

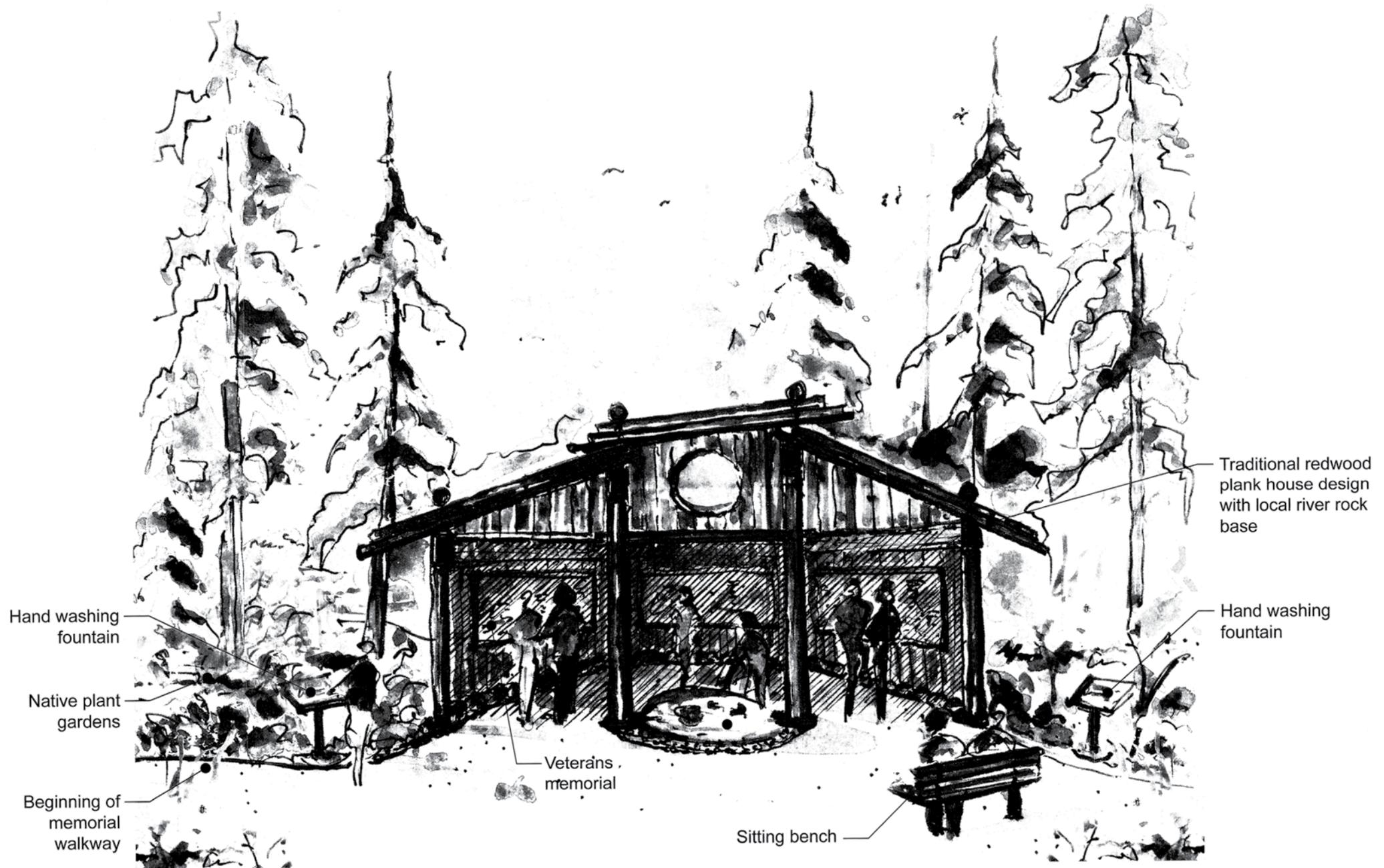


Yurok Today

The Voice of the Yurok People

Tribe planning resting place for vets

See Story on Page 2



YUROK VETERANS COMMITTAL SHELTER
CONCEPTUAL DESIGN

Tribe planning resting place for soldiers

The Yurok Tribe is working on a far-sighted plan to honor Native American veterans living in Del Norte and Humboldt Counties.

The Tribe's Planning Department is currently in the design phase of the Yurok Veteran's Cemetery project. The future funerary grounds will be located on the Reservation side of the Bald Hills Road.

"This is awesome," said Yurok Councilmember Richard Myers, who served in the Navy's Submarine Unit from 1962-1966. "It is something we need to do."

The design-to-date draws on both traditional and modern technologies. The burial site will have a special space for people to gather in memory of those who have passed on. The committal shelter, a solar-powered, sanctuary-type structure, will closely resemble a redwood Yurok plank house. An artful memorial to veterans will be located within the weather-proof common area.

The landscape will mimic the natural aesthetic. The proposed plan aims to integrate the natural surroundings, highlighted by native plants and a seasonal stream, into the layout of the resting place. A trail will be constructed to meander through the cemetery, which will provide easy access to grave sites and create a peaceful atmosphere.

More Native Americans serve in the United States military service per capita than any other ethnic group, according to

the Department of Defense statistics. According to the most accurate statistics available, around 90 percent of Yurok men of appropriate age served in World War I and II. A great number of Yurok women served too. A large portion also served in Vietnam and in Afghanistan and Iraq.

The Veterans Cemetery project is expected to break ground in the summer of 2012.

"Everyone who is working on the project is really excited," Lay said. "We are able to provide a service to honor those who have made great sacrifices."

Ultimately, the federal Department of Veterans Affairs will be funding the project through its State Cemetery Grants Program. However, the Tribe had to first prove to Veteran's Affairs that it is eligible, has authority over the land and pay for a construction plan, which is currently underway.

