Attention Klamath Tribal Members!

A "Special" General Council Meeting has now been scheduled for,
Saturday JULY 16, 2011 at 10am.
Chiloquin Administration Offices
501 Chiloquin, Blvd.
10:00am

ONE AGENDA ITEM ONLY:
Blood Quantum

At the May 2011 meeting, General Council made a motion to hold a "Special General Council" to move forward and discuss Blood Quantum. Therefore, Chairman Frost has set the Special meeting for July 16, 2011.

Tribal Council has also set up an Adhoc Committee within Tribal Council to bring forth a recommendation to General Council on the 16th. The Adhoc Committee selected is: Vice Chairman, Don Gentry; Councilman Chuck Kimbol; and Council Member GeorGene Wright-Nelson.

For more information call: (541) 783-2219 ext. 102, ext. 170 message.
KlAmaTH DaMS sAVES MoNEy FoR PACIc FoWER CuSToMoRS

San Francisco, CA (May 5, 2011) — Today the California Public Utilities Commission (CPUC) — the California agency charged with protecting public utility customers — formally ruled that the proposed Klamath Hydroelectric Settlement Agreement (KHSA) is indeed the cheapest alternative for Pacific Power’s customers.

This ruling was made after months of investigation and testimony and it follows a similar ruling by the Oregon PUC on September 16, 2010, which came to the same conclusion.

In addition to lower utility bills, Klamath dam removal proponents say benefits of dam removal include more jobs and investments in local economies. Also, reservoirs created by the dams currently host annually millions of lethal to pets and livestock. Dam removal is expected to greatly improve water quality as well as bolster valuable salmon runs which support many regional jobs.

The CA PUC ruling paves the way for Pacific Power to start collecting a very small monthly dam removal surcharge capped at no more than 2% on its California customer bills to start paying for the Klamath Settlement Agreement. The surcharge rate would rise over the next 9 years which will help keep the individual customer burden very low. It also avoids the greater expense of forcing ratepayers to pay to upgrade the antiquated facilities elsewhere.

According to PUC calculations, this Klamath dam removal surcharge would amount to about $1.01/month per customer. PacifiCorps has about 45,000 customers in northern California. A similar surcharge has been collected in Oregon for more than a year.

As the PUC noted, the dam removal plan in the Klamath is the cheapest of all the available options for Klamath dam removal. According to new PUC calculations, dam removal will cost taxpayers about $220 million. However, the agreement collapse and Pacific Power will be forced to keep the dams and upgrade them to meet modern standards, it could cost their customers at least two and a half times more ($500 million) than simply removing them and replacing their power with more efficient modern facilities elsewhere.

The Klamath would lead to the removal of four dams on the Klamath River in 2020, pending environmental reviews and approval by the Secretary of Interior.

The Commission’s Order, released today in CPUC Rate Case No. A.10-03-015, noted specifically that:

“By physically removing the Klamath assets pursuant to the KHSAs, the cost for ratepayers of resolving issues in the Klamath Basin is capped, protecting ratepayers from the unknown cost of relicensing the dams; and the water of the Klamath River will be able to flow freely downstream, allowing spawning gravel downstream to be flushed clean and the water temperature to return to normal. (pg. 4)

“Through the use of the KHSAs cost cap, ratepayers are protected from the uncertain costs of relicensing, litigation, and decommissioning that customers may be responsible for sans the KHSAs. If the KHSAs surcharge is not instituted, ratepayers would be exposed to an uncertain amount of costs.” (pg. 30)

“We argued for years that on the Klamath, dam removal actually saves ratepayers money. We argued for years that on the Klamath, dam removal actually saves ratepayers money. As the PUC noted, the dam removal plan in the Klamath is the cheapest of all the available options for Klamath dam removal. According to new PUC calculations, dam removal will cost taxpayers about $220 million. However, the agreement collapse and Pacific Power will be forced to keep the dams and upgrade them to meet modern standards, it could cost their customers at least two and a half times more ($500 million) than simply removing them and replacing their power with more efficient modern facilities elsewhere.

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All the four Klamath hydropower dams combined generate only a very small amount of power — only 150 MW of power (less than 1% of all energy produced in Oregon). If dam removal in the Klamath Basin is the cheapest alternative for ratepayers, dam removal makes sense. The Klamath Tribes want to keep the Klamath Basin clean and healthy. We know that dam removal makes the Klamath Basin clean and healthy. The Klamath Basin will be free of waste and pollution. The Klamath Basin will be protected for future generations. The Klamath Basin will be protected for future generations.

