

# EKLUTNA VILLAGE NEWS



**Fall/Winter 2020**

## *Tribal Council Meets with the Power Companies on Eklutna River Restoration*

Native Village of Eklutna Tribal Council met with the leaders of the Eklutna Power Project owner utilities in a gathering held at the Alaska Native Heritage Center in September 2020. The purpose of this meeting was to express the feelings of the tribe through Tribal Council representation about the importance of the Eklutna River to Dena'ina people. Curtis McQueen facilitated the meeting and told the owner utilities of the AFN resolution for the river restoration, the letters in support of restoration from CIRI, and of six other Alaska tribes offering letters of support for restoration of the Eklutna River.

NVE Council Members spoke eloquently and passionately about the meaning of the river and its salmon to the Eklutna people. Eklutna River salmon have provided nutritional and cultural benefits to Eklutna Dena'ina throughout time immemorial, but its productivity has been degraded in recent years. NVE President Aaron Leggett said we want to bring back salmon populations for Dena'ina and Alaskans.



NVE President Aaron Leggett speaking at the meeting

(cover article continued inside)



***Information on COVID-19  
Vaccination on page 8***

***Open Employment Opportunities  
Page 3***

# Native Village of Eklutna Tribal Council Members

Aaron Leggett, President  
Maria Coleman, Vice-President  
Shirley Craig, Treasurer  
Dorothy Cook, Secretary  
Tresia Coleman, Trustee  
Dustin Lorah, Trustee  
Angeleen Waskey, Trustee

## Mission Statement

To empower Iydlughet Qayaht'ana (Eklutna Village People) and strengthen our Nation.



**This publication is funded in full or in part through grants, compacts, or contracts obtained by Native Village of Eklutna, a federally recognized Tribal Government.**

# *Employment Opportunities*

NVE is currently looking to fill the positions listed below. Full job announcements and instructions to apply can be found at [www.eklutna-nsn.gov/jobs](http://www.eklutna-nsn.gov/jobs)

For a paper copy of the job announcement, please contact 688-6020 or email the contacts listed below.

## **NVE Receptionist - Open until filled, Full time**

Receptionist will be responsible for providing primary telephone coverage on a multi-line system, responding to initial inquiries, providing support and maintaining systems to assure smooth administrative functions. High school diploma or GED required. Two years experience as a receptionist preferred. Must pass state and federal background check. Rate of pay is DOE with a 90-day probationary period. Contact [faithr@eklutna.org](mailto:faithr@eklutna.org) for more information.

## **Social Service Case Manager and Tribal Court Liaison - Open until filled, Full time**

This position provides; Advocacy, prevention, early intervention, case management, and supportive services for individuals and families impacted by a variety of social and behavioral health issues (addiction/substance abuse/alcohol, trauma and domestic violence, disabilities and mental health). Under the direct supervision of the Tribal Administrator or Designees, the Court Liaison as an officer of the Court serves as Court Clerk and is responsible for the facilitation of Tribal Court hearings. Facilitation includes referrals to Tribal and local community resources, conducting supervised visits, interviews, and in-home services and inspections. This position requires providing support to the parties involved in cases before the Court and as a liaison between different departments and offices, police departments and other courts of competent jurisdiction. Bachelors degree or higher preferred in Social Services/Psychology/Counseling or related field. Rate of pay is

## **Tribal Response Environmental Technician - Open until filled, Part Time.**

Technician will assist the NVE Tribal Response Program in meeting grant deliverables and performing administrative tasks related to contaminated sites work. Technician will assist in record keeping, contacting state agency personnel regarding sites of concern, perform research on new sites of concern, perform site visits, attend meetings with Alaska Department of Environmental Conservation, coordinate meetings, and other duties pertaining to the Tribal Response Program Grant. High school diploma or GED preferred. Writing sample required in application. 15 hours a week, starting pay \$14.50/hr. Contact: [cbophil@eklutna.org](mailto:cbophil@eklutna.org) for more information.

## **Part time Environmental Technician (2 positions) - Closes 2/26/21 at midnight**

The Environmental Technician (2 positions) will assist the NVE Tribal Wildlife Grant Program in habitat and minnow surveys of the Upper Eklutna River. This position also includes data management and entry. The Upper Eklutna River is located on the south end of Eklutna Lake in Chugach State Forest. Each fork of the upper river is included in this survey. Minnow trapping will be completed along the whole river to the inlet mouth. Fish counts will also be completed during the season runs. This position is labor intensive as the survey calls for walking miles and wading in fast flowing water to collect habitat data. Because of the remote location, overnight stays in the field are likely. It is a very scenic area. This survey also requires UTV use. Both technicians will be working as a team with the NVE Land and Environment Staff and must adhere to safety protocols. This is a part-time position, working no more than 840 hours. High school diploma or GED required, some college preferred. Knowledge of aquatic ecosystems and fish identifications required. Please contact [cbophil@eklutna.org](mailto:cbophil@eklutna.org) with any questions.