"In the end, the grant will reimburse all of the Tribe's investment on this important project," said Yurok tribal member and Planner, Sophia Lay.

A blueprint for a cemetery is much different than that for a building. The Planning Department had to project how many grave sites to accommodate in perpetuity. It also had to perform extra soil testing and geomorphology and hydrology studies to completely understand how water is moving underground.

"This is awesome. It is something we need to do."

RICHARD MYERS ~ Yurok Tribal Councilman

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On The Cover

The cover image is of a preliminary design of the Yurok Veteran's Cemetery. The overall design will change as the project develops.

Conceptual drawing courtesy of LACO ASSOCIATES

Tribe improves public water systems

The Yurok Tribe has recently completed a number of safe drinking water-related projects from Requa, upriver to Weitchpec.

For the first time, residents on Fizer Road on Requa Hill have access to safe drinking water. The Tribe's Public Utilities District (PUD), an arm of the Planning Department, contracted with Aldridge Construction to install a "Booster Station" which pumps water from the Requa water system to the residents on Fizer because they are higher than the storage tank.

"I really appreciate that they put in this new water system," said Fizer Rd. resident and Yurok tribal member Jeanne Riecke. "I will never complain about having a water bill."

Previously, residents on Fizer who are both tribal members and non-tribal people had to rely on buckets in the stream that would trap unfiltered spring water which were connected to hoses that would deliver it to their homes.

"If you looked at their water under a microscope you would probably see a lot of living organisms," said Rob Nulph, the PUD Manager. "It was third world water."

The high-powered pressure pump will maintain water pressures from 30 to 70 PSI (pounds per square inch) at each individual residence.

Aldridge Construction also installed a new 40,000 gallon bolted steel tank at Ke'pel, which will be used in tandem with the existing 30,000 gallon redwood

tank. With the addition of the new tank the overall water storage capacity was raised from five days to two weeks.

"This will really help in the summer months when there is a high demand or in the event of an emergency," Nulph said.

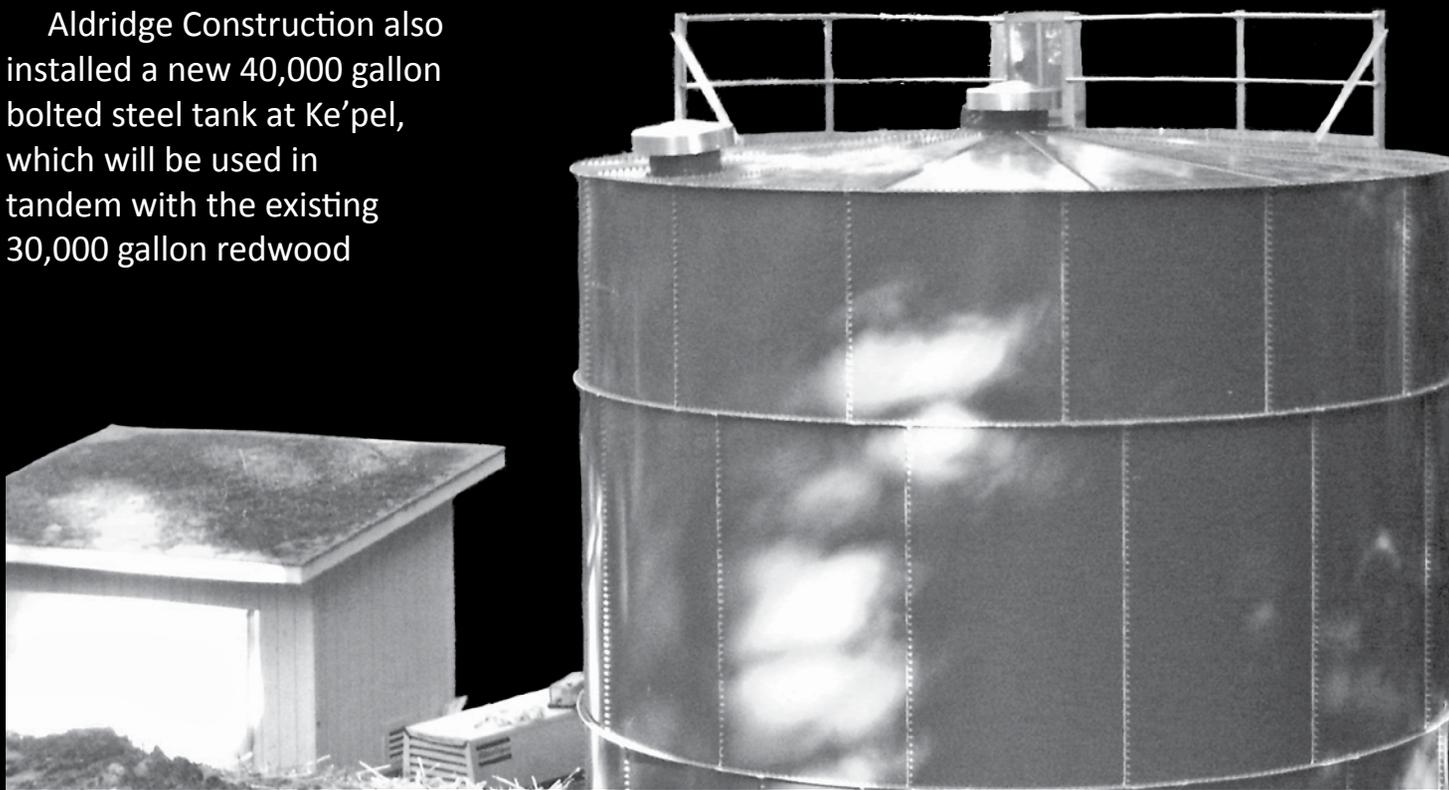
Additionally, the old 5,000 feet of 3 inch pipe connecting the intake to the water treatment plant at Ke'pel was replaced with 4 inch High-Density Polyethylene (HDPE). This type of piping is stronger than steel and more flexible than Polyvinyl Chloride (PVC).

