

KLAMATH NEWS

THE OFFICIAL PUBLICATION OF THE KLAMATH TRIBES:

KLAMATH, MODOC, AND YAHOOOSKIN

TREATY OF 1864



Mogenkaskit

Lalo

Schonchin

Captain Jack

Winema

Volume 27, Issue 1

The Klamath Tribes, P.O. Box 436, Chiloquin, OR 97624

1-800-524-9787 or (541) 783-2219 Website: www.klamathtribes.org

JAN/FEBRUARY 2011

3rd Annual

"GATHERING OF OREGON'S FIRST NATIONS"



On Saturday, January 29, 2011, the Klamath Tribes participated in the 3rd Annual "Gathering of Oregon's First Nations", held in Salem, Oregon at the Oregon State Fair & Expo Center Pavilion. Doors opened at noon and featured: Educational Booths from the nine recognized tribes of Oregon, Native Craft Demonstrations, Drumming, Dancing, Specials, and Tribal Vendors.

The event is open to participation by all nine recognized tribes in the state of Oregon, but is generously sponsored by the sovereign governments of: Confederated Tribes of Coos, Lower Umpqua, Siuslaw Indians; Coquille Indian Tribe; Cow Creek Band of Umpqua Tribe of Indians; Confederated Tribes of Grand Ronde; and the Confederated Tribes of Siletz Indians.

The event originally was the kick-off to the 2009 Oregon Sesquicentennial Event, recognizing that tribes were in existence prior to Oregon becoming a State. Since that time, the five sovereign nations, along with participation from the other tribes, decided to continue the gathering to bring awareness of the rich traditions and hospitality of the indigenous people who thrive here in the State of Oregon. These types of events are important because it provides an opportunity to share the diverse histories with visitors and gather together here in Oregon.

Pictured Left:
Klamath Tribal Chairman, Gary Frost, carried the Tribal Flag in the Grand Entry with the other Tribal Dignitaries.

He was accompanied by his daughter and jingle dress dancer, Presley Frost.



The Klamath Tribes
P.O. Box 436
Chiloquin, OR 97624

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The *Klamath News* is a Tribal Government Publication of the Klamath Tribes, (the Klamath, Modoc, and Yahooskin Band of Snake Indians).

*** Distribution:**

Publications are distributed at the end of the month, or as funding allows.

*** Deadline:**

Information submitted for publication must be received by the 15th of each month- (for the following month's publication).

*** Submissions:**

Submissions should be typed and not exceed 500 words. Submissions must include the author's signature, address and phone number. Submissions are used as fillers and publication is strictly dependent upon space availability. ***We cannot guarantee publication of any article or submission.***

***Order of Priority for Newsletter:**

#1- Tribal Government/ESSP Information

#2- Tribal Program Information

#3- Associated Tribal Information

#4-6- Fillers (when space is available, must be submitted by the family): i.e.- Obituaries, Wedding, Birth, and Family Announcements, Graduations, Individual Tribal member info., Birthdays, Etc...

Letters to the Editor: Letters are viewed as Associated Tribal Information. However, they must be less than 500 words. Any and All articles may be edited for clarity and length. Letters are subject to review. Letters/articles that may contain libelous, slanderous, or personal attacks will not be printed.

***Photographs** should be vivid and clear or 300jpg/ppi

*All internal photos by: Taylor David -K-News, unless otherwise noted. ©All photos property of K-News dept.

*** Returns:** For any information to be "returned", please include a "self addressed stamped" envelope.

*** Klamath News Rights:**

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*** Change of Address:**

Send address changes (for the Newsletter Only) to the following address. *Please include your old mailing label if possible.

*** Public Information/News Dept. Staff:**



***Mrs. Taylor R. David,**
Public Information/News Manager
Member of Native American
Journalist Assoc. (NAJA).

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or Visit the Tribal Website at:

www.klamathtribes.org



Klamath Tribal Representatives, Chairman Gary Frost; Council Member GeorGene Wright-Nelson, Public Information Manager Taylor David, and tribal youth, Gary Frost Jr., were available to speak to the public at the Klamath Tribes Information booth.

Klamath Tribal Sobriety Queen, Cynthia Crume, participated in the Grand Entry and the activities.

Below: 2011 Miss Warm Springs, Tamera Moody, visited the Klamath tribes booth with pride, as she also has Klamath/Modoc Blood, passed on to her by her grandfather, the late Enos Herkshan.

Congratulations to both young ladies. Thank you for choosing to represent your family and tribes.



