

# EKLUTNA VILLAGE NEWS



Summer 2020

## COVID -19 UPDATES

Greetings Eklutna Tribal Members,

We hope that you and your loved ones are safe and healthy. We encourage you to be cautious and follow the recommendations of our local and state authorities. During this time, the Native Village of Eklutna staff continue to work from home. We do have a few staff at the office during normal business hours and are available to answer your questions. Please know that if you need any services you can contact the office and make an appointment. Appointments can be made via telephone, Zoom or in-person with social distancing taking place for the health and safety of you and our staff members.

There has been a lot of discussion on the CARES-ACT monies that Tribal Governments have received recently from various federal agencies on social media and in the news. Please know that your leadership is working with staff on the responsible use of these dollars. An approved budget is necessary to ensure proper use of funds. If you have any questions please don't hesitate to contact Mr. Farber at [rfarber@eklutna.org](mailto:rfarber@eklutna.org) or at 907-688-6020.

Covid-19 case numbers are rising and will continue to do so as long as people ignore safety rules. When businesses were allowed to open in May right before the Memorial Weekend, many of us were relieved. More gatherings and socializing took place and, as expected, case numbers rose. And the cases are continuing to rise. In response, Anchorage Mayor increased safety measures by ordering masks to be worn in covered public places.



(continued inside)

# 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 lydlughet Qayaht'ana (Eklutna Village People) and stengthen 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.**

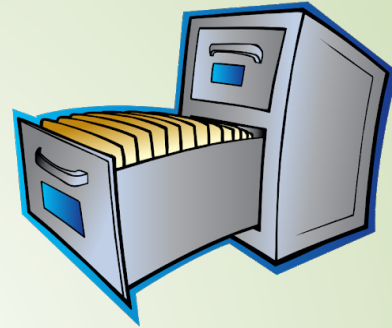


# **Native Village of Eklutna**

## **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 is open on Wednesdays from 1pm 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



### Call for Newsletter Submissions!

We are asking for the community to submit newsletter articles, artwork, poems... anything that you would like to share with everybody else. Submissions for the next newsletter are due by September 7th. Email submissions to [cbrophil@ekutna.org](mailto:cbrophil@ekutna.org), snail mail to the main office, or drop it off at the main office!

### NVE Offices

NVE Offices are open to the public by appointment only. 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 starting July 10th from noon until two.