Under contract with the Tribe and Indian Health Services, Converse Construction of Redding California installed solar-powered, remote monitoring systems on the Weitchpec, Ke'pel and Wautec water systems. The computerized monitoring tools supply the Tribe with real-time data via satellite link on the chlorine and turbidity (suspended microscopic particles) levels in the tanks as well as pH and temperature.

The Tribe's PUD is required by the U.S. Environmental Protection Agency to collect the turbidity and chlorine levels every 4 hours, which was difficult even under the best of circumstances. The EPA now has access to this data without it having to be collected daily and sent to them.

"We are stepping into the 21st century. We will be able to see if a tank level begins to drop or turbidity increases and be proactive in addressing the problem before the community begins to run out of water or the water quality becomes poor," Nulph said. "It is great to be able to view what is happening in these systems from anywhere via the internet, 24 hours a day."

Security fencing was also placed around the





Yurok Public Utilities Manager and Yurok tribal member Rob Nulph oversees the installation of 5,000 feet of HDPE intake line on Ke'pel water system.

Ke'pel and Requa water storage tank which are a requirement under the EPA in any new construction because of National Security.

New water meters were installed on Requa Hill. The new water meters are equipped with a 60 watt radio transmitters, which allows the Public Utilities District to collect meter reads from a device the size of a hand-held radio at a distance of up to 1000 feet.

The funding for these important projects came from Indian Health Services and the American Reinvestment and Recovery Act. The total cost for these water system improvements was just over a half million dollars.

The Tribe's PUD has a pending grant submission with the USRDA for nearly \$1 million dollars for more improvements to the Requa Community water system. If the Tribe is successful, it will be able to replace aging water mains, install new storage tanks at higher elevations to reach more residents and put in fire hydrants in the Requa Community Water System, which are few and far between on the Reservation. The addition of this large amount of water storage and rehabilitation to the Requa and NPS wells means additional water to support the proposed fish processing plant and Requa Resort.

Fisheries Truck for sale

The Yurok Tribe's Fisheries Program is auctioning off a 2001 Ford Expedition.

The vehicle has transmission problems and a broken torque converter. The

estimated repairs is

It has in six

Please send

closed bids to

the Yurok Fisheries Program

Attn: Arnold Nova at PO Box 1027, Klamath, CA

95548. The auction will close on April 31, 2011.



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YUROK-OWNED

Klamath students growing food for all

“There’s a worm. There’s a frog,” one child yelled. “Catch it,” another answered. “Mmm this taste’s good.”

The latter excited observation wasn’t in reference to the worm or the frog. It was a testament to the taste of the fresh, organic kale grown at the Klamath Community Garden.

With help from the Yurok Tribe and Klamath community members, Klamath River Early College of the Redwoods students are growing a garden with high hopes of providing all of Klamath with nutritious, fresh vegetables and fruits. The kids, who were turning over an industrial-size steaming heap of compost, love it.

“It’s fun and it’s dirty,” Yurok tribal member Jacob “Silver” Hendrix said with an ear-to-ear grin.

The endeavor, which is in its second year, is part of the school’s curriculum known as a Community Action Project. The CAPs are designed to put students’ hands on solutions that will better the community in some way.

“We think this is totally necessary for the health of this community,” said Klamath community member and volunteer, Peggy Roger RN. “We are in a food desert.”

The closest grocery store to Klamath is more than an hour round-trip, not including shopping time. More than 90 percent of the vegetables and fruits have to be shipped in from out of the region, making prices higher and quality lower. There is also an extremely high rate of diabetes in the area, largely a result of the lack of access to fresh, whole foods.

The plot the kids are working on is about an acre. Half of it is currently tilled for food production, but the organizers and volunteers want to utilize the entire space. The Yurok Tribe has donated all of the water and infrastructure to irrigate the garden.

Depending on the season, the patch is filled with savory veggies such as squash, zucchini, broccoli, a variety of greens and herbs, potatoes, garlic, peas, string beans and others. There are also apple trees and a fig tree as well as strawberries and berry bushes.

The garden’s rewards are for all community members and all that the gardeners ask is that those who take give



Yurok tribal member Jacob “Silver” Hendrix turns over the rich compost at the Klamath Community Garden.

something in return, whether it is working the plot or monetary donations.

“This garden grows to a point where people need to come and take something every day,” Klamath resident and CAP advisor, Margie Clarke RN HHP. “We encourage people to harvest food and contribute to the garden.”

The students are implementing concepts from food-growing strategies such as companion gardening and permaculture. The end result of their approach will require much less water and maintenance than conventional agricultural systems. It also creates a much greater yield. For example, a permaculture garden can produce 6,000



Sixth grader Ke-yoh Lara has fun at the Klamath Community Garden.

pounds of food on 1/10th of an acre. No costly fertilizer or chemicals are used. Best of all, the produce has a much higher nutritional value than its non-organic counterparts purchased in a grocery store.

According to Donald R. Davis Ph.D., a researcher from the University of Texas Biochemical Institute, most common vegetables, fruits and grains have declined in minerals, vitamins and proteins by up to 50 percent over the past 50 years.

For example, the calcium content of broccoli averaged 12.9 milligrams per gram of dry weight in 1950. By 2000 it had dropped to 4.4 milligrams per gram, according to the U.S. Department of Agriculture.

Genetic engineering and chemical fertilizers are largely the cause of the problem, which is why the Klamath Community Garden only used organic, non-genetically modified seeds.

The year-round garden is located in the Klamath Glen off of Redwood Rd. on Maple Rd. If it's up to the kids it will be there for a long, long time.