# *Employment Opportunities* (cont.)

## **Part-time Education Technician - Closes March 26th at midnight**

The Education Technician will assist the NVE Land and Environment Department in hosting four educational events and a week-long summer Natural Resource Culture Camp. Technician will coordinate among tribal, state, and federal partners, NVE staff, and NVE elders to help design and set up camp activities for the week-long Natural Resource Culture Camp. Technician will also attend the camp as a host, supervise youth, and possibly stay overnight at the camp (if applicable). Technician will also assist in coordinating four other educational events and helping to host these events. Technician must follow all safety protocols. This is a part-time position, working no more than 335 hours. Applicant must pass a background check and must have knowledge of tribal and traditional customs and natural resources. Please contact [cbrophil@eklutna.org](mailto:cbrophil@eklutna.org) with any questions.

## *Volunteer Opportunities*

The Eklutna Tribal Conservation District (ETCD) has an opening for an Eklutna Tribal Member/ Shareholder seat on the Board of Directors. This is a volunteer unpaid position. ETCD's Mission is "to conserve, enhance, and promote mutually beneficial stewardship of natural resources". They are a non-profit organization that focuses on education, conservation, agriculture, and cultural/ natural resources activities and serve roughly 400,000 people in the Anchorage and Mat-Su area. Requirements:

Applicant must be an Native Village of Eklutna Tribal Member or an Eklutna Inc. Shareholder Please apply by sending a letter of interest to: [cbrophil@eklutna.org](mailto:cbrophil@eklutna.org) or to Attn: ETCD, 26339 Eklutna Village Road, Chugiak, Ak 99567



## **We are expanding!**

NVE is growing! This fall we have added a building that will house the Tribal Court offices, Enrollment, and Social Services. The Food Bank is also being moved to this site. Work is still being completed, but stay tuned for more updates.



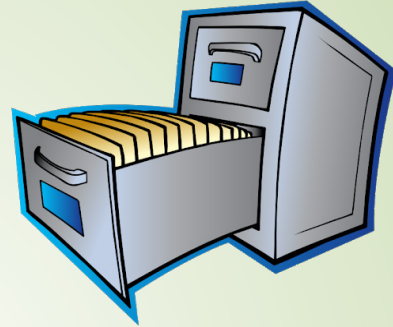


## Native Village of Eklutna

# ANNOUNCEMENTS

## Is your information up-to-date?

Is your information up-to-date with NVE? Please remember when your address changes, please call the notify the enrollment office at NVE so that we may keep the records current. An address change form can also be found online at [www.eklutna-nsn.gov](http://www.eklutna-nsn.gov)



## NVE Food Bank

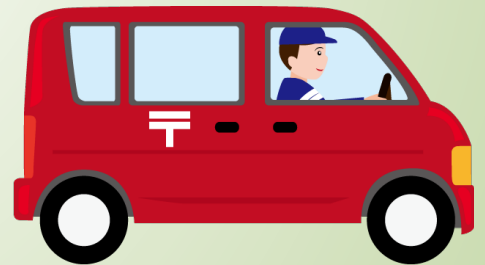
The NVE Food Bank is open on Wednesdays from 1 to 4pm. During this time, we are asking recipients to call the main office before they arrive to the food bank location and order a food box. Food boxes are pre-made when ordered and will be available for contactless pickup on the stairs of the food bank building. The food bank is located beside the main office For more information, call 688-6020

## Medical Rides

The Native Village of Eklutna provides rides to Tribal Members. With the presence,of COVID-19 in our community and for the protection of our employees, all people will need to complete a COVID-19 questionnaire and have temperature checked prior to being transported. Masks are required for all passengers including the driver.

To schedule a ride please contact Faith at 907-688-6020 at LEAST 24 hours prior to your scheduled departure. We also ask that if you need to cancel to give a 24hour cancellation notice. If your appointment is on a Monday please leave a message on the office phone.

Any questions or concerns please contact us at 907-688-6020 or [faithr@eklutna.org](mailto:faithr@eklutna.org).



## NVE Offices

NVE Offices are only open to the public **by appointment**. Masks are required at all times in the offices. All departments are operating normally. Please contact the main office at 907-688-6020 to schedule an appointment or for more information.

# Idlughet Dekenagh Det'eh

## Eklutna Culture Nest

Join us for a virtual cultural nest gathering via Zoom every other Friday from 12pm (noon) until 2pm.

This learning circle is open to anyone who wants to learn Dena'ina language and culture and to support the rediscovery, reclamation and restoration of Dena'ina language and culture.

### **Dena'ina Cultural Immersion Learning Circle:**

**Ts'itsatna Nuch'elnish - We Remember Ancestors**

**Dena'inaq' Duch'deldihi - We're Learning Dena'inaq'**

**K'eliga ch'u K'dgheshlihi - Dena'ina Songs and Singing**

**Zoom link: <https://us02web.zoom.us/j/9432158362>**

## FATHERHOOD IS SACRED TRAINING (FIS)

The Fatherhood is Sacred circle is a NAFFA course (Native American Fatherhood and Families Association). The Fatherhood Is Sacred (FIS) curriculum offers participants the opportunity to gain a deeper understanding of the importance of responsible fatherhood as reflected in Native American values and beliefs. There is an immediate need to bring men back to strengthening families—they are the greatest untapped resource. Fathers are the solution to the problems that face communities and must take the leading role in keeping their families together! This is a learning circle that could be offered either at the Valley Primary Care Center or at the Eklutna Clinic.