Klamath Tribal members, (LtoR) Allen Nelson and Harvi Hood, stop by for a visit and photo with Klamath Tribal Chairman, Gary Frost.

Congressional Representative Walden visits the Klamath Tribes

Oregon Congressional Representative, Greg Walden, visited Klamath Tribal Representatives in a Government-to-Government meeting on Saturday, January 29, 2011, in Chiloquin, Oregon, at tribal headquarters.

The meeting began with opening prayers and a welcome from Tribal Vice-Chairman, Don Gentry, Tribal Council Members: Bert Lawvor, Brandi Hatcher, Chuck Kimbol, Frank Summers, and Shawn Jackson; with assistance thru the day from tribal member, Mary Gentry.

Walden met with the Klamath Tribes to discuss current issues, trust responsibilities, KBRA, legislative budget cuts, and the outlook of congressional spending among other political topics.

The day wrapped up with a catered lunch and a presentation of gifts to our honored guest Rep. Walden. One gift included a hand-beaded University of Oregon "O" presented by Councilman Summers to honor Walden as a fellow University of Oregon Graduate. Go Ducks!



Klamath Tribal Treasurer, Brandi Hatcher and her grandson, Trevor, take timeout for a photo with Mr. Walden. Children are our future.



Klamath Tribal Councilman, Bert Lawvor shakes hands with Greg Walden, as Councilman Kimbol and Gentry look on.

Tribal Chairman office in Klamath Falls:

The Klamath Tribal Chairman, Gary Frost, is going to begin to be available to meet with Tribal members and be on-site at an office at Tribal Health in Klamath Falls on Tuesdays and Thursdays.

To start it will probably be in the afternoons on those days. Any Tribal member that has any issues or just wants to stop in and say "Waqlisi".

Please feel free beginning on January 18th 2011.

Note from the Editor:

As you may have noticed, the tribal newsletter has not been able to feature Priority 4 (Individual Tribal Member Information articles) on a regular basis, months have been combined, and the obituaries have also had to be put on hold until space would allow. This is due to the fact this program has limited funding and resources. Therefore, we cannot expand our newsletter or website at this time to accommodate those articles that are used as fillers. Program funding comes from a government grant therefore, it is necessary to place Priority 1 (Government) and Priority 2 (Program Information) before any other notices. Also, it is now necessary that submissions be sent electronically to the following email: Sorry for any inconvenience.

Thank you,
Taylor R. David- News Editor
(541) 783-2219
Email: taylor.david@klamathtribes.com

Tribal Representatives meet with President Obama



President Barack Obama meets with tribal leaders in the Roosevelt Room of the White House, Dec. 15, 2010. (Official White House Photo by Pete Souza)

On Wednesday, December 15, President Obama met with 12 tribal leaders to hear directly from Indian Country about their policy priorities and concerns. Also in the meeting were Attorney General Eric Holder, Interior Secretary Ken Salazar, Health and Human Services Secretary Kathleen Sebelius, White House Senior Advisor Valerie Jarrett, White House Domestic Policy Council Director Melody Barnes and other Administration officials. The President conveyed to the leaders his commitment to strengthen and build upon the government to government relationship with Indian Country. He also noted that while much progress has been made, more remains to be done, and he is committed to working with the Native American community to achieve those goals.

The 12 leaders who met with the President represent the geographic diversity of the country and they were selected by their regional peers. The leaders are:

- President Shirley of the Navajo Nation
- Chairman Smith of the Pala Band of Mission Indians
- Chairperson Edwards of the Caddo Nation of Oklahoma
- Chairman Hall of the Three Affiliated Tribes
- Chairman Hayes of the Ute Mountain Ute Tribe
- President Thomas of the Central Council Tlingit & Haida of Alaska
- Chairman Black Eagle of the Crow Tribe
- Chief Red Eagle of the Osage Nation
- Chairman Barbry of the Tunica-Biloxi Indian Tribe
- Chairman Wright of the Pyramid Lake Paiute Tribe
- Chairman Cladoosby of the Swinomish Tribe
- Chairwoman Diver of the Fond du Lac Band of Lake Superior Chippewa



Klamath Tribal Chairman, Gary Frost, joined the ceremonies in Washington, D.C., along with 565 other Tribal Representatives and Tribal Chairman on December 16-17, 2010. He along with the other representatives met at the Department of the Interior and took photos with the Secretary of Interior. And although Chairman Frost did not get a private meeting with the President, his group meeting with President Obama was productive and Chairman Frost was able to meet with over 300 other Tribal Chairmen, including several from the Pacific Northwest, including Hoopa, Karuk, and Yurok. For more information you can contact Chairman Frost at 541-783-2219 ext 100

Klamath Tribes Committee List as of December 6, 2010

Constitution Committee: (still needs 4 more applicants)
No members appointed. 3 applications kept on file.

