To contact the Wildlife program, Contact us by phone, email, or snailmail at:
 (707) 482-1822 ext 1025,
kbarnes@yuroktribe.nsn.us,
 Yurok Tribe Wildlife Program
 P.O. Box 1027
 Klamath CA, 95548



An Xray of a gut pile from a deer shot with lead ammunition. The hundreds of bright pieces in the image are fragmented lead.

Offer intended for **enrolled Yurok Tribe Members**. Ammo will be distributed at specific events at the Klamath of Weitchpec Tribal offices. Please tell us who you are, how to contact you, and your desired caliber and grain weight. Bring your Tribal ID to receive your ammunition. Funding is provided through a grant from Administration for Native Americans.

Group finds safes homes for stray pets

Learn more from AEO's Rhonda Wright, who sat down with Yurok Today to answer the following questions:

How did Animal Education & Outreach Committee start?

During the review on the Yurok Tribe's Dog Control Ordinance I saw that there is a significant need of animal care services in Yurok territory. From this, two groups were formed. The Animal Education & Outreach Committee (AEO) which is being run under the Yurok Tribes Hoh-kue-moh Corporation 501c3 and the Klamath PetKeeper which is one community member who can address calls immediately.

Can you describe the need on the Yurok Reservation for this kind of organization (what is the situation on the ground)?

There are both homed and abandoned dogs that are in dire need of medical care and assistance. With our new and established facilities, employees, visitors, and other animals are placed in danger of aggressive stray and unhealthy dogs. Lack of resources, funding, and educational outreach are identifiers to the problems.

What types of animals does Animal Education & Outreach (AEO) work with? Right now, we are only able to address dog care needs. Our Klamath PetKeeper was able to help twenty dogs, a cat, two birds, and a rabbit.

How can a person sign up to take on a foster pet?

Utilizing foster care options is a quick solution for emergency and short-term situations. We do have a draft Foster Application in review process.

What resources are available for foster pet custodians?

The Klamath PetKeeper currently has an account set up with a Crescent City veterinarian where the medical needs of a rescued animal can be addressed immediately.

What kinds of resources currently exist for those who permanently adopt stray pets?

At this point fosters voluntarily pay out of pocket for food, re-homing, and other pet care needs. We need people from

Weitchpec and Humboldt County area to contact us to let us know their needs.

What are Animal Education & Outreach (AEO) short term goals?

I am in need of collecting data and establishing specific needs in the Yurok territory, as relationships continue to be established with other animal care agencies, so we can set up regular well-check and spay/neuter services as permanent on-going services. To make this a reality, we are also diligently pursuing funding and have applied for six grants, totaling \$129,140.00.

What does Animal Education & Outreach (AEO) far-term vision entail?

We have a Mission Statement: The Animal Education & Outreach Committee (AEO) is dedicated to finding and hosting low-cost services for the Yurok community on animal health and safety, and promoting owner responsibility. It is our duty to pursue funding opportunities, facility uses, and quality professional care to build and maintain a holistic environment for all who reside in the Klamath area, Humboldt and Del Norte Counties.

How can people donate to your organization? What can be donated? Any pet related item can be donated to AEO through the Hoh-kue-moh Corporation, located at the main office in Klamath. For medical contributions, contact the Four Paws Pet Hospital in Crescent City as an account was set up through the Klamath PetKeeper.

Who is Animal Education & Outreach (AEO)?

Rhonda Wright, Christa Norton, Mae Long, and Mandy Mager. We are currently seeking contacts for the Weitchpec and Humboldt County areas. ✨

TO RECEIVE A 2015 DOG LICENSE TRIBAL MEMBERS MUST:

1. **Live on tribal Land**
2. **Show their tribal ID card at the time of licensing**
3. **Provide a Rabies certificate which shows current vaccination**
4. **Provide spay/neuter information if they wish that to be included on the license**
5. **Sign a Waiver of Exemption in the Animal Control office.**

EFFECTIVE FROM 12/01/2014 THROUGH 02/02/2015 ONLY

Wild fungi are delicious and nutritious

Harvesting edible mushrooms is an ideal way to add more nutritious, organic and local food into one's daily diet.