- \* A 12-week program that assists fathers, mothers, and families to fully realize their potential
- \* An opportunity to gain deeper understanding of the importance of responsible fatherhood as reflected in Native American values and beliefs
- \* Helping men to strengthen families
- \* A video about Albert Pooley and Fatherhood is Sacred <https://youtu.be/bz6UbdAEVU>

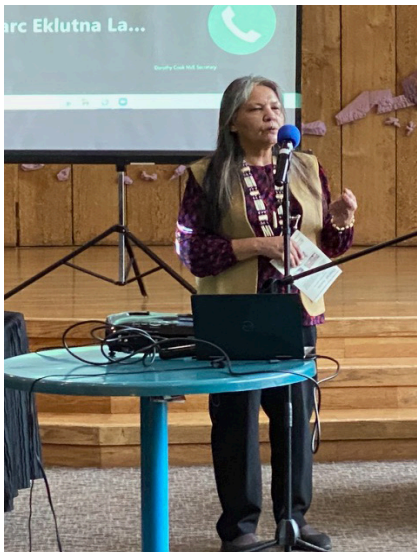


Contact Dawn Harris for more info  
[dharris@eklutna.org](mailto:dharris@eklutna.org) or 688-6020



# Tribal Council Meets with the Power Companies...

(continued from front page)



The council was energetic and passionate, and expressed their affection for the river. Council Vice President Maria Coleman learned from six elders in the early '70s that the Eklutna River used to be "overflowing" with "abundant" fish before the dams. They said that "now" there are (relatively barely any fish there, and they can't use that river anymore. Council wants to see abundant runs restored. Several Council including Maria Coleman, Tresia Coleman and Shirley Craig spoke that they want to see sufficient water restored to the river to support healthy salmon runs along its entire length. Currently, the river from Eklutna Lake to Thunderbird Creek does not have enough water for salmon since it is all diverted from the lake to the Knik River to generate power. The Council professed the need for water to return to the river and advocated restored fish passage between the river and lake.



The utility owners were receptive to the dialogue and many stated that they were moved emotionally over the stories. Everyone was given a chance to speak at the microphone, even those attending via Zoom. Tony Izzo made a statement on behalf of the Matanuska Electric Association that they consider NVE and EI the greatest partners and would like to work together, openly thanking NVE in the process. Lee Thibert of Chugach Electric stated there was a general acceptance of adding water down the river and the need to listen to the population. One comment resonated with the utility owners and other representatives and was commented on by many, "We [Dena'ina] would not be here if that river wasn't here." (Dustin Lorah). This simple comment summed up all the stories told and will hold an impression on those in the room.



The Utilities agreed to continue conversations with NVE, to continue to include NVE in the river restoration planning process, and to update and consult with NVE regularly on decisions.

From top to bottom: Maria Coleman, NVE; Curtis McQueen, The Conservation Fund; Tresia Coleman, NVE  
Right: Shirley Craig, NVE; Tony Izzo, Matanuska Electric Association; - all speaking for the river







# **COVID-19 vaccines** are available **at Eklutna Community Clinic.**

**This community clinic offers services to all community members.  
If you would like to receive your COVID-19 vaccine, please call the  
clinic to see if you are eligible.**

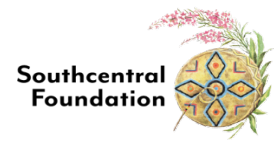
**Eklutna Community Clinic**  
**(907) 688-6031**  
**Monday - Friday, 8 a.m. - 5 p.m.**