Culture & Heritage Committee: (still needs 4 more applicants)
-Betty Blackwolfe
-Janice Miller
-Ben Mitchell

Education Committee: (still needs 6 more applicants)
-Ginette Lewis

Elder's Committee: (still need 4 more applicants)
-Bert Lawver; ex-officio
-Darryl G. Ortis - resigned
-Ernestine Ortis - resigned
-Robert Clinker Cole
-Clayton Chocktoot

Enrollment Committee: (still needs 5-7 more applications)
No members appointed – 2 applications kept on file.

Health Committee: (still needs 7 more applications)
No members appointed – waiting for more applications.

Housing Committee: (still needs 7 more applications)
No members appointed – waiting for more applications.

Klamath Indian Game Commission: (Full Committee –
no applications being accepted)
-Don Gentry; ex-officio
-Mike Parazoo
-Shane Foster
-Bipper Clark
-Bob Farris
-Mike Moore
-James Barney
Corporation's Listing

Economic Development Corporation: (as reported by EDC)

William Ray Jr.
Vivian Kimbol
Harley Duke Kimbol
Lahna Lilly
Wayne Leone
Eileen Joe
James Coburn

Kla-Mo-Ya Casino Corporation: (as reported by EDC)

Ellsworth Lang	Steve Weiser
Irvin Kirk	Lloyd Hall
Robert Clinker Cole	Clarence Jenkins
Just Cole	

Attention Klamath Tribal Members!

REGULAR GENERAL COUNCIL MEETING

**Saturday, February 19, 2011
at 10:00 a.m.**

**Tribal Administration Auditorium
(501 Chiloquin, Blvd)
Chiloquin, OR**

Quorum Count @ 10:00 a.m.

Agenda Items:

***GRC (Casino Gaming Regulatory Commission)
Ad-hoc Update**

***Aurora Property Ad-hoc Update**

***KTRAP (Klamath Tribes Revenue Allocation Plan)
Ad-hoc Update**

***EDC (Economic Development Corporation)
Financial Update**

Note: At time of printing, the final Agenda was not approved. Therefore this is a "draft" agenda and additions or subtractions may be added. Please call for final agenda information.

**Torina Case
Klamath Tribal Council Secretary
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(541) 783-2219 ext. 170
torina.case@klamathtribes.com**

Mark Your Calendars! Council and ID Cards Travel

Klamath Tribal Council is coming to Portland and Eugene for a Visit, along with the Tribal Enrollment I.D. Machine for new Tribal ID Cards

They will also be in Salem at Chemawa for a Tribal Flag presentation to the School. All Chemawa Alumni are encouraged to attend.

The Klamath Tribal Council will be coming to Portland on Tuesday March 22nd at the Doubletree Motel (across the street from the Lloyd Center) from 6pm to 9pm to meet with our Klamath Tribal membership. Then the Council will move down the road to meet with the members in the Eugene area on Wednesday March 23rd at the Holiday Inn located at 2123 Franklin blvd. in the Cedar room from 6pm to 9pm. The Tribal I.D machine will also be on-site.

We look forward to meeting with you and hearing your thoughts and ideas. If you should have any questions please feel free to call Gary Frost, Tribal Chairman at 541-783-2219, ext. 100, or Torina Case, Tribal Secretary at 541-783-2219, ext. 170.

2010 to 2013 elected Tribal Council:

Gary Frost, Chairman

Don Gentry, Vice-Chairman

Torina Case, Secretary

Brandi Hatcher, Treasurer

Shawn Jackson, Council Member

Albert Lawvor Sr., Council Member

Georgene Nelson, Council Member

Jeff Mitchell, Council Member

Charles Kimbol Sr., Council Member

Frank Summers, Council Member

ATTENTION Chemawa Alumni: The Klamath Tribal Council will also be presenting a Tribal Flag to the Chemawa Indian school in Salem, Oregon on Wednesday March 23rd at 2:00pm. Any Klamath Tribal alumni that live in the area or interested Tribal members are invited to attend this presentation. Call Gary Frost for more information x 100

Klamath Tribes Revenue Allocation Plan

Distribution & Investment Board - Request for Proposals for 2011

All proposals must be received by March 1, 2011.