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 Meeting ID: 864 7049 3276

Passcode: yagheli

### **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>



**Classes start August 7th! The classes will be every other friday from 12pm to 2pm**

Contact Dawn Harris for more info  
dharris@eklutna.org or 688-6020

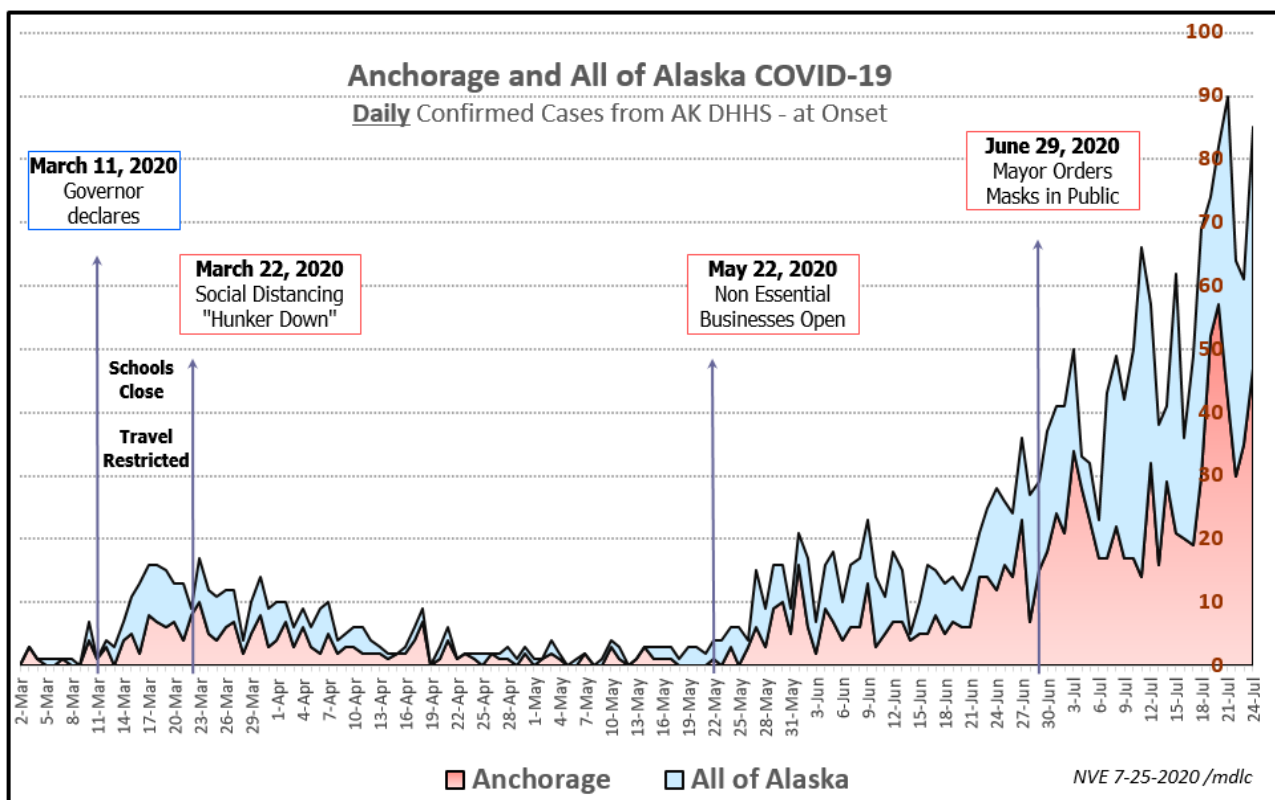
# COVID -19 UPDATES (continued)

To help alleviate the economic burden on our community businesses' were allowed to open as long as they implemented they follow strict safety protocols. The biggest two are cleanliness (hands and contact surfaces) and keeping physical distances. The NVE offices are small, which means only a limited number of people can be there at one time. Appointments help us meet the requirement and ensure that the right people can be available for those who need services.

NVE did apply for special funds to relieve the impacts of Covid-19. The funds can only be used as directed in the federal guidelines. Because NVE is a small tribe and has a limited number of employees, we received less than other tribes with higher enrollment. The Council will be working to discuss and approve budget modifications as well as consider alternative uses.

We are careful to take the necessary steps to keep everyone as safe as possible. Covid-19 is a real threat, especially for those who already have health problems. Food boxes have been delivered to many of our Elders and vulnerable persons. The Tribal Council has maintained distancing by meeting remotely (video and teleconference). We encourage you to do whatever you can to keep each other well. Remember this is a time to reach out to your loved ones and friends. Make use of available technology and facetime to help alleviate the stress of social distancing. Always know that you can give us a call if you need help or need to connect with a local provider to help get through these tough times. As many say, We are all in this together.

As we work on our various projects, grants, and activities; we will continue to be thoughtful about how we affect the health and safety of us all. Be smart and stay safe. Please know that we are here for you. For staff emails and contact information go to our website at <http://eklutna-nsn.gov/>.



# Eklutna Village Clinic Offers COVID-19 Testing

To be tested for COVID-19 at the Eklutna Village Clinic, you must be registered with a chart. Registration is easy: call (907) 688-6031 and an employee will walk you through the process and let you know of any testing restrictions.

The clinic is open Monday through Friday from 8 a.m. to 5 p.m. The clinic is closed for lunch Monday through Friday from noon to 1 p.m.

Eklutna Village Clinic accepts the state travel vouchers and will bill insurance for the test. You will not receive a bill after the test.

Please bring a mask with you and call the clinic when you arrive. We are taking precautions to ensure customer-owners and employee safety by using personal protective equipment and sanitizing high touch surfaces. An employee will meet you in the designated testing area (see signs) where you may be asked to fill-out paperwork and your sample will be collected.

Please wear a mask, practice social distancing, wash hands frequently with soap, and disinfect surfaces regularly.