# Coronavirus (COVID-19)

## Frequently Asked Questions

- 1. How do vaccines work?** Vaccines trigger a response in your body which cause it to produce antibodies to fight an infection. Vaccines are made several different ways. The new mRNA vaccines against COVID-19 contain information that teaches your cells to produce antibodies that fight the infection.
- 2. How are vaccines developed?** Each vaccine that is under development goes through many steps to ensure safety and that the vaccine works.  
**Research.** Research is conducted to identify effective ways of making a vaccine. The goal is to trigger your body's immune system to fight an infection.  
**Clinical Trials.** The vaccine is then tested in human clinical trials to assess safety, immune response, right dose, and response in different age groups and people.  
**Regulatory Review and Approval.** After clinical trials are complete, the vaccine data is submitted to the FDA to review safety.  
**Quality Control.** The vaccine is continuously tracked and monitored for its performance, safety, and effectiveness
- 3. How was the COVID-19 vaccine developed so fast? Is it safe?** The global coronavirus pandemic spurred cooperation for vaccine research across the world. Amid a global pandemic, time was a luxury the world could not afford. Researchers quickly mobilized to share their coronavirus data with other scientists. Vaccines are very costly and can take years due to lack of funding. Funders came together across the world, which helped speed up the timeline.
- 4. What are the ingredients in the COVID-19 vaccine, and are they safe?** Pfizer and Moderna vaccines are safe and effective. Their ingredients include mRNA, lipids, potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose. These confusing names are fats, sugars, minerals, and salts. Other vaccines are in the works and may include different ingredients.
- 5. How does the COVID-19 vaccine work?** COVID-19 mRNA vaccines give instructions for our cells to make a harmless piece of what is called the "spike protein". The spike protein is found on the surface of the virus that causes COVID-19. The immune system is then "trained" to recognize these spikes, and if someone becomes infected with COVID-19 the body will attack the virus.
- 6. Should people who have already had COVID-19 get vaccinated?** Re-infection with COVID-19 is possible. Individuals should get a COVID-19 vaccine even if they have been sick with COVID-19 before. Having had COVID-19 virus does not mean you are immune for a long time, but it offers protection for a short time.
- 7. How effective is the COVID-19 vaccine?** Pfizer and Moderna COVID-19 vaccines have shown effectiveness over 90%.
- 8. How many doses needs to be administered?** Two doses are needed for both the Pfizer and Moderna vaccine. For the Pfizer vaccine, the interval is 21 days between the first and second dose. For the Moderna vaccine, the interval is 28 days. You can receive the vaccine four days earlier than the above recommendations. If you do not receive the second dose when recommended you should get the second dose as soon as you can.

# Helping Manage Stress During the COVID-19 Pandemic



SCF Behavioral Health Consultant Dustin Bergerson

Living through the global pandemic has proven to be difficult for many as COVID-19 has impacted work environments, social situations, and economic conditions within our communities. The ongoing uncertainties about COVID-19 may have impacted many individual's mental health in the form of stress. Stress can manifest itself through changes in one's behavior, body, emotions, or thoughts. These changes are noticed in a number of ways.



The body often communicates stress through stomach aches, headaches, and loss of appetite. Behavioral changes can include increased substance use, restless sleep, and wanting to be alone. Changes in emotions may involve feeling sad, increased irritability, and caring less about things. One's thoughts might also be impacted by trouble remembering, feeling confused, and difficulty concentrating.

Identifying these symptoms is the first step in developing strategies to reduce the impact of COVID-19 related stress. The second step is to identify ways to relieve stress. For many, this involves taking the time to take care of one's self. This can include several different approaches. A few techniques to help reduce stress are to set limits on how much time is spent reading or watching news about the pandemic, focus on things that are going well, get regular physical exercise, make good nutrition choices, avoid use of alcohol and other drugs, meditate, engage in hobbies, stay connected to others, and talk about your feelings with loved ones and friends.



When these techniques or increased self-care do not lower or eliminate stress, professional help may be appropriate. Primary care providers and behavioral health consultants at the Anchorage Native Primary Care Center are available to provide support. Working with your primary care team can help you identify other techniques that are appropriate for your specific situation. Feel free to reach out and connect with your primary care team.





# NVE 2020 NALEMP Survey

This summer we surveyed an additional 32.7 acres of the Eklutna Army Site for buried metal debris, targeting buried drums that might release contaminants to the groundwater. No new drums were found.

The Tribal survey crew included 8 experienced investigators that had previous experience performing NALEMP surveys in 2017-2019. Magnetometers were used, which detect the earth's magnetic field as it flows around metal objects. Small buried metal objects were used to compare instrument response and assure repeatable results during fieldwork. Prior to fieldwork, we practiced detection of intentionally buried empty drums. Surveyors walked transect lines 10 feet apart (allowing social distancing), swinging magnetometers close to the ground to cover the survey area, then back across in the opposing direction to assure complete coverage. Thick prickly rose bush, fallen trees and mosquitos made the survey challenging.



The 32.7 acres surveyed this year was comprised of 0.9 miles of dirt road with 150 feet surveyed on each side of the road. It begins at the terminus of the 2019 survey area and extends to the Eklutna River where it turns back to join the 2017/2018 survey area near the old NVE Pow Wow grounds.

This surveyed road is evident in air photos from when the Army occupied the site, so it was suspected waste might have been taken out it and dumped. We found five large piles of wire backed mineral wool insulation that were dumped in the woods along this road. These may be removed for proper disposal in future NALEMP projects. (See figure below. The Eklutna Village community is in the lower to mid right. The core Eklutna Army Site/ old NVE Pow Wow grounds is the 2017 survey area near the middle of the figure below.)