"I'm hoping that when we're older and this garden is blooming, we can say we had a part in it," concluded Ke-yoh Lara, a sixth grader at the Klamath River Early College of the Redwoods.

Department Profile: Social Services

The Yurok Tribe's Social Services Department is a safety net for tribal members most in need.

The Department, headed by Yurok tribal member Stephanie Weldon MSW, is responsible for administering nine programs ranging from Foster Care to Food Distribution and General Assistance to the Yurok Youth Program.

The mission of the Social Services Department "is to help tribal members and families achieve independence, self-sufficiency and help create healthy, productive communities."

Social Services has offices in Klamath, Crescent City, Weitchpec, and Eureka. It employs approximately 25 individuals. More than 90 percent of Social Service's employees are Yurok tribal members and most of the remaining Social Services workers belong to other tribes.

The diminutive department serves 138 families through its Tribal Assistance for Needy Families, 332 individuals under the Low Income Home Energy Assistance Program, approximately 200 children in its Indian Child Welfare Program, 72 through General Assistance and dozens more adults within its Domestic Violence/Sexual Assault Project.

The Department operates using mostly federal and state grant dollars, which makes it very vulnerable to the Great Recession budget cuts. Programs like the Low Income Energy Assistance Program and Indian Child Welfare Program are actually federal, but the Tribe is paid to deliver the services. Social Services also works with federal, state, local and nonprofit agencies and other tribal departments such as the Tribal Court to maximize service.

In an effort to enable easier and faster access to services, Social Services recently created a new web page that contains forms that can be filled out and turned in directly from the web. There is also feature designed to offer an open flow of information, where tribal members

can send questions, comments and concerns to the department's director. It is located on the front of the site. To view the changes to the site visit yuroktribe.org

Below is a list of all of Social Service's programs:

- Low Income Home Energy Assistance Program
- Burial/Funeral Assistance Program
- Emergency Assistance Program
- General Assistance Program
- Yurok Food Distribution Program
- Elder Services Program
- Indian Child Welfare Program
- Tribal Assistance for Needy Families
- Yurok Domestic Violence/Sexual Assault Program

For more information about the Social Services Department and a full list of contacts visit yuroktribe.org or call (707) 482-1350.

Compost workshop

The Yurok Tribe's Environmental Program will be giving away dozens of garden composters to up river residents on April 16 at the Weitchpec Office. The Environmental Program staff will also be distributing information at the event about how to make great soil out of lawn clippings, table scraps and other natural debris.

The United Indian Health Service project is geared to help divert a portion of the waste stream out of landfills and help people cut down there waste disposal bills. For more information contact Ray Martell at (707) 482 1822 ext. 1012

Seniors invited for lunch, Cobell assistance

On Tuesday April 12, Tribal Court Elder Services will be offering a free lunch and assistance to elders who are having a hard time filling out the Cobell Settlement paperwork.

Staff will be available to help seniors starting at 10:00 am

For more information Elder Services at 482-1350 ex 406 or 1-866-242-0684.

Chairman seeks feedback on department

Yurok Tribal Chairman Thomas O'Rourke Sr. is asking the tribal membership for feedback on the Tribe's Social Service Department and its TANF program.

"I am asking the membership what they think in order to better meet our people's needs," Chairman O'Rourke Sr. said. "I am looking for both positive and negative assessments."

Chairman O'Rourke can be reached by email at torourke@yuroktribe.nsn.us or by snail mail at PO Box 1027, Klamath, Ca 95548.



Open letter to U.S. Rep Tom McClintock

Klamath Justice Coalition calls out rep's omission of tribes and misrepresentations of facts

GUEST OPINION



Frankie Joe Myers
Klamath Justice Coalition

Aiy-yu-kwee' (Hello-Yurok), Ayuki (Hello-Karuk), He:young (Hello-Hupa), Rep. Tom McClintock

The Klamath Justice Coalition, a Klamath-based, tribally run organization, would like to better inform you of how the Klamath Basin Restoration Agreement and Klamath Hydro-Electric Agreement will benefit the Klamath basin and region.

We have been reading your statements to the press and to your colleagues in the U.S. House of Representatives. While you have valid concerns, it is clear that you have left a wide gap where tribes should be.

For the tribes that reside on the Klamath, the River is the only place where we can practice our religion. Our ceremonies require a clean, cold and safe river. Toxic blue green algal blooms caused by the four main dams occur in late summer at the same time as our irreplaceable ceremonies. Entering the river is an inextricable part of our strict ceremonial protocols. If these unbreakable rules are not followed the ceremony becomes incomplete and ineffective. The result is the same as if a Christian pastor tried to baptize someone without any water. Salmon are also an integral part of our ceremonies and form a cornerstone of our cultural identities. We want to restore the historical runs, which were as many as one million salmon a year. The dams are the biggest obstacle between what we have now, utter uncertainty, and a thriving salmon population.

The Klamath is the main driver of a billion dollar salmon industry in California and a multimillion dollar money maker for the region. Investing in the Klamath agreements not only helps perpetuate our life way, it will also create water security for farming families and increase the survival rate of tax paying businesses that depend on it.

These dams are no longer economically viable to operate. According

to the Federal Energy Regulatory Commission they currently generate an average 81.8 megawatts of electricity, not 161 mw as you stated. Additionally, mandatory operational changes necessary to get a new license would cut that to 60 mw — far from being effective producers of power. PacifiCorp has stated repeatedly that there will be no power shortage as a result of dam removal, which is also contrary to what you have said publicly.

We would also like correct your assumption about the removal of Iron Gate Hatchery. The agreement keeps Iron Gate hatchery, the primary hatchery on the Klamath, operationionally funded by PacifiCorp for 8 years post dam removal and by California Fish and Game after that if necessary.