There are myriad edible fungi fruiting right now on the forest floors from Weitchpec to Requa, and all over Humboldt and Del Norte Counties. Wild mushrooms — with the only exception being acorns in most years — are the most abundant source of plant-based, indigenous and wild food on the Yurok Reservation. Knowing when, where and how to find them provides an opportunity to add more to the pantry and to have fun in the forest, during the rainy season.

In general, edible wild fungi begin fruiting on the coast and, as the season progresses, move up in altitude. By observing climactic conditions, traditional Yurok mushroom gatherers, like Yurok Heritage Preservation Officer Bob McConnell, know when and where certain types of mushrooms will be up.

"If there's a substantial rain storm in July or August, to me, that's an indicator that there will be a really good mushroom season come fall," McConnell explained.

Predicting when and where edible mushrooms can be harvested also requires learning the relationship the desired fungi have with specific types of trees and shrubs.

There are about a thousand different mushrooms that grow on Yurok lands, and a great many are not only edible, but loaded with healthy amino acids, vitamins and minerals, according to the Humboldt Bay Mycological Society. Many of the most marvelously tasting mushrooms are very easy to find and correctly identify.

"If you've never gathered mushrooms before, find somebody who knows what their looking for to take you," McConnell said. "It's also important that this person knows the landscape and won't get you lost."

While a few local mushrooms are deadly poisonous and resemble an equal number of edibles, there are more than a handful of safe-to-eat fungi that have no look-alikes. Easy-to-identify, wild fungi that grow on the Yurok Reservation include: chanterelles, hedgehogs, king boletes, black trumpets, cauliflower mushrooms, western giant puffballs and tanoak mushrooms.

For a moderately informed mushroom hunter, this list grows much larger, ranging from blewits to shaggy manes and yellow foot chanterelles to lion's mane.

In the late fall and early winter, the most common and relatively uncomplicated to identify delectable edibles are tanoak mushrooms, hedgehogs (both belly button and sweet tooth), and black trumpets.

At lower elevations, tanoak mushrooms (Ker'merkws - *tricholoma magnivelare*) are most regularly found in stands of tanoak. These come up first. Higher up, these magnificent mushrooms can be located,



Ker'merkws, found in stands of tanoak trees, are a fantastic local food.

as temperatures drop, in stands of conifers. Ker'merkws have a firm white stem that is also fairly stout and never hollow. The caps are white and often have a rusty coloration. For many mushroom hunters, the smell is the most reliable way to distinguish tanoaks from other white fungi. The fragrance, which lights up the olfactory system, is akin to cinnamon with a little bit of spice.

Hedgehog mushrooms — two types grow in Yurok Country — might be the easiest of all edible mushrooms to identify. One variety, known colloquially as belly buttons (*Hydnum umbilicatum*), has a small, pale peach stem. The cap, also a light orange color, has a small dimple in the middle and, at maturity, is the size of a half dollar. The other hedgehog, which is commonly called a sweet tooth mushroom (*Hydnum repandum*), can grow to the size of a soccer ball. The cap of this mushroom, which grows in forests mixed with hardwoods and conifers, shares the same colors as its smaller cousin and has thick stem or stipe. What sets apart hedgehogs from other mushrooms is the underside of the cap, which has whitish bristles or teeth. There are no poisonous mushrooms that grow from the ground and have white bristles, rather than gills, on the underside of the cap, according to Charlie and Dena Wiley of pacificnorthwestmushrooms.com. Coastal hedge hogs have a lighter colored cap.

The golden chanterelle is another fairly easy to distinguish type of fungi. The reproductive surface or bottom of the cap has ridges, instead of the standard gills that are seen on most mushrooms. The ridges, which look like wrinkles, spread from the stem and look like branches on a tree.

The golden chanterelle is the most common wild edible in the world. The appearance of this mushroom changes based on geographic location and time of year. In the late summer/early fall chanterelles, growing mostly in the fog-belt fir/spruce forests, can be tan when there is not a lot of moisture, which also limits their size.

After a good rain, goldens turn a bright orange color and can be the size of a small pumpkin. On the east side of the reservation, big flushes of gold chanterelles don't occur until after the first rains.