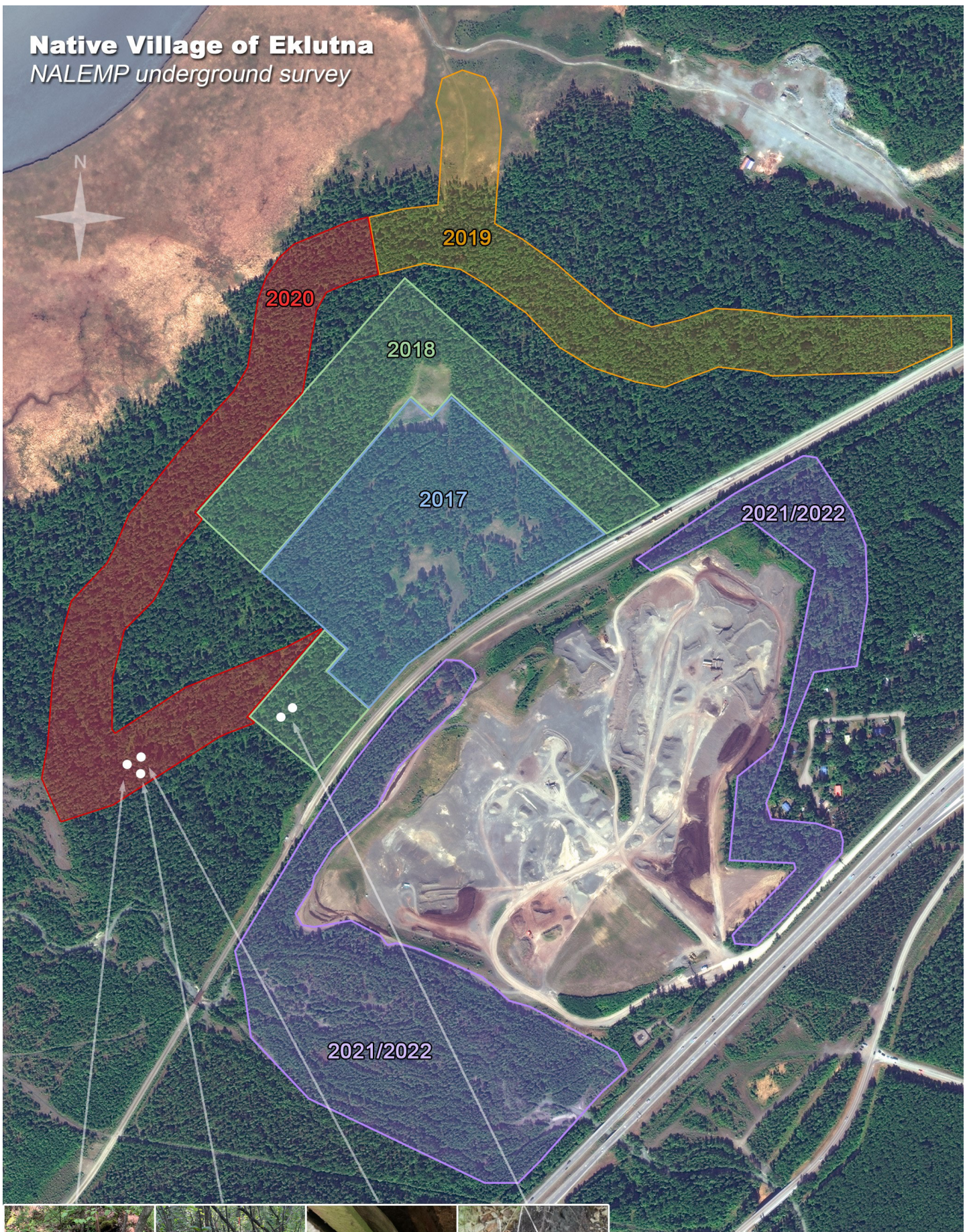
Above:  
Typical survey  
conditions

Left: A stove  
that was found



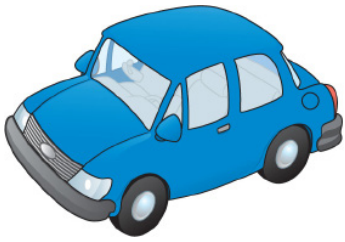
# Native Village of Eklutna

NALEMP underground survey



Wire backed-  
mineral wool insulation



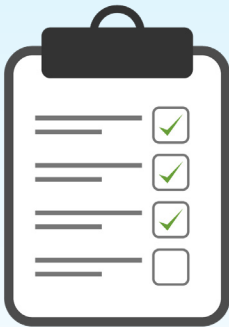


# Winter's Here...

## Vehicle Maintenance Reminder



Breaking down is not fun, but much less fun in the winter. By performing routine maintenance on your vehicle, you will reduce the chances of breaking down. The following is a list of items to check before winter hits to make sure your vehicle is ready for winter. Most of these are easy to check yourself, but if you are not a car person, most garages will perform a maintenance check on your vehicle rather inexpensively.