In 2001, we watched family farmers lose almost everything because not enough water was stored in Upper Klamath Lake in the winter months. In the year following, our worst nightmare occurred just outside our front door when we witnessed the largest, completely avoidable fish kill in American history. The dams also create an ideal environment for fish pathogens to multiply, and we have seen juvenile fish die-offs every year since.

We would also like to point out that if your effort is successful, it will cost Warren Buffett's PacifiCorp, its shareholders and its ratepayers hundreds of millions of dollars. To get a new license, federal agencies have already mandated, and courts have affirmed, that over 160 upgrades will have to be made to comply with modern safety and environmental laws. President George W. Bush's Federal Energy Regulatory Commission's Environmental Impact Statement on Klamath Relicensing shows that these upgrades will be so costly and the power generated so meager that the four dams will run \$20 million in the red for the foreseeable future.

The agreements, created by those who work, raise families and bury loved ones in the Klamath Basin, are the best possible solution to these complex problems. We encourage you to consider these facts and honor the hard work of the thousands of American and tribal citizens who came together to cultivate their own destiny in these tumultuous and divisive times. We ask you to support the Klamath Agreements, as well as legislation and budget line items that authorize and fund the Agreements.

Woh-klaw', Suvaniik, Giy' niwh t'sis te'

Frankie Joe Myers is a Yurok tribal member and member of the Klamath Justice Coalition. The KJC has fought for the Klamath dam removal everywhere from Scotland to Omaha NE.

Yurok high school wrestlers make history

For the first time ever the Yurok tribal member-heavy Hoopa Valley High School wrestling team won the Humboldt-Del Norte championship.

The Warrior crew was not just victorious — they handily defeated the competition 179-147. Six Yurok youths finished on top of their weight classes out of the 14 weight divisions.

“The kid’s did so great,” said Margo Robbins, the Director of Indian Education for the Klamath-Trinity Unified School District. “They made history.”

The Hoopa squad was led by Yurok tribal member, Merk Robbins, who pinned his opponent in 1:17 in his final match. This is the fourth consecutive year the 125-pound senior was the top competitor in his weight class. Robbins was also bestowed the Jim Silvia Award, the highest honor awarded at the tournament.

Robbins was accompanied by Devorous Frank (103 pounds), Louis Cosce (145 pounds), Joe James (152 pounds), Orion Cosce (160 pounds) and Jason Price (189 pounds) at the peak of the winners’ podium—all are Yurok tribal members.

All but one of these Yurok youths lives between Weitchpec and Pecwan, a section of the Reservation where there is little or no access to electricity and phone services. It is also a three-hour, round-trip bus ride to Hoopa Valley High School. The Yurok athletes usually leave their homes at 7am and don’t return until 7pm.

Yurok tribal member and Hoopa Valley High School Junior Joe James said his team came in to match with no expectations.

“It was awesome. As soon as we realized that there was chance we could win we decided to go for number one,” said James, who won his final match 15-0. “Everyone was fired up.”

There were a few dramatic victories in the final bracket.

All season long 145-pound Louis Cosce had been locked in heated, but respectful combat with Eureka High School’s Kaden Martin. Cosce would win one only to lose to Martin in the next match. The evenly skilled competitors were tied 2-2 until Cosce turned the tide and scored one point to win the final



Photo courtesy of Deborah McConnell

match.

Orion Cosce flopped his opponent into a pin in lighting 8 seconds. Devorous Frank pinned all three of his opponents in short time as well.

The Yurok Warriors definitely earned this rare victory, starting the hard work of becoming a championship team on day one of practice.

Team members like James wake up every morning before the hint of dawn and begin a regimen of push-ups and sit-ups. On his lunch break he runs. After school it’s practice and then weight training.

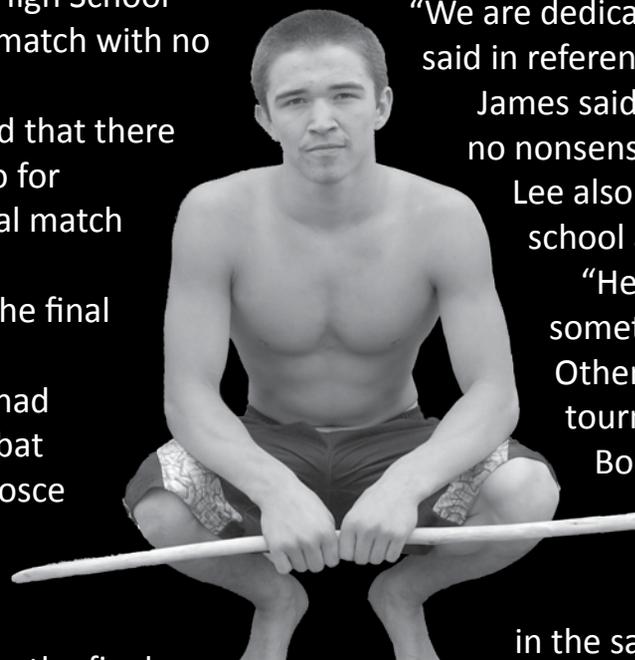
“We are dedicated. No one wanted to let Mike down,” James said in reference to Hoopa’s Coach Mike Lee.

James said he has a great respect for Lee because he has a no nonsense attitude and is unsparing with encouragement. Lee also makes sure each teammate is doing well at school and at home.

“He’s nice, but strict. If he wants you to do something, you do it,” James said.

Other Yurok tribal members also did well at the tournament. Del Norte High School Freshman Robert Boulby came in second in the 130-pound bracket.

Yurok tribal member Richie Green took home the top spot in the 171-pound division for Ferndale High School and Isaiah Kibby took third in the same division for McKinleyville High School.



Merk Robbins

Klamath clean up celebrates 10th year

Along with skunk cabbage, sturgeon and seaweed, the Klamath River Clean Up has become a permanent part of the spring season.