The second simple-to-I.D. channie is the white chanterelle. This first-class fungus has all of the same physical characteristics as its golden cousin, except it is ivory colored, as its name suggests and doesn't grow on the coast. Both types of chanterelles have solid stems and a slight apricot smell when fresh. However, after these fungi are cooked, they have a savory, rich flavor that goes well with deer meat and any other red meat.

On the coast, a great many golden chanterelles can be found in forests of spruce and fir. Farther inland, chanterelles associate with a blend of Douglas fir and hardwoods and/or pure hardwood forests..

Forests of young fir trees that have an understory of predominantly ferns or salal are almost certain to contain loads chanterelles, according to Langdon Cook, author of *The Mushroom Hunters*. Where there is huckleberry, rhododendron and hardwoods, hedgehogs are easy to find.

When a patch of tanoaks, chanterelles or hedgehogs is discovered, it can be returned to, as long as there is not major disturbance like a clear-cut, every year because these fungi are mycorrhizal mushrooms. These three and many others form symbiotic relationships with certain tree species. The mycelium, or underground fungal body of the mushroom, help specific trees absorb water and nutrients. In return, the trees provide carbohydrates and amino acids to the fungi, according Peter Kennedy, a mycologist, who teaches at Lewis and Clark College of Arts and Sciences.

The golden chanterelle has a mycorrhizal relationship with the following tree species, including: oaks, fir, spruce and hemlocks.

Tanoaks have the same relationship with tanoak, golden chinquapin, madrone and manzanita.

The best practice for harvesting all of the above-listed fungi is to cut them at ground level with a knife or a sharp scissor, which keeps the mushroom clean and has little impact on the forest floor. This will ensure, depending on the year, future finds of equal or greater proportions.

"Try to leave the leave litter, or duff, as undisturbed as possible. Never use a rake or a leaf blower," McConnell said. "If I see what I think is a tanoak (mushroom), I just barely brush back the leaf cover. It is also important to be careful, when you kneel down to harvest one, to look out for more tanoaks that haven't yet broken the surface of the leaf litter. After I pick one, I also tap the cap to drop more spores on the forest floor and rub off the mycelium on the stem back into the whole."

It is a traditional practice to leave large and immature mushrooms in place to seed the next year's crop. Generally, once a mushroom opens its cap, it has completed its reproductive duty. Removing an open-capped mushroom has about the same impact to the forest as harvesting an apple has on an apple tree.

It is best to cook all wild-harvested fungi before eating them. Wild mushrooms can also be dried, canned and frozen in vacuum sealed bags. Mushrooms will keep better if they are cooked before going in the freezer..

Gathering mushrooms is not only a way to obtain free, healthy food. The practice is also great exercise as most fungi grow on slopes, which are great increasing the heart rate and building leg strength.

"Remember, if you pack it in, pack it out. Also, mushroom gathering presents an opportunity to pick up trash left in the forest," McConnell concluded. ✨

Participate in creating new sex offender code

The Court, in consultation with members of the Justice Advisory Board are seeking to draft an Sex Offender Code for the Yurok Tribe. Questions to be considered are:

1. Should the Yurok Tribe have a Code that requires sex offenders to register with the Tribe when they reside, move to or work on the Yurok Indian Reservation?
2. Should the Yurok Tribe monitor sex offenders on the reservation? How would you suggest they be monitored?
3. Should the code prohibit sex offenders from entering into or residing within a specified amount of yards or feet from a school or prohibited from attending cultural and/or spiritual events within the reservation?

4. Do you know of any traditional rules that you would like to see considered as part of the Tribal Code? If so please set forth in detail.

5. Do you have any specific concerns or approaches you would like to see included in a Yurok Tribal Sex Offender Code? Please set forth in detail.