- Check fluid levels – coolant, oil, and windshield washer fluid
- Battery check – the cold makes old batteries fail quicker
- Air filter – make sure it isn't clogged with extreme dirt/pollen or animal/insect nests
- Check hoses, belts, and tires for wear.
- Check the brakes in your vehicle for extreme wear.
- Change to your studded tires if you use them. The studded tire season in Alaska is September 16th through April 30th
- Put the ice scrapper back in the car

It is also a good idea to have an emergency kit in your vehicle for winter driving. Some things to have in your emergency kit could be:

- **Extra cell phone charger** – Make sure this charger charges your phone before you need it to. Some chargers need an adapter to work off of the 12v outlet in your vehicle, some will charge off of a USB port.
- **An old blanket** – Any old blanket will do. If you need it, you won't care if its stained, smells like dog, or had a few small rips. Just remember to put it back in the vehicle if you take it out to wash it.
- **Extra set of gloves and winter hat** – Take that set that you don't like or one that is getting old and worn. Hopefully you won't need them because you would have remembered the ones that you normally wear, but you will have them just in case.
- **Food and water** – This might not be something that is left in the car all winter, but at least grab some non-perishable food items and water before long trips, or a drive on the Glenn.

Remember to let someone know where you are going or when you plan to be somewhere if you are driving out of cell phone range and to top of the gas tank often to reduce condensation buildup in the tank. Drive Safe.



# Minnow Trapping in the Eklutna River



A set minnow trap



A trap full of minnows

The Land and Environment Department applied for a permit to minnow trap in the lower Eklutna River this summer. A few days were spent walking the river to set the traps and to retrieve the traps and record the data collected. We were looking to get data supporting the species of salmon that use the river for spawning. This was a first for the data collection on the river as traps have not been set below the railroad bridge before this summer. Below the railroad bridge, the river braids into many different channels before coming back together to enter the inlet. This area is home to many beaver, moose, coyotes, and bears. Beaver have dammed up areas to create deeper pools that are not overly affected by the tides. These fresh water pools provide good rearing habitat for fish.

The traps were set and baited with fresh, cleaned salmon roe. After a bit of time, we collected the trap and counted and identified the species that were found within. A representative sample was measured using a fishboard and all the minnows were released back into the river.



*Right:* Taking measurements of the minnows collected. The nose of the fish was up against the 'wall' and the measurement was to the fork of the tail.

*Left:* Chinook Salmon







A cow moose enjoying the river.

What we found was kind of surprising. Very few of the chinook and coho salmon and a lot of rainbow trout. Larger adult trout were also observed while we were walking to the trapping locations. With the large number of trout in all sizes and the availability of the trout migrating out to the salty Cook Inlet, there is a possibility that the lower Eklutna River could also be a producer of steelhead. More studies would have to be done to either confirm or deny this.

By not capturing many of the other species of salmon, we can conclude that the most of the salmon species that are currently spawning further upriver, closer to the Thunderbird Falls confluence. ADF&G is also minnow trapping in the river above the Glenn Highway bridges and their data supports salmon spawning more upriver. These studies are ongoing with more minnow trapping planned next summer. The data collected will also be added to the ADF&G database on the Eklutna River.



**"Łiq'a nagh qinqtudeł"**

We are hopeful the salmon will return to us.

For more information about our efforts to gain more water for the Eklutna River, visit

**[www.eklutnariver.org](http://www.eklutnariver.org)**



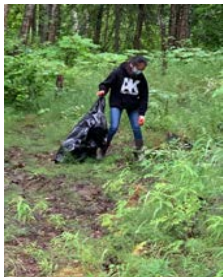
# 2020 Eklutna Rural Youth Intern Program

2020's summer hire program held some unique challenges due to COVID-19 safety protocols & guidelines, but some fun adventures too. Our crew consisted of 5 teens led by Supervisor, Tonia Kushin.

The Youth who participated were: Joseph Potter, Kaitlynn Munson (both returning from last year), Tashena Craig, Brandon Chilligan, and Ashonna Phillips.



The Youth focused on several areas and projects during this summer. One area was service to our community. Youth helped with yard work and clean up at the St. Nicholas Russian Orthodox Church, the Ondola property located in S. Birchwood, and the NVE community playground. Prior to this outside work, we attended bear safety training with NVE: Land & Environment.



Another aspect that student interns focused on was building employability skills. The youth participated in resume writing workshops, driver permit testing, met with multiple folks willing to discuss their jobs & reinforce skills needed for various jobs/ careers both online and in person while observing COVID-19 physical distancing protocols.

\*Travis Jensen, Knik River Public Use Area Land Manager



\*Carrie Brophil, NVE Land & Environment Coordinator



\*NVE Youth on a Zoom Meeting with NOAA Scientists from Seattle, WA.

A final area of focus for the 2020 Interns was Culture, Health & Wellness. Among other things, we participated in wellness walks, CITC beading circles & life skills classes, the Culture Nest, and a Feed the Elders fish giveaway sponsored by Anchorage Native Community, Sobermiut, Reviving Our Spirit Inc.





# HOUSING GRANTS

(BIA) Housing Improvement Program is a Housing Grant Program to help eligible American Indians /Alaska Natives renovate existing housing or build new houses.



- Provide a completed: Housing Assistance Application
- You can get this application : At your Tribal Office.
  - Provide a copy of your : Tribal Enrollment Card.
  - Provide : Proof of Income for Entire Household.
  - Claiming disability? : Provide proof of disability.
  - Provide : Proof of Land or obtain a Land lease.