The 10th Annual Klamath River Cleanup will be held this year on Saturday, April 30th from 9 a.m. to 1 p.m. in Klamath, CA.

“The Yurok Tribe invites all community members to help clean up and restore the Klamath River,” said Yurok Chairman Thomas P. O’Rourke Sr. “The river is the lifeline of the Yurok people and returning it to a natural state is one of the main priorities of the Yurok Tribe.”

Every year, trash and other debris washes down the Klamath River during high winter rain events. The clean-up is a perfect way for all Klamath River lovers to get together and have fun making this part of the world a better place.

The Yurok Tribe, over the past few years, has removed most of the large illegal dumpsites. The Tribe, working with Del Norte County, has also cut off access to areas that are potentially prone to unlawful waste disposal. Since there is less to clean up, the Tribe is excited to announce it is adding native tree planting and invasive plant removal to the family friendly event.

All participants will meet in the Community Room of the Yurok Tribe’s headquarters located at 190 Klamath Blvd off of Highway 101. Come early for breakfast and stay late for a free lunch including, locally caught Klamath salmon cooked traditionally by Yurok tribal members. All participants will receive a free t-shirt with the Yurok Tribe insignia to commemorate their effort. There will also be a raffle for

an assortment of prizes during lunch. Raffle tickets are on sale now. Please pre-register to specify shirt size.

Attendees are asked to bring gloves, boots, raingear, and water. For more information, to purchase raffle tickets, and specify shirt size please contact Nick Pence at Nick.Pence@ccc.ca.gov, Tim Sandborn at Tim.Sandborn@ccc.ca.gov, or call (707) 954-0462

The Klamath River Cleanup is sponsored by the Yurok Tribe’s Environmental and Fisheries Departments and AmeriCorps Watershed Stewards Project.

The mission of the AmeriCorps Watershed Stewards Project is to conserve, restore, and enhance anadromous fish-bearing watersheds for future generations by linking education with high quality scientific practices. A special project of the California Conservation Corps, the Watershed Stewards Project is sponsored by the California Service Corps and administered by the Corporation for National and Community Service.

The mission of the Yurok Tribal Environmental Program is to protect and restore Tribal natural resources and community health through the exercise of sovereign rights, culturally integrated methods and high quality scientific practices in coordination with the community, Tribal departments, Tribal Council and other agencies. The Yurok Tribe Fisheries Department’s mission is to understand, protect, and restore the fish resources of the Yurok Tribe throughout its ancestral territory.



Yurok tribal member Sam Gensaw stands with his son Peter at the 2010 Klamath River Clean-Up.

Tribe's B-Ball tourney is expanding

Basketball contest is designed for families to play together at the same event

Sign-ups are now open for the Yurok Tribe's 3rd Annual Healthy Communities, Healthy Choices Basketball Tournament and Health Fair.

The yearly tournament is growing at the pace of a fast break. The Tribe doubled the size of the hoops contest from six divisions to 12 to accommodate an outpour of community interest. The age brackets range from 3rd and 4th graders to adults for both men and women.

In addition to the increased opportunity for more people to participate, the tournament boasts other benefits that fall in line with its purpose of making more healthy activities available to the community.

"We are able to create a tournament where moms and dads will be able to play alongside their children at the same event," said Genevieve Markussen, the Yurok Tribe's Youth Program Coordinator. "The highly competitive tournament will also be great for spectators."

The Health Fair, designed by the Yurok Tribe's Meth Prevention Program to promote wellness and healthy choices, will be open from 12- 4 PM on Saturday April 16 at the Del Norte High School Gymnasium. All participants who visit the Health Fair will receive a free tournament t-shirt. The tournament will be held at multiple locations in Crescent City from April 15-17. Signups will close on April 7.

The Yurok Tribe is Seeking Teams For the following divisions:

Girls Division

Varsity 11- 12th Grade: \$150.00
JV 9- 10th Grade: \$150.00
7-8th Grade: \$100.00
5th- 6th Grade: \$75.00
3rd-4th Grade: \$ 50.00



Boys

Varsity 11- 12th Grade: \$150.00
JV 9-10th Grade: \$150.00
7-8th Grade: \$100.00
5th- 6th Grade: \$75.00
3rd- 4th \$50.00

Men's Open Division

Entry Fee: \$300.00
Women's Open
Division
Entry Fee: \$150.00



For more information and to sign up contact Genevieve Markussen, Yurok Youth Program Coordinator at (707) 482-1350 ext. 347 or by email at gmarkussen@yuroktribe.nsn.us

Place your AD here

Yurok Today is now selling advertising. Yurok Today reaches 2,800 Yurok Tribal households and is available online. Please contact Matt Mais for rates at (707) 482-1350 or mmais@yuroktribe.nsn.us

Salmon Festival events begin in April

The Yurok Tribe's 49 Klamath Salmon Festival won't be happening until August, but some of the festivities are starting in April.

The Salmon Festival Poster Contest will start on April 1. Every year the Tribe puts out an invitation to the tribal membership to create a piece of art that matches the theme of the festival. The theme of this year's salmon celebration is "Call of the Salmon."

The Yurok Tribe is answering the call of the salmon, the lifeline of Yurok people, which require clean cold water for survival. The Tribe is in the process of restoring thousands of acres of salmon habitat purchasing land critical to its survival, and working to remove four dams that are forestalling the best possible measure that can be taken to restore the river's once abundant fish runs.

The deadline for poster contest entries is May 31, 2011. It is preferred that all artwork is submitted on a CD as a high resolution JPG file. If that is not possible, the Tribe will work with you to turn the art into the type of document required.

The winner of the poster contest will win \$150 and his or her artwork will be displayed on a t-shirt commemorating the salmon celebration. The winning art will become the property of the Yurok Tribe.