The Distribution and Investment Board is currently requesting proposals for 2011, per the Approved Revenue Allocation Plan; Klamath Tribal Code Title 7 chapter 50. The next awards to be distributed during 2011 are dependent upon excess revenue generated by the tribes gaming economic enterprise during the year 2010 as declared in the annual audit.

The Revenue Allocation Plan is adopted pursuant to the authority vested in the Klamath Tribes General Council by virtue of its inherent sovereignty as an Indian Tribal government and Article VI of the constitution of the Klamath Tribes that provides that the General Council has the power to expend and recommend expenditure of Tribal Funds and to exercise all other reserved powers.

The Klamath Tribes General Council established the Klamath Tribes Distribution and Investment Board (KTDIB) for the purpose of reviewing proposals for supplemental funding under the Klamath Tribes Revenue Allocation Plan and allocating funds in accordance with the requirements of the Plan.

The purpose of this Revenue Allocation Plan is to establish a fair and equitable process for the Klamath Tribes to distribute excess net revenues derived from its gaming operation Kla-Mo-Ya Casino Corporation, consistent with the Indian Gaming Regulatory Act of 1988.

The Klamath Tribes Distribution and Investment Board is requesting proposals for 2011. Proposals must be marked "Proposal" and either postmarked before midnight on March 1, 2011, or delivered in person during regular business hours by March 1, 2011, to the Member Benefits Department, PO Box 436, Chiloquin OR 97624, Attention: Distribution and Investment Board before the deadline to be considered.

Proposals must also follow the format of the REVENUE ALLOCATION FUNDING REQUEST APPLICATION FORM PRINTED BELOW IN ORDER TO BE CONSIDERED TO RECEIVE AND AWARD FOR FUNDING.

Application forms and copies of the Revenue Allocation Plan may be obtained outside of the Tribal Treasurer's Office, or from the Members Benefit Department at the Tribal Administration Office.

Proposals must be submitted to The Klamath Tribes, P.O. Box 436, Chiloquin, OR 97624. Attn: Distribution and Investment Board; c/o Members Benefits Department. (541) 783-2219 ext. 195

All proposals must be received by March 1, 2011.

**Late submissions will not be considered by the
Distribution and Investment Board.**

**ENROLLMENT ID CAMERA
WILL BE IN
THE PORTLAND AND EUGENE
AREAS IN MARCH**

Dont forget the required information!

The Klamath Enrollment Officer will be in Portland, Oregon at the Tribal Council Community Meeting at the Double Tree Hotel across from the Lloyd Center on March 22, 2011 from 6-9pm. And in Eugene, Oregon at the Holiday Inn on Franklin Blvd. On Wednesday March 23, 2011 from 6-9pm.

To update Tribal Identification cards to the New Identification cards, please bring something showing the current mailing address of the applicants, Such as a Current Drivers License, current Oregon ID card, Utility bill, Rent receipt, School Report card or a piece of mail. This will help in processing the New Tribal ID card and the cost of the ID Cards are \$2.50 and if you turn in your old Tribal ID cards there will not be a charge for the new cards. So I hope to see you all there.

If you have any questions please contact Rose M. Treetop, Enrollment Officer at (541) 783-2219 Ext. 150.

Thank You!

The Klamath Tribal Medical Clinic would like to thank Patty and Steve Federlin, of "Impatience Racing", out of Oregon City, for their generous donation of family movies for the tribal clinic and wellness center. The movies are greatly appreciated.

**Thank you Very Much
The Clinic Staff**

Goodwill Vouchers Available 2011

The Klamath Tribes Community Services department has been approved to participate in the Goodwill Voucher Program for 2011. Each year the Southern Oregon Goodwill Industries sets their budget based on the number of agencies requesting assistance.

Vouchers may be exchanged at the Southern Oregon Goodwill store in Klamath Falls for merchandise, clothing or household items and are limited to a maximum dollar amount. New goods are excluded from the voucher program and are limited to one piece of furniture.

The Klamath Tribes Community Services Department adheres to the following guidelines in issuing vouchers:

- Vouchers will be available to any individual or family during the year. One person in the family must be an enrolled member of a federally recognized tribe in the United States.
- Applicant must meet the current income guidelines, which is 60% of the Oregon Median Income Guidelines.
- Head of household must sign the voucher at the time of issue.
- Applicants will only be eligible to receive \$25.00, plus \$5.00 for each additional household member up to the maximum amount allowed.
- Voucher must be used by the expiration date or it will be void.
- Only one item of furniture may be purchased on a voucher.
- One voucher is allowed per year per household.