For more information, contact:

Klamath News/Public Information Dept.
P.O. Box 438
Klamath Falls, OR 97624
Phone: (541) 783-2219 ext. 147
info@klamathtribes.com

Visit the Tribal Website at:

www.klamathtribes.org

Klamath Tribal Delgates and Warm Springs visit Iron Gate Dam.

The largest of the 4 Dams without fish passage on the Klamath River

Page 3, Klamath News

PER CAPITA DISTRIBUTION

The Klamath Tribes Member Benefits Department distributed in compliance with the Klamath Tribes Constitutional Allocation Plan the excess revenue from the Klamath Tribal Enterprises on December 30, 2010. Almost 848 members came to the Klamath Tribes Administration Building to participate in their individual check distributions. 2,030 member checks that were not picked up on Friday were mailed out on Monday, June 20, 2011 per the Klamath Tribes Revenue Allocation Plan. 23 members liquidated their individual trust funds by meeting the requirement of 18 years old and submission of a High School diploma or G.E.D. The minor’s individual payments were deposited into the Minor Investment Fund and annual statements will be mailed to each trust holder in February of 2012.

If you have not received your check yet, it is possible you may have received it by now. To date 39 checks have been returned, and 13 checks from previous distributions are still unclaimed. The checks are returned marked, “Address Unknown, No Such Number, Unable to Forward.” If we do not have your current address we believe it is lost stolen, please call and we will send you and Affidavit for Lost Check.

Each year the Member Benefits Department is flooded with address change updates just prior to distribution. In order to get the checks printed with your current address the department has placed a deadline of May 15, of each year to get your address changes in. If you have moved since the last distribution please call and request an Address Update form for each enrolled, eligible member in your household including each minor child. It is recommended you send the Address Update forms back certified mail, Fed Ex, or UPS so you will have a record that you sent in your information prior to the deadline.

It is important to notify your local post office and make the necessary arrangements for Personal Acceptance of Delivery (PAD) for all members in your household or to leave Mail Forwards, or Hold Mail directions.

Any distribution to members is dependent upon gaming excess revenues earned during the previous year, and we do not know the amount to be distributed until April or later. Depending upon excess revenue the next scheduled distribution will be Friday, June 15, 2012.

It is the responsibility of each member to keep The Klamath Tribes Member Benefits and Enrollment Department informed regarding you and your minor children’s address changes. Your address is changed by your request and at receipt of your signature. If you have had a name change we require copies of official name change documents, marriage license, divorce papers, adoption records in order to change your name on file. We also require to have your current address you must sign the address change form. If you have had a name change we require copies of official name change documents, marriage license, divorce papers, adoption records in order to change your name on file. We also require to have your current address you must sign the address change form. If you have had a name change we require copies of official name change documents, marriage license, divorce papers, adoption records in order to change your name on file. We also require to have your current address you must sign the address change form.

For information on MB forms, please call or write The Klamath Tribes Member Benefits Department, P.O. Box 436, 501 Chinook, OR 97624 or call (541) 783-2219 and ask for Mary Gentry @ Ext 195 or Jeannie McNair @ Ext 203.
TRIBAL GOVERNMENT DAY CEREMONY HELD

On May 13, 2011, at the State Capitol in Salem, Oregon, the Nine Federally recognized Tribes of Oregon met with Oregon Governor John A. Kitzhaber, finished the ceremony with the reading and were the Official Representatives for the Klamath Tribes at this Ceremony.

The Klamath Tribal Chairman, David Banks, hosted One of the booths for the event, and any other necessary information that you think Tribal Council will need to make an informed decision. Coordinators for 2012 will be selected by January 30, 2012. Letters and applications of interest will be accepted through December 31, 2011.

Events:
1. Memorial Day pow-wow
2. Memorial Day rodeo
3. Restoration pow-wow
4. Restoration youth rodeo
5. Sobriety pow-wow (currently in Klamath Falls, can add: Beatty and Chiloquin if coordinators come forward).

This is not being done to discourage the current coordinator’s, but situations do arise where back-up plans must be in place and to date we have not had any back-ups on file. Thank you.

Please mail to: Turina Case, Tribal Council Secretary, P.O. Box 436, Chiloquin, Oregon 97624 or drop off at the administration office.