You can submit your responses to these questions or any other comments or concerns about the development of a Tribal Sex Offender Code to Jolanda Ingram-Obie Yurok Tribal court, by email at: jingramobie@yuroktribe.nsn.us or by mail at: Attn: Jolanda Ingram-Obie, Yurok Tribal Court, P.O. Box 1027, Klamath, CA 95548 ✨

TRADITIONAL HUNTING SURVEY

The Yurok Tribe Wildlife Program is beginning an educational campaign regarding *traditional* hunting values and practices as passed down from the elder generations. The project will produce newsletter articles, educational pamphlets, and a harvest management video emphasizing *traditional* hunting values and methods from before European contact. The intent of this survey is to gather information to include in this educational outreach.

Facts about You

Please choose your age category: 0-20 _____ 21-40 _____ 41-59 _____ 60 or older _____

What ancestral village do you and/or your family come from?

Do you or did you actively hunt wild game? Yes _____ No _____

If so, what species of games did you hunt/harvest? For example, deer, elk, waterfowl, etc...Did you take it for ceremonial reasons, food, or both?

Species _____	Ceremonial _____	? Food _____	? Both _____	?
Species _____	Ceremonial _____	? Food _____	? Both _____	?
Species _____	Ceremonial _____	? Food _____	? Both _____	?
Species _____	Ceremonial _____	? Food _____	? Both _____	?
Species _____	Ceremonial _____	? Food _____	? Both _____	?

Traditional Game Harvest Knowledge

Preparation for Hunting

Was there a process for becoming a hunter? Specific training, or practices that had to be undergone before a young person joined a hunting party?

Were there any spiritual preparations that young hunters would undergo before take of first game?

Were there any spiritual preparations in general before a hunt? Did it vary between species?

Do you have any knowledge about prayers or praying related to hunting?

What do you have any knowledge about hunting prayer songs? Do you know any hunting prayer songs?

Were there physical preparations made before a hunt? If so, what sort?

Were there different preparations, physical or spiritual, if the hunt was for an animal to be used specifically for ceremonial reasons?

Method of Take

What were traditional methods of take for large game like elk or deer?

What were traditional methods of take for waterfowl?

What were traditional methods of take for upland game, like grouse?

What is your perspective on the taking of bears? Were there ever acceptable reasons to take bear then or now?

Were mountain lions traditionally hunted? If so, why? Were there methods for that?

What were traditional methods of take for other species used for ceremony? For example: woodpecker, marten, fisher, beaver, etc.

Were there specific seasons that one did NOT take game, and if so when and why was that, in the case of... Deer/Elk?

Waterfowl?
Upland game?
Other species?

Were there areas in which one should not hunt? If so, do you know the story of why?

Were there such things as family or village hunting territories? If so, were there rules about hunting on territory that was not your own?

Management of Harvested Game After Take

Was there any ritual, ceremony, prayer or song done after the take of the game?

How was harvested game managed after it had been taken? Who processed it?

For the species you are familiar with, what parts of the animal were used? For example, in the case of deer, birds, or other species?

Did it belong to the individual or the village?

What, if anything, is done with the first game animals that a new hunter takes? Are there any special use for it, or rituals associated with it?

What was done with the remains of hunted game that was not really usable?

Is there any additional information that you think it is important to share regarding traditional hunting?

What do you think about modern hunting amongst tribal members? Does it comply with traditional ethics, or have there been changes? If there have been changes, what changes do you see?

Would you be interested in being interviewed regarding these issues? Information gathered will go towards the educational materials described above. Yes _____ No _____

If yes, please provide your contact information below.

Name:

Physical Address:

Phone number:

If you include your name and contact information, responding to this survey will automatically enter you into a raffle to win a box of non-lead ammunition.

Please respond to:
Yurok Tribe Wildlife Program
P.O. Box 1027
Klamath, CA 95548

Also, please indicate here if Blythe George, a Yurok tribal Ph.D student, can contact you regarding an unemployment study. If you participate in an interview, you will receive a \$20 gift card to Walmart to thank you for your participation." Yes? ___ No? ___



Yurok Tribe

Office: (707) 482-1350
mmais@yuroktribe.nsn.us
www.yuroktribe.org

Yurok Today
190 Klamath Blvd.,
Klamath, CA 95548

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Sid Nix served on the Tribal Council, as a district representative, from 1994 to 2014. He recently retired from the Weitchpec District. Thank you, Mr. Nix.