Email entries to mmais@yuroktribe.nsn.us or mail them to P.O. Box 1027 Klamath, Ca 95548.

The Noo-rey-o-won-ee (Beautiful girl inside and out)/Keet-ko (Strong/Able boy) contest will also begin April 1.

The Contest is a race to see who can sell the most raffle tickets before the Salmon Festival. The raffle prizes include a variety of prizes big and small.

The funds raised in the Contest go toward the Yurok Tribe Scholarship Fund and Salmon Festival budget.

The girls and boys contests will be broken up into two age divisions. The lower division is for children ages 5 to 12 years. The upper division is for young adults ages 13 to 17.

- The first place winner in the girl's upper division will receive a handmade multi-strand necklace, a sash and 25% of the money from the tickets that the winner sold.
- The first place winner in the girl's lower division will receive a handmade multi-strand necklace and 25% of the money from the tickets that the winner sold.
- The second place winners will receive 20% of the money from



the tickets that the winners sold.

- The third place winners will receive 15% of the money from the tickets that the winners sold.
- The first place winner in the boy's upper division will receive a drum, and 25% of the money from the tickets that the winner sold.
- The first place winner in the boy's lower division will receive a drum and 25% of the money from the tickets that the winner sold.
- The second place winners will receive 20% of the money from the tickets that the winners sold.
- The third place winners will receive 15% of the money from the tickets that the winners sold.

All of the contestants are asked to participate in the Salmon Festival Parade, which takes place the day of the event. Parents and contestants are required to participate in the construction and preparation of the Salmon Festival Float for the Noo-rey-o-won-ee (Beautiful girl inside and out)/Keet-ko (Strong/Able boy) contestants. All tickets must be turned in by August 17, 2011 at 12:00 NOON.

To sign up for the Noo-rey-o-won-ee/Keet-ko contest contact Andrea McCovey or Melva Hurn at (707) 482-1350.

Those who wish to have a vendor booth can also sign up now. for a booth contact Forrest Gregg at (707) 482-1350.

The Salmon Festival will be held on Saturday, August 20, 2011. The family friendly event will include: a breakfast free for veterans, a classic car show, a parade, stick games, Indian card games, a cultural demonstration and other exciting activities. The Merv George Band will be headlining the event.

Obituary: Lena Nicholson

Lena Isles McCovey Nicholson was born May 26, 1919 in Requa, CA, and died February 28, 2011 in Florence, Oregon while visiting her niece. She met her first husband Isaac McCovey in the Klamath Glenn and were married for 30 years. She and her second husband Paul Nicholson married and moved to Fortuna, CA. She decided to go to college at the age of 47. Lena was offered a job at the Employment Development Agency and remained there for 16 years until she retired. During her years at the EDD, she helped many natives finish school, and get jobs that turned into careers. When she retired from

to work as an
for the Senior
Employment

During Lena's
became in-
and expediting
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the EDD, she went on
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people of Humboldt
County. In 2009, she
by the U.S. Senate
mittee for 40 years of
dedication and com-

mitment in improving healthcare in California. She was one of the original signers of the CRIHB articles of incorporation. She served as a Board Member of United Indian Health Services for many years.

Lena also served her Tribe as a volunteer on many committees. She served on the Enrollment Committee, helping to enroll new members into the Tribe. She also served on the Culture Committee for many years. Lena volunteered her services numerous times to numerous causes and received many awards for these services. Her sense of community will be missed.

Lena is survived by her son Frank McCovey and her daughter Phyllis Yvonne Boulby, numerous grandchildren, great grandchildren, and great-great grandchildren. She is also survived by many nieces, nephews, and cousins.

Lena was preceded in death by her father Frank Isles and mother Ellen. Her first husband Isaac McCovey and her second husband Paul Nicholson. Her brother Frank and her sisters Margaret, Ellen, and Helen. Her son Richard McCovey and daughter Margaret Lewis. She also lost a child in childbirth and a daughter Phyllis Jean when she was three.

Services and burial were held at Wautec Church and Cemetery, on the Yurok Reservation, Saturday, March 5, 2011.

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Woo-lew ue pop

Sturgeon bread is a Yurok delicacy

On the coast, it's the Mue-lo-muel (mulberry) bloom, upriver it's the shimmering shiny medallion-looking Puue-no-maap' (dogwood) flower that indicates when green sturgeon are running.

Kah-Kah (sturgeon), which can grow nearly ten feet, is an important food source for Yurok people. The boneless, firm meat is packed with protein and contains beneficial fats. However, Yuroks have known for millennia that sturgeon eggs or roe is where the most nutritional benefits can be found. For instance, eating a fifth of a pound will give more than the recommended daily intake of the muscle building vitamin b-12, more than half your daily need of bone builder vitamin D and more than a third of riboflavin, which staves off illnesses. It contains an enormous amount of important minerals such as magnesium, selenium and iron. Sturgeon roe also has some of the highest quality protein found on the planet.

The roe can be made into a rich-tasting Woo-lew ue pop (sturgeon egg bread). Traditionally, Yuroks mashed the eggs, wrapped them in maple or young skunk cabbage leaves and baked them in an underground oven. To do this a hole is dug and fire lit inside it. The coals are then buried with sand and the wrapped roe put inside and capped with more sand. After a few hours the seasonal delicacy is ready to be consumed.

Today, most sturgeon bread is made in contemporary ovens. When the roe sacks are

first pulled from a fish they have a transparent membrane that is removed by gently wringing the eggs from the filmy layer by hand into a bowl. The eggs are then gingerly mashed until the mixture has the right consistency. A sterile mason jar works as a good implement for smashing.

"It's important not to mash them too much or your bread will taste chalky and dry," said Yurok tribal member Barbara McQuillen. "I like to leave some of the eggs whole."

The mixture is then put into a skunk cabbage lined Pyrex dish and placed in the oven at around 350 degrees.