Special General Council: There will be a “Special” General Council Session to be held on Saturday July 16th, 2011 at 10am at the Tribal Administration in Chiloquin, Oregon – the main topic will be “Blood Quantum.”

Regular General Council: The next Regular General Council will be held on Saturday August 20, 2011 at 10am at the Tribal Administration in Chiloquin, Oregon. The agenda will be posted at the Tribal offices, 15 days in advance of the meeting.

A Special Thank You

I simply wanted to say “thank you” to Klamath Tribal Secretary, Turina Case, for all her assistance in my role of staff. Much appreciation.

Jessie Hechotha

Klamath Tribal Representatives, Chairman Gary Frost, Councilman Frank Summers, Councilman Bert Lawlor, and Council woman Geogene Wright-Nelson were the Official Representatives for the Klamath Tribes at this Ceremony.

TRIBAL GOVERNMENT INFORMATION

Tribal Event Coordinator’s for 2012: Tribal Council is seeking letters of interest from those that might be interested in coordinating the Tribal events for 2012. There is a need to have coordinators on file as well as back-up coordinator’s when the appointed coordinator cannot function as such for the remainder of 2012. Even if you are a current coordinator please submit a letter saying that you wish to be considered again. The letter should include:

On May 13, 2011, in Eugene, Oregon, Dennis Banks, who co-founded the American Indian Movement and led a series of high-profile protests in the 1970s, spoke at the University of Oregon as part of his current effort to raise awareness of the prevalence of diabetes among Native Americans. His visit to Eugene was sponsored by the UO’s Northwest Indian Language Institute (NILI), which provides training to Native American language teachers and community members.

Banks helped create the American Indian Movement in 1968, and was a leader of takeovers at Alcatraz Island and the federal Bureau of Indian Affairs offices in Washington, D.C., and the 71-day occupation of Wounded Knee, S.D. *Note: Alcatraz Island in San Francisco, CA, is where Modoc Indians Bannoo and Sulox were located following their capture with Captain Jack and the other Modoc Warriors and their families, following the Modoc War of 1872-73.

Currently Mr. Banks is leading the Longest Run 3, a 5,400-mile relay walk and run across America to bring attention to the diabetes epidemic among Native Americans. His vision is to reverse the incidence of diabetes, which he said now touches at least 40 percent of Native Americans. Banks says, “Diabetes is a crippling disease that if left unchecked will slowly destroy all aspects of Native people within 50 years.” Banks said, “Therefore we as Native Nations must declare war on diabetes. Within 50 years we must completely reverse it.”

His appearance was part of an afternoon focused on diabetes awareness, prevention and clinics, and the discussion of UO language programs and native foods.

Klamath Tribes Diabetes Prevention Coordinator and Tribal Councilman, Shawn L. Jackson, was invited by the Health professions to present at the Health and Information Fair. Mr. Jackson spoke about the Klamath Tribes Diabetes Prevention Program, tips for healthy eating, good ways to exercise, prevention, and how the tribal language is being re-incorporated into the program with assistance from Tribal Member/Klamath Linguist, Derek Kimbol, also a University of Oregon Graduate.

Mr. Jackson said, “It was not only an honor but a privilege to meet and perform the duty with the Klamath Tribes. After both our speeches and TV interviews finished, we had the opportunity to speak one-on-one about this epidemic and how we can save our people. We talked about his life and had a true connection. In some way I know that my father, Ter in Chiloquin, Oregon, and will be working directly with Mr. Shawn Jackson and the Tribal Health Staff help serve the people of the Klamath Tribes.

Jesse says, “I am Modoc/Paiute, enrolled Klamath Tribal member. I attended Southern Oregon University with my interests being in Health and Physical Education; emphasis in Fitness Management, as well as Military Science. My current title Diabetes Activities Coordinator. I applied for the position because: not only does it stay within the bounds of my area of study, but it also guarantees that I can continue to serve my Native American community. In essence; I decided to apply for this position because I would like to have to give up any part of myself to work in this position. I can be directly reached at the Klamath Tribal Health and Wellness Center in Chiloquin and by telephone; (541) 882-1487 ext. 310, or by email: jessie.hecotha@kltn.portland.ils.gov

Note from the Editor:

1. 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 obituaries have been compiled until space would allow. This is due to the fact this program has limited funding and resources.