## Meet Tanya, shes the person who answers the phone when you call...

Tanya Nickoli is the NVE Secretary. She works hard to see that questions are are answered or directed to the correct person. Here is a little bit about Tanya.

### **Background:**

*“I graduated from Valley Pathways and come from a large family with 7 brothers. I am the baby.”*

### **Favorite passtimes:**

*“Engaging in learning and outside activities with my son, Isaiah, playing to guitar, and learning from elders/ or anyone with perspective.”*

### **Interesting tidbits:**

*“I am Yupik but I spent 4 years of my childhood in Texarkana, Arkansas. I have learned much about different native cultures but one thing I noticed about all the tribes I’ve learned about is they all have one rule in common, to respect your elders, to learn from them and to take what has been learned, make it your own way of living and pass it down to the future generations.”*





# Land and Environment News

## **Eklutna: Restoring a River Film Premiere and Discussion**

An virtual film premiere was held on June 23rd for the short film “Eklutna: Restoring a River”. This short 15 minute film highlights the Eklutna River and answers the question “why do we care about this river?”. The virtual film premiere was hosted by Trout Unlimited, The Alaska Center, the Conservation Fund, and NVE. Representatives from each organization, as well as Eklutna Inc., were available after the showing to answer questions from the viewers. The event was held through the Zoom platform with a facebook live option through the Alaska Center. This premiere had a large turnout and overwhelmed the servers. To rectify this issue, a second virtual event is being planned for September with the release of the film after this event. The second event details will be posted via the facebook pages of the host organizations and their respective webpages. If you would like more information, feel free to contact us at the L&E Department.



# SAFETY TOPIC:



## Dehydration

Water is essential to our health and survival. While the studies say that a person can go three weeks without food, a person can only go for three DAYS without water. Please don't try this at home.

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps; you may feel faint.

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. Remember, up to 60% of human adult body is made up of water!

### Signs and symptoms of dehydration:

- Thirst
- Confusion and difficulty thinking clearly
- Dizziness or lightheadedness
- Fatigue, tiredness
- Headache
- Dry skin, and/or dry mouth
- Sunken eyes
- Constipation
- Decreased urine output
- You cannot keep fluids down



Watch closely for changes in your health, and be sure to **contact your doctor** if:

- You are not making tears
- Your skin is very dry and sags slowly back into place after you pinch it (lacks elasticity)
- Your mouth and eyes are very dry

While thirst isn't the best indicator, the color of your urine is – Know your color! Healthy urine output will show clear or light-colored urine. This means you're well-hydrated, whereas a dark yellow or amber usually signals dehydration.

Use the chart on the next page to check if you're hydrated.



# Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.



Doing ok. You're probably well hydrated. Drink water as normal.



You're just fine. You could stand to drink a little water now, maybe a small glass of water.



Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit [www.urinecolors.com](http://www.urinecolors.com)



## "Take the time to LEARN before you Burn"

Please visit the dnr website to learn about burn permits, ak fire laws, and burn bans.

[dnr.alaska.gov/burn](http://dnr.alaska.gov/burn)



## Fire Facts

1. On Average, 90 % of wild fires are started by humans
2. 1.2 Million acres of woodlands burn in the us every year.
3. A wildfire, AKA a Conflagration, is capable of modifying surrounding weather conditions.
4. Forest Fires travel faster uphill then downhill, the steeper the hill the faster they travel.