"It's like baking a cake. As soon as it starts cracking on top it's done," McQuillen said.

Woo-lew ue pop does have a lot of cholesterol. Many Yuroks eat pieces of it with me-raa-nee (smoked salmon) and key-goh (acorn soup), which reduce cholesterol levels and boost heart health.

Sturgeons, which have been around for as many as 200 million years, are one of the least studied fish. The fish's population is most likely on the decline because artificial flow regimes and habitat loss. The Yurok Tribe's Fisheries Program is in the middle of a long-term, broad study of the sturgeon population in the river and in the ocean. Fisheries' goal is to better understand the mysterious fish and make certain abundance of sturgeons are available for future generations. The Fisheries and Watershed Restoration are working on a daily basis to repair the condition of the river for the benefit of the culturally important species. The fish are only caught for subsistence purposes and have been tightly regulated for a number of years. Traditionally, sturgeons were caught using gillnets made of iris fibers.

Sturgeons are like steelhead in that they live most of their lives in the ocean, reproduce in the river and then go back out in the ocean. On the Klamath, the spawning migration begins in February and ends in June. Klamath sturgeon typically lay eggs in large, turbulent pools in the main stem or in the Salmon River, one the Klamath's most pristine tributaries.

The juvenile fish stay in the river and estuary for one to four years and are between one foot and four feet in length when they go out to the ocean.

Once the fish enter the ocean, sturgeon stay close to the coast and feed on shrimp and amphipods. One way that they differ from other anadromous fish on Klamath is that they grow and become sexually mature at an exceptionally slow pace. Sturgeons grow about a foot in their first year, but after that they only increase in size between three and four inches a year.

For males it takes between eight and 18 years to mature and for females 13 to 27 years. The average rate of maturity is about 20 years. At the time when sturgeon can first reproduce it is between four and six feet in length. As the female fish get bigger the number of eggs she creates also increases. For example, a newly mature she fish will produce 59,000 and a fish at the height of sexual maturity will make nearly a quarter million eggs—giving a brood more chance at survival—and why the Tribe does not allow the retention of any fish over six feet.

The fish also has other uses. The spinal cord can be made into a soup that is tasty and has a medicinal value. The sturgeon's bladder can be chewed into a paste, which makes a strong adhesive. It is typically used for attaching arrow head tips and the sharp part of a traditional eel hook. One of the ways Yuroks honor the fish is to weave the design on its flanks onto baskets and caps.

Sturgeon can live for up to 50 years. Eating the fish and its eggs, combined with regular exercise will ensure you live a lot longer.



Being prepared is a traditional way

Yurok elder Raymond Mattz has seen a lot go down on the Klamath River.

The flood of 1964 that took out the town of Klamath, heavily armed federal agents ramming the boats of weaponless Yurok men and women in the 70s and the indescribable fish kill in 2002 are just a few unforgettable moments of history that Mattz has viewed first hand.

However, to Mattz, the biggest threat to Yurok people is a tsunami, especially if the community is unprepared.

Mattz gave this analogy to describe what can happen when a natural disaster strikes and people aren't ready.

Once during a cold spring Mattz was fishing and there were no fish. He saw a bald eagle and an otter fighting over a shad, an invasive fish better known for an over abundance of bones. The eagle and the otter got so busy fighting each other that the fish flopped back in the river and got away.

"That's what can happen here if people aren't prepared," Mattz said. "I don't want to see that happen."

The former Yurok Councilman watched the March 11 tsunami from outside of the tsunami evacuation zone at his house on Requa Hill.

The Yurok Tribe evacuated areas in the tsunami run-up zone on Requa, Klamath and in Klamath Glen. The Tribe and the Red Cross set up a shelter at the Yurok Indian Housing Authority for displaced residents. Despite the warnings, Aawok Dustin Weber went down to the beach to take pictures of the wave. He was washed away and his body has not yet been found.

The tsunami was so powerful that it easily ambled up the river which was flowing hard because of the amount of spring run-off and an outgoing tide.

"It was like pure negativity energy was entering the river," Mattz recounted. "It felt like an evil spirit."

When the water sucked out it was even fiercer.

"The sound that the roiling water made was unbelievably

loud," he said. "A large tsunami would be the most devastating disaster that we could face living in this area. Imagine if it was the big one."

The earthquake that spawned the tsunami was created by the exact same type of tectonic structure as the one that is located just 45 miles off the Yurok coast. The Cascadia Subduction Zone, where the Juan de Fuca, Explorer Plate, Gorda and North American a

Plates collide, has the potential to deliver a 9.0 earthquake. It has and will again, according to oral stories passed through Yurok generations and world renowned tsunami expert and geophysicist Lori Dengler. That is why Mattz wants to encourage all tribal members to be prepared in the event of a natural disaster.

"People aren't prepared for this type of hardship anymore," Mattz said. "Maybe a few old-timers have enough food and water in storage in the event that conventional sources are cut off for an extended period of time, but that's it."

Those in Mattz' generation keep extra rations around because that's what their grandparents, who had the benefit of living in Yurok Country before European contact, taught them. They were well aware of the potential damage caused by floods, fires, tsunamis and planned accordingly. Traditional foods like smoked salmon, seaweed and swamp tea make great safety provisions because they have a high nutritional value and keep well. Being prepared to take care of yourself, your family and your village is part of the Yurok life way.

"I see that disappearing," Mattz said. "We need to bring that back if we are going to remain intact as a people."



Yurok Elder Raymond Mattz

Every month a Yurok elder is profiled in Yurok Today. Please call Matt Mais at (707) 482-1350 ext. 306 or email mmais@yuroktribe.nsn.us to suggest an elder for this section.



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Yurok wrestlers win championship

(Left to right) Yurok tribal members Orion Cosce, Jason Price and Louis Cosce won their matches



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