2. Please note that newsletter articles/submissions need to be sent electronically to the following email: taylor@david@klamathtribes.com . In case you wish, I do to be included on the newsletter’s e-mail list please e-mail your e-mail address to me. This list is an un-official list and is utilized to help disseminate tribal information/community to the membership.

Thank you,

Taylor R. David
Public Information Manager/News Editor
Email: taylor@david@klamathtribes.com

Klamath Tribes met with American Indian Movement co-founder Dennis Banks at University of Oregon

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The Klamath Tribes - Celebrating 25 Years of Restoration 1986-2011

AUGUST 26-27-28, 2011
Friday-Saturday-Sunday, Chiloquin, Oregon

25th Silver Anniversary
RESTORATION CELEBRATION

KICK-OFF BBQ & FUN RUN/WALK
FRIDAY, AUGUST 26
SIGN UP - 9:30AM / WALK - 10AM
Begin at Chiloquin High School
For information: Jesse Mesodi, 541-783-2219 ext. 310
Shawn Jackson, 541-882-1487 ext. 220
T-Shirts, and raffle provided for Participants
FREE BBQ following event

COMPETITION POW WOW
FRIDAY, AUGUST 26 - GRAND ENTRY 7PM
SATURDAY, AUGUST 27 - GRAND ENTRY 1PM & 7PM
SUNDAY, AUGUST 28 - GRAND ENTRY 1PM
Chiloquin High School Football Field
POW WOW INFORMATION
Diane Walker, 541-591-1686, or email: lrcf@hotmail.com
POW WOW VENDOR INFORMATION
Cindy Graham, 541-261-0433

All Welcome! Contest dancing in all categories, Encampment, Showers, Parking
Food Vendors must get prior approval
**Dinner - Saturday evening during break**

PARADE
SATURDAY, AUGUST 27 - 10AM
Main Street Chiloquin
Lineup 9am, Chiloquin High School, Judging 9:30am
For information: Arno Barnes, 541-783-2219 ext. 185
Ed Case, 541-783-2219 ext. 184
Lynn Kader, 541-783-2219 ext. 171
Category prizes to be awarded

OPEN YOUTH RODEO
SATURDAY, AUGUST 27
GRAND ENTRY - 12 NOON
Chiloquin Rodeo Grounds • Open to Youth Ages 18 & Under
MUST CALL IN TO ENTER!
Call In August 16 & 17, 6pm-9pm, 541-882-0624
Do not leave a message, you must speak to the secretary
For information: Kelly Hawk, 541-882-1487 ext. 234
Marvin Gracia, 541-783-2218 ext. 125
Yellowhair Buckles to be Awarded in ALL Events!

CELEBRATING
SOVEREIGNTY, COURAGE & STRENGTH.

Warriors of the Past to Warriors of the Future
All Event are Open to the Public and are Drug, Alcohol & Smoke Free!

Concept by Taylor Davis, Klamath Tribes Public Information
Design by Z Designs & Production, Inc. Klamath Falls, Oregon • 541-850-1813

The Klamath Tribal Council is in full support of this celebration.

For government information contact:
Torina Case, Secretary, Chiloquin, OR, 1-800-524-9787 ext. 170

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The Father Factor
By D.J. Eagle Bear Vanas © 2011

A few years ago, around this time of year, I was honored to be the keynote speaker at the Yakama Tribal High School graduation. The exciting night was made even better when they allowed each grad to say a few words after getting their diploma. There were stories of challenges and setbacks, there were thanks given to friends and family for their encouragement. But there was a moment when a young man had the crowd roaring with laughter from his hilarious stories. Suddenly, he got deadly silent behind the microphone and tried in vain to choke back tears as he said, “I wish my father would have made time to come see this tonight. I wish he was here.”

The “Father Factor” is what’s missing from the lives of so many youth. It’s such a critical ingredient to their success that national initiatives are underway to get fathers involved in the lives of their kids. I’ve heard it said that “anyone can be a father biologically” but it takes a special man to be a Dad. This Father’s Day, I want to offer my encouragement and support to all the “Dads”, the real men and warriors out there who are having such a positive impact on their kids. Coming from my years of watching what does and doesn’t work, my own fatherhood experiences and from observing the best Dad I’ve ever seen in action – my own – I humbly offer the following ideas to Dads everywhere. None of these require a Ph.D. or studies in child development – only love and time:

1) Love 100% unconditionally – and show it too! Sometimes men have a tough time showing emotions because we’re taught it’s weak. However, showing our vulnerability, especially to those we love, is the highest form of strength. What’s “weak” is not showing and telling your kids that you truly love them because they become weak as well. When we show and tell our kids that we love them unconditionally, no matter what, they become strong – they become brave enough to take the risks that life requires.