# NVE Educational Fish Net

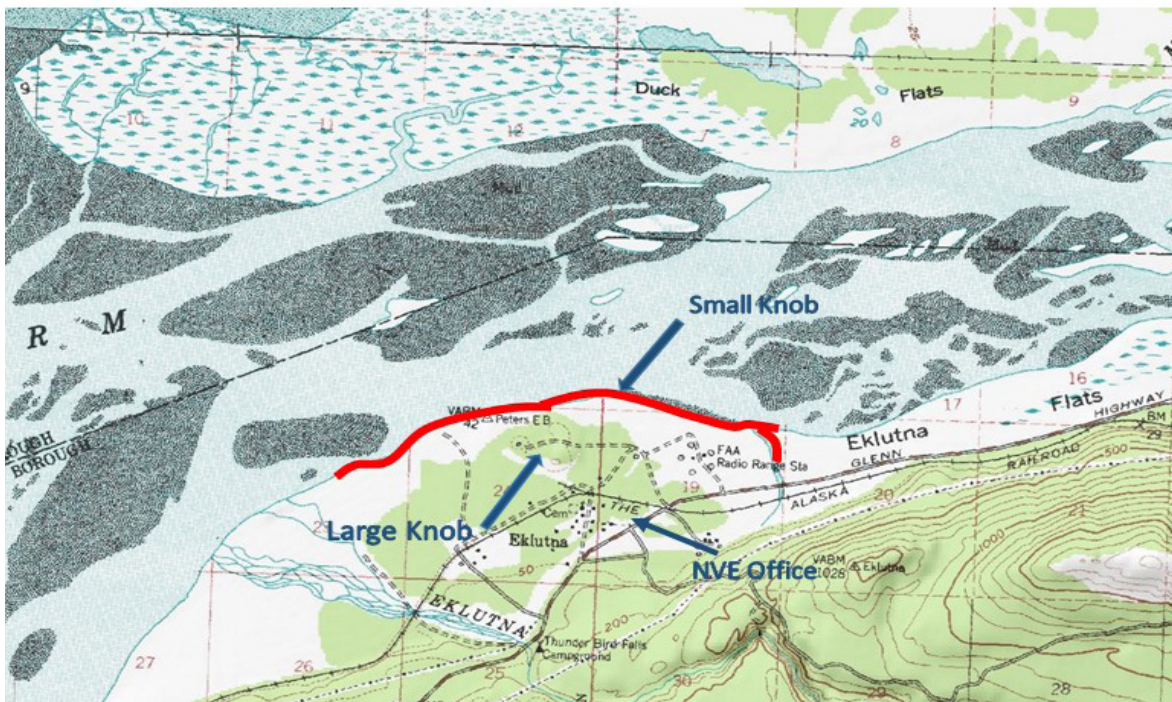
Fishing season is here!

NVE has secured the permit for the Educational Fish Net for the 2020 season. The season runs from July 1st to September 30th. NVE loans out a net that is approved by ADF&G from the main office for the families that would like to try their hand at fishing. Personal nets may be used if they meet the permit specifications. There are rules for using the net. The main rules are listed below:

- The net can be signed out for one day at a time, from between low and high tides to the next time between low and high tides – this is to guarantee the net will be available for the next person to set it before high tide.
- Data sheets must be filled out for each net setting. This is a requirement for ADF&G.
- The net can only be set in the designated areas! Setting the net outside of the designated areas can mean the permit can be revoked and failure to obtain the permit in the future.
- Users of the permit must remain drug and alcohol free during use of the permit.
- A person can only sign the net out once per week, no exceptions.
- The net is for educational use, there must be teaching/learning happening

The full set of the rules can be found at the NVE Office or online at <http://eklutna-nsn.gov/departments/land-and-environment>. These rules can be printed, initialed and signed and returned to the NVE Office prior to use of the net. A signed copy of the rules must be in hand at the NVE Office before the net can be taken off site.

Native Village Of Eklutna Recreational Fishery Permit Program  
Authorized Fishing Area in **RED**



Scan the QR code below to go to the NVE L&E Webpage.





We are still working on having a class to teach how the net is set and retrieved, and how to mend the net. Please check Facebook for dates or call the numbers below to get on a list. The Land and Environment Department is following the COVID-19 gathering rules for holding the class.

How the sign-up works:

- You pick a date you would like to use the permit and call to reserve the net. We will let you know if that date is open and give you alternative dates if it is not.
- The net and clip board with the data sheets, maps, and fish identification charts will be waiting for you to pick up on the side of the main office building (you return the items to the same spot when you are done, this area is under 24 hour video surveillance).
- Any pictures you would like to share please text the number below.

To sign up for the net or for questions, please call the NVE Office at 688-6020 or call/text Carrie at 691-4843. We must have a name and valid phone number at sign-up.