**The Goodwill vouchers will be available beginning
JAN. 24, 2011, at the Klamath Tribes Administration Office,
Community Services Department,
501 Chiloquin Blvd., in Chiloquin Oregon**

**For more information please call
541-783-2219**

EPA Approves Historic Salmon Restoration Plan for Klamath River

Action culminates 13 years of state and federal efforts to develop pollution limits for 17 North Coast California water bodies

SAN FRANCISCO – The U.S. Environmental Protection Agency has approved California’s water quality improvement plan for restoring salmon fisheries and water quality in the Klamath River. The plan calls for massive pollution reductions for the California portion of the river, including a 57 % reduction in phosphorus, 32% in nitrogen, and 16% in carbonaceous biochemical oxygen demand (CBOD). The plan also calls for annual reductions in the river’s reservoirs of more than 120,000 pounds of nitrogen, and 22,000 pounds of phosphorus.

The Klamath River, a federally protected "Wild and Scenic River," flows 255 miles southwest from Oregon through northern California, and empties into the Pacific Ocean. The Klamath River drains an extensive watershed covering over 12,600 square miles, and has been called the "Everglades of the West." The Klamath River and its tributaries support the highest diversity of anadromous fishes of any river in California, including salmon, cutthroat trout, steelhead and sturgeon. Upstream in Oregon, the river hosts the state’s most robust population of redband and bull trout. In 2002, a massive die-off of more than 33,000 salmon brought national attention to this area.

The tribes that live along the Klamath rely on the river for subsistence, transportation and ceremony, as they have for thousands of years. These tribes include the Yurok, Hoopa Valley, Karuk, Quartz Valley and Resighini Rancheria on the lower stretches of the river (California), and the Modoc and Klamath in the upper basin (Oregon.)

Under the Clean Water Act, states and authorized tribes are required to develop a list of waters that do not meet water quality standards. For these “impaired” waters, jurisdictions must calculate the maximum amount of pollutants allowed to enter them so they can meet water quality standards into the future. These pollution limits are called Total Maximum Daily Loads or TMDLs.

Today, the entire Klamath River is listed as “impaired.” In 1992, the California State Water Quality Control Board (Water Board) proposed that the Klamath River be listed for temperature, organic enrichment/low dissolved oxygen, and nutrients, requiring the development of TMDL limits and implementation plans. The Water Board subsequently added sediment and microcystin (an algal toxin) to this list for parts of the Klamath. The Klamath River’s aquatic habitat degradation is due to organic enrichment/low dissolved oxygen, excessively warm water temperatures and algae blooms associated with high nutrient loads, water impoundments, and agricultural diversions. Algal blooms can release toxins, posing moderate to significant health risks. Harmful results range from skin rashes and fevers, to livestock poisoning and liver toxicity. Since 2004, levels of cyanobacteria and microcystin toxins at several locations on the lower Klamath have exceeded World Health Organization standards.

TMDLs for several water bodies in the Klamath Basin - the Trinity River, Scott River, Shasta River, Lost River, and the Klamath Straits Drain - are also being implemented to address impairments due to excessive pollution. Reductions vary for each reach of the Klamath River, with the most significant reductions required from Stateline through the Klamath Hydroelectric Project reservoirs.

“This historic Klamath River plan charts the path to restoring one of our nation’s largest, most scenic and biologically important watersheds,” said Jared Blumenfeld, EPA’s Regional Administrator for the Pacific Southwest. “By establishing clear benchmarks and accountability this plan will ensure that Klamath River can thrive long into the future.”

This plan reflects a multi-year collaborative effort to develop pollutant limits for the full Klamath River. A partnership between EPA, California’s North Coast Regional Water Quality Control Board and the Oregon Department of Environmental Quality began in 2003. California’s plan received extensive public review and was approved by both the Regional Board and the State Water Board prior to EPA’s approval. The companion plan for the upper reaches of Klamath River in Oregon was released by Oregon DEQ on December 21, 2010; EPA’s Pacific Northwest region is expected to act on Oregon’s plan in January 2011.

"The Klamath particularly is a troubled river system, and once supported the third largest salmon runs in the nation. Implementation of these Klamath Mainstem TMDLs will go a long way toward helping restore those key salmon runs, and the jobs those salmon once supported," said Glen Spain of the Pacific Coast Federation of Fishermen's Associations.

“It is truly good news that the current round of water quality planning for the Klamath River is complete,” said Catherine Kuhlman, Executive Officer of the North Coast Regional Board. “Now, it’s time for action to reduce water pollution and restore the river in order to enhance the myriad of beneficial uses of the river.”