2) You kids need your “presence” more than your “presents”. The immediate impact from a hug or word of encouragement adds much more to our emotional well-being than the latest toy or computer game. In fact, just being there and being present with your child is priceless because there’s no substitute for you! You don’t have to be an expert in child psychology to know this pattern. I see it all the time and I’m willing to bet you do too. Well-adjusted and successful youth have, almost every time, parents who are involved in their lives.

3) Love enough to be tough – but not too tough. Giving your kids boundaries and rules makes them feel safe by providing structure and order. Though it may drive them crazy now, they’ll thank you for it later. I think one of the toughest parts about being a parent is learning how to say “no” even when you know your child will be angry. When it comes to rules, Dads can be tempted into playing the “tough guy” role and overdo it. There are no situations where abusive behavior or comments are justified. Science has shown that emotional pain caused by verbal attacks light up the same areas of the brain as physical pain. Getting your kids to cooperate at the expense of their self-esteem is a loss any way you cut it. Not a day goes by that I’m not thankful to my Dad for being consistently tough but consistently loving during my “knucklehead” days.

When my parents had me, they were poor teenagers who didn’t have two nickels to rub together, no college degree, no experience – but they made us kids #1 in their lives. One doesn’t have to be biologically a Dad to be a Dad”. This Father’s Day, I want to offer my encouragement and support to all men – regardless of their biological status – who step into the role of being a Dad. You can be a man who can say, “My kids come first. When my kids need me, I’m there. When my kids made a mistake, I’ll be there to help them get better. My kids need to hear that they’re loved even when they don’t deserve it.”

Come See and Listen to D.J. at the 25th Klamath Tribes Restoration Celebration He will be here to help Kick-off the event at the Fun Run, Friday, August 26, 2011! D.J. will be here to promote this year’s silver anniversary and the Theme "Warriors of the Past to Warriors of the Future!"

About D.J. Enduring the extreme conditions of traditional ceremonies and rights of passage, D.J. Eagle Bear Vanas has had the values of the “warrior spirit” burned into his core. A tribally-enrolled member of the Odawa Nation and a former U.S. Air Force officer, D.J. inspires others to practically apply the power of the warrior spirit in business and life to stay resilient, lead with courage, and thrive in tough, changing environments... he has used his dynamic programs to build warriors in 49 states and internationally to over 3,000 audiences to “strengthen the tribe” of organizations such as IBM, Walt Disney, NASA, the Secret Service, the American Red Cross and hundreds of tribal communities. He has also been invited to The White House to share his message – twice. Now he’s ready to deliver his powerful high-energy message to you! Compliments of the Klamath Tribes Social Services Department and Meth Prevention Program!


"Inspiring the warrior spirit..."
In Loving Memory...

Majorie Rae Royse "Ray" Royse USAF

Tribal member Ray Royse passed away on April 17, 2011 in Medford, Oregon. He was born in Klamath Falls to Len and Alma Lucy Royse February 14, 1919. His Yahiokon ancestors included his mother Any, his grandmother Anne Corbell and his uncles Robert and Bernard, all members of the Klamath Tribes. Ray grew up on the family ranch on the Klamath Marsh and attended Klamath Falls High School. His family included his mother Amy, his grandmother Anne Corbell and his great grandmother Catherine. He was preceded in death by his parents, his sister Nippy Ortis and children Baby Ruth and Baby John F. Royse. He had a strong sense of humor, and a strong Christian faith.

In Loving Memory...

Paul Roderick Miller, born August 31, 1939 and passed away on January 15, 2011. Dressing was held at Agency Long House in Winema Springs January 19, 2011, with burial at Lower at Sderosequa Cemetery, Post, Oregon. Ray married Lois Alice Jackson, a daughter of and great granddaughter of John and Mary Jackson. They lived in Klamath Falls for many years. He was a member of the Klamath Tribes Community Services Department and the Klamath Tribes Energy Assistance Program (LIHEAP) to run October 1, 2011 - September 30, 2012. The Public Hearing is open to the public to comment on the Low Income Home Energy Assistance Program (LIHEAP) Model Plan for 2012 FUND YEAR

In Loving Memory...