There is No Deadline, you can turn in your application Year-round to your Tribe. The Sooner you turn in your completed application, the sooner it can be processed by the tribal office.

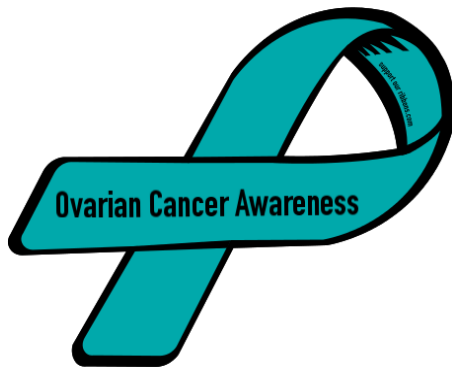
## Call for Newsletter Submissions!

**We are asking for the community to submit newsletter articles, artwork, poems, pictures... anything that you would like to share with everybody else.**



**Submissions for the next newsletter are due by March 26th.**  
**Email submissions to [cbrophil@ekutna.org](mailto:cbrophil@ekutna.org), snail mail to the main office, or drop it off at the main office in the box beside the door!**

Fall Sunset at the Eklutna Tailrace  
- Stephane (Renee) Simon



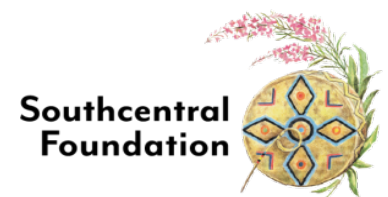
# Know the Warning Signs of Ovarian Cancer

By Ashley Schroeder

Cancer occurs when cells in the body grow at an uncontrolled rate and ovarian cancer occurs when these cells grow in the ovaries. According to the American Cancer Society, ovarian cancer is the fifth most common cause of cancer death among women and all women are at risk for developing it. There are certain factors, however, that may increase a woman's risk of developing ovarian cancer, including a personal or family history of breast, ovarian, uterine, or colorectal cancer, having a history of endometriosis, not having a full-term pregnancy or having a history of fertility problems, and being age 40 or older, although younger women can also be affected.

Although women are recommended to have an annual well-woman exam to maintain their reproductive health, there are no current medical tests used to screen for ovarian cancer. Diagnostic testing can be done if a woman is symptomatic, but symptoms are often mild and easily overlooked, mirroring symptoms caused by other medical problems, such as irritable bowel syndrome, gallstones, or thyroid issues. Ovarian cancer is often not diagnosed until an advanced stage, which can make it difficult to treat, because of the wide array of conditions with similar symptoms. It is important for every woman to be aware of what is normal for her own body and to talk to her provider about the possibility of ovarian cancer when something is not normal. Women should contact their provider if any of the following symptoms are present: abnormal bleeding or discharge, pain and/or pressure in the low-abdomen, back pain, bloating, constipation, feeling full very quickly after only eating a small amount, pain during sex, an urgent or more frequent need to urinate, nausea, and/or vomiting.

While there is no single test to screen for ovarian cancer, there are tests available that can help detect its presence, such as an ultrasound, a rectovaginal exam, and a CA-125 blood test. Any one test alone may not be completely accurate, but a combination of the three can give a clearer picture of the presence of cancer in the ovaries. For example, according to Ovarian Cancer Research Fund Alliance and the CDC, the CA-125 blood test only detects about 50% of early-stage ovarian cancers, 70% of advanced-stage ovarian cancers, and is accurate in post-menopausal women who already have a detectable mass growing in their abdomen. The CA-125 blood marker can be elevated for certain non-cancerous conditions.



Although most risk factors are genetic or biological, some lifestyle factors may lower a woman's risk of developing ovarian cancer, including having a baby, taking birth control pills for more than 5 years, and breastfeeding for a year or longer. It is also important to eat a healthy diet, be tobacco-free, and exercise, all habits that promote overall health and wellness. Contact your provider to discuss your risk factors or if you have any concerns about ovarian health.

During the month of September, Southcentral Foundation recognizes Gynecological Cancer Awareness month by providing activities, events, and resources surrounding ovarian, cervical, uterine, vaginal, and vulvar cancers as part of the Know the Big 5 and Thrive campaign. Keep an eye out for more information about ways to get involved and start a conversation about gynecological cancers.