The State’s plan identifies actions to improve water quality to restore salmon and other fisheries in the River, protect Native American cultural uses and enhance general recreational uses of the Klamath River. Oregon’s Department of Environmental Quality, the Regional Board, U.S. EPA and many other partners are developing a watershed-wide tracking program to increase the pace and reduce the cost of improving Klamath Basin water quality to support all water-related uses in the Basin. The plan also addresses water quality impacts of the Klamath Hydroelectric Project, establishes a policy to protect thermal refuges (cooler areas in the river that provide critical habitat for fish during high temperatures), and addresses nonpoint sources of pollution such as roads and agriculture.

This action is the culmination of 13 years of state and federal efforts to develop TMDLs for 17 North Coast water bodies. The Klamath River in California is the last of those water bodies in the North Coast covered by a 1997 legal settlement under which EPA and/or the State was to develop TMDLs.

Media Contacts:

Mary Simms, Press Officer, U.S. EPA, (415) 947-4270, simms.mary@epa.gov

Yoshiko Hill, Public Affairs Intern, U.S. EPA, (415) 947-4308, hill.yoshiko@epa.gov

Glen H. Spain, Northwest Regional Director, Pacific Coast Federation of Fishermen's Associations (PCFFA), (541) 689-2000

State Water Resources Control Board, Dave Clegern, Press Officer, (916) 327-8239, dcleger@waterboards.ca.gov

LinkedIn group: <http://www.linkedin.com/e/vgh/1823773/>

Flu Season is STILL HERE!!!

We at Klamath Tribal Health & Wellness Center encourage all those aged 6 months and older to be immunized against Influenza. Influenza in Oregon peaks around February and into March, therefore becoming immunized throughout the winter months will provide protection. Flu vaccine is widely available, and we continue to recommend that everyone get vaccinated. Please stop by the Medical clinic to get your vaccine today!!

Influenza is a contagious disease. Influenza is a serious respiratory disease that kills an average of 36,000 persons and hospitalizes more than 200,000 persons in the United States each year.

The best way to prevent influenza is vaccination. It's important to get a seasonal flu shot or nasal-spray vaccine as soon as they become available in the fall. Each vaccine covers three influenza viruses. The viruses covered by the vaccine change each year based on CDC and World Health Organization calculations about which types and strains of viruses will circulate in a given year.

- Influenza vaccination is recommended to prevent influenza disease and its complications, including death.
- If you contract influenza, you will shed the virus for 24–48 hours before influenza symptoms appear. Shedding the virus can spread influenza infection to people whom you come in contact with.
- If you become infected with influenza, even when your symptoms are mild, you can spread severe illness to others.
- The strains of virus that cause influenza infection change almost every year, which is why a different influenza vaccine is recommended each year. The 2010-2011 approved vaccine covers three different strains (including the H1N1 pandemic 2009 influenza virus):
- You cannot get the influenza disease from the influenza vaccine.
- The consequences of refusing to be vaccinated could endanger your health and the health of those with whom you have contact, including
 - * your family
 - * your coworkers
 - * your community

For more information call LT Nikowa Kates, RN at the Medical Clinic 541-783-3293

LT Nikowa N. Kates, BSN, RN
 United States Public Health Service
 Klamath Tribal Health & Wellness Center
 Medical Clinic Nurse
 330 Chiloquin Blvd.
 Chiloquin, OR 97624
 (p) 541-783-3293
 (f) 541-783-3273
 nnkates@klm.portland.ihc.gov

Chiloquin Food Bank Doing Good Things!



New rep. Taylor David is pictured here with members of the Klamath Tribes Community Service Department (Norma Cummings and Curt Raines, along with Managers of the Chiloquin Food Bank. Kim Woods is front and center in green by Frosty.

Did you know the Chiloquin Food Pantry has a Fund Raising Coordinator? Well, they do, and it's none other than Klamath Tribal member, Kim Woods.

In December, the Klamath Tribes Community Service Department worked directly with Kim to help organize a Christmas Fund Raiser for the Food Pantry. They were successful in supplying several families with food during the holiday seasons and some articles of clothing. A special "Thank you" goes to the Klamath Tribes Community Services Department and Kim for all their hard work and effort.

Everyone is welcome to access the Chiloquin food pantry.

They are also currently accepting donations for the future "Rummage Sale " to raise funds for the pantry. And don't forget, the Chiloquin Food Pantry is a equal opportunity provider!

To learn more about the Chiloquin Food Pantry, located in downtown main street, Chiloquin, Oregon,

**Your welcome to give Kim Woods a call at:
 # 541-783-3095**

Have a Great Day!