Charlotte-Barney Jackson-Mack, age 74, went ahead of us to check out heaven and to be with her Lord and family on Dec. 1, 2010 at her home of 40 years in Portland, Oregon, after a courageous battle with life... her 4-favor children and great grandchildren.

In Loving Memory...

Leah Rhiannon Bar- ley, 34, who was born April 11, 1976, went home to be with her Lord on March 16, 2011, from a tragic auto accident on Hwy 58.

In Loving Memory...

Marcellus John Nor west, 82, a resident of Grand Ronde, OR, died May 22, 2011, in McMinnville, OR. He was born May 8, 1929, in Klamath Falls, the son of Leo, and Mary (Duvall) Norwest. He served proudly during the Korean War and was a member of the Klamath Tribes of Grand Ronde. He was a Marine veteran of the Korean War, and a great-grandson of Charles and Maude (Barkley) Barkley, auntie Dee and auntie Bren Barkley, auntie Annie, and Uncle Bob, who were raised by his great grandmother Mattie. He is survived by his loving wife, Martha Norwest. He had a strong sense of humor, and a strong Christian faith.

In Loving Memory...

Verna L. Scott, 93, a member of the Klamath Tribes, she worked as a medical aide, caregiver, and delivery driver. She was the first person to receive a dose of the COVID-19 vaccine in Oregon. She loved her family, and was a strong woman of Christian faith.

In Loving Memory...

Max and Marie Scott, 92, a member of the Klamath Tribes, she worked as a medical aide, caregiver, and delivery driver. She was the first person to receive a dose of the COVID-19 vaccine in Oregon. She loved her family, and was a strong woman of Christian faith.
Elders are the Link to Our Past

Elders Crafts

After 8 weeks of Crept Paper Flower Making Class the Elders are pictured with their completed flowers. Eloise Ohles was the instructor this year and we had at least 5 Elders (the most was 13 Elders) at the class for a total of 13 classes. The classes were held at the Elders meal site in Chiloquin and in Beatty. Next years’ classes will start in April; mark it on your calendars now. Elder’s crafts are Tuesdays (Beatty meal site) and Fridays (Chiloquin meal site) starting at 12:45pm. Come join the fun!

Below pictured are from left to right. Standing (Dorothy Witcraft, Victoria Taylor, Peggy Hansen, and Eloise Ohles). Sitting (Rose Krebs, Phoebe Chavez, Phyllis Walker, and Marilynne Jackson).

SAY “No” TO EATING ALONE

Eating with company can be as important as vitamins. Think about it: a social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtime, you’re more likely to eat better. If you live alone, eating with company will take some strategizing, but the effort will pay off.

• Senior meal programs are a great way to meet others. Contact Michelle Carson, Elders coordinator, about the Native Senior Meal Site Program. There is also the Senior Center in Klamath Falls. You may also check with some of the local churches for some free lunch opportunities.
• Make a date to share lunch or dinners with grand children, nieces, nephews, friends and neighbors on a rotating basis.
• Join in by taking a class, volunteering, or going on an outing, all of which can lead to new friendships and dining buddies.

ATTENTION ALL ELDERS (60 AND UP) Remember the Chiloquin Meal Site at the Klamath Tribes Congregate building located at 502 Charley Street is open on Monday, Wednesday, Friday with meals served between 12:00-12:30 p.m. and The Beatty Meal Site at the Irwin Weiser Memorial Center located at Hwy 140 Godowa Springs Rd. is Tuesdays and Thursdays. Transportation for Elders 60 and above is available on Tuesday, Wednesday, and Friday. On Tuesdays & Fridays crafts are done after the meal until about 2:00 p.m. We also have a Meals On Wheels Program for the Chiloquin & Beatty areas. The Meal Sites are closed all holidays that the Klamath Tribes observe. If you need more information please call Michelle Carson in the Community Services Department at 541-783-2219 ext. 122.

For more information about activities, trips, and services of the Klamath Tribes Elder Outreach Program, contact:
Mrs. Michelle Carson
Elder Outreach Worker
The Klamath Tribes
Community Services Department
Chiloquin, Oregon
(541) 783-2219 Ext. 122

And don't forget Mental and Physical strength can keep us all Young at Heart...

Exercise is any physical activity which improves or maintains overall health and wellness. Exercise strengthens the heart, decreases osteoporosis and depression, improves circulation and helps reduce blood pressure. Exercise enhances quality of sleep.