#### References

- American Cancer Society. (2016). Can ovarian cancer be prevented?. Retrieved from <https://www.cancer.org/cancer/ovarian-cancer/causes-risks-prevention/prevention.html>
- American Cancer Society. (2017). What are the key statistics about ovarian cancer?. Retrieved from <https://www.cancer.org/cancer/ovarian-cancer/about/key-statistics.html>
- Centers for Disease Control and Prevention. (2016). Ovarian Cancer. [Brochure]. Retrieved from [https://www.cdc.gov/cancer/ovarian/pdf/ovarian\\_facts.pdf](https://www.cdc.gov/cancer/ovarian/pdf/ovarian_facts.pdf)
- Goff, B. A., Mandel, L. S., Melancon, C. H., Muntz, H. G. (2004). Frequency of symptoms of ovarian cancer in women presenting to primary care clinics. The Journal of the American Medical Association, 291 (22), 2705-2712. Retrieved from [http://ovariancancer.jhmi.edu/climb/jama%20article\\_060904.pdf](http://ovariancancer.jhmi.edu/climb/jama%20article_060904.pdf)
- Ovarian Cancer Research Fund Alliance. (2016). About ovarian cancer: Risk factors; Symptoms and detection. Retrieved from <https://ocrfa.org/patients/about-ovarian-cancer/>



## February is "Plant the Seeds of Greatness Month"

celebrate by planting kindness, thoughtfulness, and hope in yourself and others around you

This campaign was designed to encourage people to make changes in their lives for the better and to reflect on how you can make a difference for yourself and others around you.

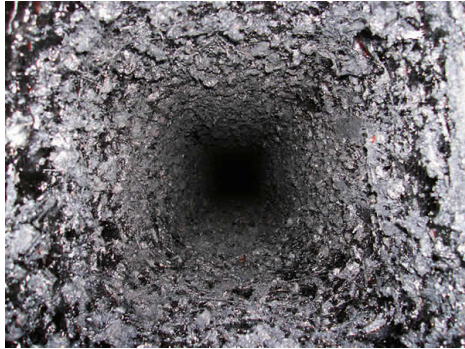
Take time to define what greatness means to you, write it down, don't compare your answers to others. Embrace the struggles you will encounter, and be open to receive.





## Chimney Fire Prevention

The leaves are turning, the air is cooler, we're hanging up our flip flops and pulling out our boots; it's fall. Pretty soon, winter will be here. So before you even *think* about lighting up that fireplace, make sure it's safe to do so first. Just ask yourself: When was the last time *you* had your chimney inspected and swept?



fire.

Fireplaces and wood stoves are designed to safely contain wood-fuel fires, while providing heat for a home. The chimneys that serve them have the job of expelling the by-products of combustion – the substances produced when wood burns. These include smoke, water, vapor, gases, unburned wood particles, hydrocarbon, tar, fog and assorted minerals. As these substances exit the fireplace or wood stove, and flow up into the relatively cooler chimney, condensation occurs. The resulting residue that sticks to the inner walls of the chimney is called **creosote** – which is *highly* combustible. If enough of it is built up (from not properly maintaining your chimney) and the temperature in the internal flue is high enough, it could result in a chimney

Certain conditions encourage the buildup of creosote. Restricted air supply, unseasoned wood and cooler than normal chimney temperatures are all factors that can accelerate the buildup of creosote on chimney flue walls. Air supply may be restricted by closing the glass doors, by failing to open the damper wide enough, and the lack of sufficient make-up air to move heated smoke up the chimney rapidly (the longer the smoke's "residence time" in the flue, the more likely is it that creosote will form).

The **Chimney Safety Institute of America (CSIA)** offers the following tips to avoid deadly and damaging chimney fires:

- Make sure a CSIA Certified Chimney Sweep inspects your chimney at *least* once a year and cleans and repairs it whenever needed. Clean chimneys don't catch fire.
- Keep the chimney clear and capped; ensure tree branches are at least 15 feet away from the top of the chimney. The chimney caps prevent animals, birds, and debris from blocking the opening.
- Choose the right fuel. Burning *unseasoned wood* – because so much energy is used initially just to drive off the water trapped in the cells of the logs – keeps the resulting smoke cooler, than if seasoned wood is used.
- Keep combustible material at least three feet away from the hearth area. Store the ashes outside in a covered metal container.

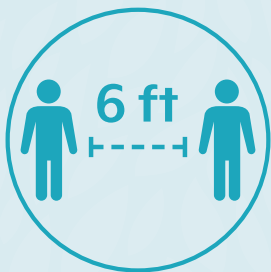
Source: [http://www.csia.org/homeowner-resources/the\\_facts\\_about\\_chimney\\_fires.aspx](http://www.csia.org/homeowner-resources/the_facts_about_chimney_fires.aspx)





# Getting 'Back to Normal' Is Going to Take All of Our Tools

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces “back to normal” sooner:



**PHYSICAL DISTANCE**



**WASH YOUR HANDS**



**WEAR A MASK**



**GET VACCINATED**



**Native Village of Eklutna**

Native Village of Eklutna  
26339 Eklutna Village Rd.  
Chugiak AK 99567

## NVE Newsletter

Eklutna Native Village Tribal Office  
26339 Eklutna Village Road  
Chugiak, AK 99567

**Main Office**

Phone : (907) 688-6020

Fax : (907) 688-6021

Email : [faithr@eklutna.org](mailto:faithr@eklutna.org)

**Land and Environment Office**

Phone: (907) 688-8522

Fax: (907) 688-6021

**Eklutna Village Clinic**

26341 Eklutna Village Road

Chugiak, AK 99567

Phone : (907) 688-6031 Fax : (907) 688-6032