Indian Health Service Press Release

IHS-10-2010
November 15, 2010

**FOR IMMEDIATE
RELEASE**

Contact: (301) 443-3593, FAX (301) 443-0507

Special Diabetes Program for Indians Demonstration Projects show successful results

A five-year Indian Health Service (IHS) demonstration project indicates that risk factors for diabetes and cardiovascular disease can be reduced among American Indians and Alaska Natives, who have the nation's highest rates of diabetes.

The IHS implemented the **Special Diabetes Program for Indians (SDPI) Diabetes Prevention and Healthy Heart Demonstration Projects** in response to the diabetes epidemic in American Indian and Alaska Native communities.

The SDPI was established by Congress in 1997 to fund diabetes prevention and treatment services in IHS, tribal, and urban Indian health programs.

In 2004, Congress established the SDPI Demonstration Projects as an additional initiative to apply research findings in real-world settings to prevent diabetes and cardiovascular disease. The SDPI Demonstration Projects consist of two initiatives: The SDPI Diabetes Prevention Program and the SDPI Healthy Heart Project. Overall, 66 grants were funded that served 110 tribal communities.

“The SDPI Demonstration Projects grantees have shown that it is possible to translate the results of prevention research into diverse Indian health settings,” said HHS Secretary Kathleen Sebelius. “We know from their work that it is possible to reduce risk factors for diabetes and cardiovascular disease in American Indian and Alaska Native communities.”

The SDPI Diabetes Prevention Program Demonstration Project was funded in 36 IHS, tribal, and urban Indian health programs to implement the 16-session lifestyle curriculum used in the original National Institutes of Health funded Diabetes Prevention Program research study.

Using a method adapted for Native patients, people at risk for diabetes were encouraged to lose weight through increased physical activity, healthy eating habits, and individual and group coaching.

On average, those who completed the follow-up assessment had a significantly reduced eight-year risk of developing diabetes. The diabetes incidence rate of participants (4.3% per year), when compared to the NIH Diabetes Prevention Program study, was similar to the NIH study's lifestyle intervention group and lower than the placebo group (11% per year) in that study. Enrollees also achieved significant weight loss, increased physical activity, improved consumption of healthy foods, lower blood pressures, lower glucose levels, and improved health-related quality of life at the follow-up and annual assessments compared to baseline.

**For more information or to find out about the Klamath Tribes Dynamic Diabetes
Prevention Program contact: Shawn L. Jackson at (541) 882-1487 ext. 220**



Attention Klamath Tribal Basin Residents...

TELL US YOUR STORY! The Shaw Historical Library is Collecting Local Oral Histories

The Shaw is interviewing Klamath basin residents about their memories of historical events and changes in our area over time. We're also interested in people's life histories and significant moments. Just some of the subjects we'd like to capture include: farming, ranching, native oral histories, early settlers, military events, Oregon Institute of Technology alum stories and more.

What We Will Do with Your Story

Interviews become part of the library's Oral History Collection. With your permission we'll use information from your interview, as well as your interview itself, on the library's website, in exhibits, and in the library to help researchers and members of our community become more familiar with the history and heritage of our area.

Come have a conversation and tell us about you, and your family's, history! Please Don't be shy, contact the Shaw Library and find out how to get involved in preserving the history of the Land of the Lakes.

This project is supported by the Institute of Museum and Library Services, through the Library /Technology Services Act, administered by the Oregon State Library."

Shaw Historical Librarian: Anne Hiller Clark

Phone: (541) 885-1686

E-mail: shawlib@oit.edu

Pe Peep' Aak Congregate Apartments

Pe Peep' Aak is an apartment community subsidized by Rural Development and owned and operated by The Klamath Tribes. These apartments are 1 & 2 bedroom subsidized units. Features include a coin operated laundry facility, large common area with cable T.V., dining area with kitchen. Additional congregate services are available to tenants.

Applicants must qualify by income and occupancy guidelines. Rent is computed at 30% of the adjusted gross income.

For more information or if you are interested in viewing or applying for a unit, please contact:

The Klamath Tribes Housing Department
502 Charley St., Chiloquin, OR 97624
PO Box 436, Chiloquin, OR 97624
(541) 783-2396 or (541) 783-2219
TDD/TTY - 711



EQUAL HOUSING OPPORTUNITY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



6th Annual Native Caring... A Conference to Learn, Connect & Share



March 30 - 31, 2011
Spirit Mountain Casino and Resort
Grand Ronde, Oregon

Come and join other caregivers of Native elders and relative caregivers of children from Northwest Indian communities in this two-day event. You have the opportunity to attend valuable workshops that will enhance your caregiving skills and provide you with a break from your daily responsibilities.