### Goose Bay Educational Fish Net Site

Site in red

*"...the waters along the western shore of the Knik Arm between the regulatory marker on the north shore of Goose Bay and Fish Creek, extending nor more than one mile offshore from mean high water; however the educational fishery shall no take place in the tidal channel of Fish Creek at any stage of the tide, or in Fish Creek".*

\*There is parking at the "P", but you must now walk past the gate to the shore on the old road.

\*DO NOT WALK ACROSS THE AIRSTRIP – this is an active runway

# L&E Department works toward Eklutna River Restoration

Eklutna River restoration has always been an L&E Department priority. The old dam was recently removed from the river canyon by Eklutna, Inc. with majority funding from The Conservation Fund, and others including Anthony Marnell Foundation. Now, water that is diverted out of the river for power generation needs to be released from Eklutna Lake to provide salmon habitat in 9 miles of Eklutna River above Thunderbird Creek, through where the old dam once blocked fish passage, and into the Lake.



Site of the old dam after re-

Under a 1991 Agreement, the 3 local electric utilities (Utilities) are responsible to study the impacts to fish and wildlife from the Eklutna Hydropower Project and develop and implement a mitigation plan. Study planning was initiated about a year ago and L&E has provided studies and other information, and attended numerous meetings of the Eklutna Hydro Working Group to help guide the goals of the study planning toward informing flow releases for salmon habitat restoration. The Utilities developed a draft "Initial Information Package" (IIP) and website with the studies and information they deemed relevant to the restoration planning research, to which L&E contributed articles. These include: NVE studies of flow in Thunderbird Creek and Eklutna River above Thunderbird, adult salmon counts in the lower Eklutna River system, and Traditional Knowledge of Eklutna River Salmon. The Eklutna Hydro information website, with draft IIP address is: <https://www.eklutnahydro.com/documents/>



L&E reviewed and responded with extensive comments to the draft IIP. Our comments portray the validity and importance of traditional knowledge from Eklutna Elders on the abundance of Eklutna River salmon before the dams and water diversion for power generation. There are few other good sources of information on the river's former salmon productivity, other than the Eklutna Project Divestiture Report, which noted the loss of a run of Sockeye salmon that once spawned in Eklutna Lake. We also argue for the importance of Eklutna River salmon to traditional Eklutna Village traditional subsistence culture, which was downplayed in the draft IIP. Cultural Facilitator Maria Coleman provided effective information on these topics. We argue that flow and habitat studies show water needs to be restored to the Eklutna River, and connectivity restored to Eklutna Lake to mitigate impacts on salmon from the Eklutna Hydro Project. The NVE Council and River Committee reviewed, contributed and approved the comments. (NVE comments and the utilities' responses will be uploaded to the Eklutna Hydro website referenced above.)

One solution to restore flows to Eklutna River while maintaining electricity generation capacity could be the Eklutna pumped hydro battery proposed by Kerry Williams. In its simplest form, the water discharged at the Eklutna tailrace to generate electricity could be recaptured, and pumped back up to Eklutna Lake, using Fire Island wind and other sources at times of excess wind capacity. This would allow full restoration of flows for salmon habitat down Eklutna River and continued power generation. More pumped hydro reservoirs could be located in mountain basins around Eklutna Lake to supply 100% of Railbelt energy needs at substantial savings relative to current generation and proposed Susitna/Watana dam hydropower.



Area of dry river bed in Eklutna River

NVE submitted a cover letter to the IIP comments, with a request to the Utilities for formal recognition as a consulting government, similar to other governmental signatories, for purpose and processes of the 1991 Agreement applicable to the Eklutna Project. The Utilities are considering the request. We are hopeful that this process will ultimately result in the restoration of Eklutna River for fish and wildlife habitat, traditional subsistence, and cultural uses for the health of Eklutna Dena'ina.



“Łiq’a nagh qinqtudeł”  
We are hopeful the salmon will return to us.



More information can be found on the L&E webpage

# Encouraging Response to the 2020 Census During COVID-19

## Ideas to Encourage Response Amid Social Distancing

### COMMUNITIES ACROSS THE COUNTRY ARE SHIFTING FROM FACE-TO-FACE EVENTS TO THE FOLLOWING IDEAS TO ENCOURAGE RESPONSE TO THE 2020 CENSUS.