Hosted by:
The Confederated Tribes of Grand Ronde

and Other Oregon partnering Tribes, Coquille Indian Tribe, Confederated Tribe of Siletz Indian, Confederated Tribes of Warm Springs, Cow Creek Band of Umpqua Tribe of Indians, Confederated Tribes of the Umatilla Indian Reservation, The Klamath Tribes, Burns Paiute Tribe, The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians., the State Unit on Aging and Oregon Area Agencies on Aging.

Coordinated by The Native Wellness Institute

For more information, contact: Bonnie Mercier at Grand Ronde (503) 879-2016 or Judy Bowen, Oregon State Unit on Aging (503) 373-1842

- Topics Include:**
- Power of Positive Thinking
 - Heart Healthy
 - Nutrition and Fitness
 - Stress Management
 - Native Wellness
 - Financial Fraud & Scams
 - Feeling better is more than physical
 - Dementia - Challenges
 - Living Well - Chronic Disease Self-Management
 - Social Security - What is it for You?
 - Health issues and concerns of children raised by grandparents.

Memorial Services for Daniel Duarte

February 26, 2011 ~ Klamath County Fairgrounds

Daniel Duarte passed away on Jan. 2, 2011 in Bend, OR. He was born in 1937 in Martinez, CA. He spent his teen years on the former Klamath Reservation and attended high school in Bonanza. He was very knowledgeable of the former Klamath Reservation and tribal history. The Sycan was one of his favorite places. As a young man Daniel won several buckles riding in the Beatty rodeos. After moving back to Klamath County, he volunteered every year to pull a float in the Klamath Tribes Restoration parade and attended many tribal functions with his tribal family.



Daniel was a proud father, husband and brother. He is survived by his wife Cathy, sisters Ellie, Jeannie, Corrine, Carol, Janet, Cheryl, Deanna, Maureen, Laurel and Laura (Perky); brothers David and Monte; daughter Ruth; son Daniel Jr.; grandchildren Rose, Eddie, Amy, Rick and Crystal; great-grand children Isaiah and Brylee Elaine. The Hernandez family held a special place in Daniel's heart; he called them his Hispanic family. Daniel was preceded in death by his daughter Crystal who we are sure was there to welcome him home.

There is joy in knowing Daniel is in a better place, yet there is an empty place in our hearts that can only be filled when we see Daniel again. To allow for better traveling weather, a memorial service and potluck meal has been scheduled at the Klamath County Fairgrounds in Klamath Falls, Oregon, at 12:00 noon on Saturday, February 26, 2011. For more info: Laurel at 541-882-1487



February 2011

	Tuesday	Wednesday	Thursday	Friday
	Chicken San Pasta Salad Vegetable Fruit/Dessert	Beef Stroganoff Green Salad Fruit Dessert	Turkey San Noodle Soup Fruit Dessert	Taco Burger Green Salad Fruit Dessert
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Dumplings Vegetable Dessert	Cabbage Stew Roll Fruit Dessert	BBQ Pork Pasta Salad Vegetable Fruit/Dessert	Beef Noodles Bread Fruit Dessert	Closed Due To Valentine Luncheon
Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger Stew Roll Dessert	Turkey San Potato Soup Fruit Dessert	Meat Balls Noodles Roll Dessert	Tuna San Tomato Mac Fruit Dessert	Fillet Cod Scallop Potato Green Salad Dessert
Monday	Tuesday	Wednesday	Thursday	Friday
Closed In Observance Of President Day	Beef Noodles Roll Fruit Dessert	Pizza Green Salad Fruit Dessert	Enchiladas Rice Refried Beans Fruit/Dessert	Beef Stew Roll Fruit Dessert
Monday		Menu Subject to change	Coffee Milk Juice and Water Provided	
Goulash Fried Bread Vegetable Fruit/ Dessert				

Attention Klamath Tribal Members!

REGULAR GENERAL COUNCIL MEETING

Saturday, February 19, 2011
at 10:00 a.m.

Tribal Administration Auditorium
(501 Chiloquin, Blvd)
Chiloquin, OR

See page 5 for more information
or call Secretary Case at
(541) 783-2219 ext. 170

The Klamath Tribes Senior Mealsite Locations & Days
Chiloquin – Monday, Wednesday, & Friday
Beatty – Tuesday & Thursday
Lunch Served 12:00 12:30