#### Prioritize Low-Responding Areas

Analyze neighborhood response rates at the tract level.

- View the 2020 Census Response Rate map at <https://2020census.gov/en/response-rates.html>.
- Focus on-the-ground efforts specifically in areas with low response.

#### Be Visible at Open Locations

Have 2020 Census materials posted at grocery stores, COVID-19 testing sites, unemployment offices and food pantries.

- Outreach materials are available at <https://2020census.gov/en/partners/outreach-materials.html>.

#### Challenge Others

Challenge another community or neighborhood to a friendly Response Rate Challenge.

- A toolkit of challenge ideas is available at <https://2020census.gov/en/news-events/press-releases/response-rate-challenge.html>.
- Create lawn signs to promote the competition and invite local media to cover the challenge.

#### Include a Blurb

- Work with partners to include 2020 Census blurbs on utility bills, store receipts, etc.
- Provide customized drop-in articles for community-based organizations to include in their newsletters and mass e-mails.
- Use 2020 Census “Respond Now!” language on telephone hold messages.

#### Go Digital

- Host a 2020 Census Webinar or virtual town hall with community members.
- Host a 2020 Census live social media chat or local DJ party on Facebook, Twitter, Instagram, or Google Hangouts.
- Display 2020 Census banners or links on city Websites (mayor’s office, electrical companies, etc.). 2020 Census Web badges and banners are available at <https://2020census.gov/en/partners/outreach-materials/badges.html>.
- Start a “thunderclap,” or social media roadblock, where multiple partners in your area use the #2020Census hashtag and a “Respond now!” message on the same social media site at a particular date and time.

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For more information:  
**2020CENSUS.GOV**

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- Post a blog or video message on internal or external channels to encourage people to respond to the census.
- Engage local influencers to create a public service announcement (PSA) and/or promote response to the #2020Census through social and local media (e-mail, local/regional TV and radio, and newsletters). A PSA toolkit is available at <<https://2020census.gov/en/partners/psa-toolkit.html>>.
- Share content on social media from <[https://2020census.gov/en/partners/outreach-materials.html?tagfilter\\_list\\_copy=Type%7C2020census:type/social-media](https://2020census.gov/en/partners/outreach-materials.html?tagfilter_list_copy=Type%7C2020census:type/social-media)>.

### Hold a Parade

Invite community leaders, local celebrities, sports figures and fire trucks to drive through low-responding neighborhoods in an informal parade.

- Grab attention with loud music, honking horns, and megaphones to urge the neighborhood to respond.
- Consider inviting a church marching band or school drumline to join—while social distancing—in the parade.

### Call Households

- Some faith-based organizations are enlisting volunteers to call every member of their local congregation to ask if they have completed the census and, if not, they encourage response.
- Some cities are repurposing summer youth employee programs to help with calling residents.

### Drop Off Flyers

Consider dropping off a flyer at every door in low-responding neighborhoods.

- Have the flyer explain why the census is important to that specific neighborhood.
- Consider including a picture and quote from a respected local leader to increase the flyer's relevance to the neighborhood.
- Encourage every householder to respond online, by phone, or by mail so a census taker does not have to visit later this summer.

### Write the Editor

Write letters to the editor or op eds to encourage response.

### Additional 2020 Census Resources

#### Toolkit for State and Local Officials—

<<https://2020census.gov/content/dam/2020census/materials/partners/2019-09/toolkit-state-local-officials.pdf>>

**Spread the Word**—<<https://2020census.gov/en/how-to-help.html>>

#### What is the Census video—

<[www.youtube.com/watch?v=Eq-FMB4epyw&feature=youtu.be](http://www.youtube.com/watch?v=Eq-FMB4epyw&feature=youtu.be)>

#### Q&A for Stakeholders—

<<https://2020census.gov/content/dam/2020census/materials/partners/2019-10/partners-self-response.pdf>>

#### COVID-19 Press Kit—

<<https://2020census.gov/en/news-events/press-kits/covid-19.html>>

#### COVID-19 Data Hub—

<<https://covid19.census.gov/>>

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For more information:  
**2020CENSUS.GOV**

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## **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 : [smunson@eklutna.org](mailto:smunson@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

