

EKLUTNA VILLAGE NEWS



Native Village of Eklutna

Fall 2024

Presidents Message

As we head into our holiday season, I want to say “Chin’an” to all our members. Thank you for what you do every day to help build our tribe.

On October 25 and 26, your Tribal Council met and worked on a strategic plan that includes immediate goals, five-year goals, and a 10-year vision. These goals were set with you in mind: to have the best tribal government and a model not only for other Alaskan tribes but also for Indigenous tribes across North America.

Dr. Gwen Kennedy facilitated our retreat once again. This time she had us focus on what we would like to see accomplished ten years out, 2035. Our top three priorities are:

Focus on our tribal members:

- Self Sufficiency
- Building Community
- Maintaining a rural atmosphere in our urban designation
- Train and develop a new generation of leaders
- Help our youth perform well in school
- Have strong culture camps
- Celebrate with Powwows

Build our Gathering Center

Also serve as an emergency shelter

Housing

- Have a three-acre campus in Eklutna
- Build Powder West
- Develop Senior Housing both Assisted and Independent Living

Native Village of Eklutna Tribal Council Members

Aaron Leggett, President
Shirley Craig, Vice-President
Amanda Adams, Secretary
Kim Zello, Treasurer
Angeleen Waskey, Trustee
Dustin Lorah, Trustee
Eleanor Wilde, Trustee

Mission Statement

To empower Idlughet 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.

Presidents Message (con't)



We will still work on restoring our river, fish and game. In ten years perhaps a hatchery, a strong voice in managing fish and game, seeding the river and having our youth harvesting from our river.

We will continue to build a strong staff and council that are aligned with our mission and adequately resourced and we will continue to offer services to our tribal members and the community including Behavioral Health, Environmental, Social Services, Workforce Development and maintain our strong clinic.

To get there, in the next five years we will be actively raising the funds to build the Gathering Center, add staff, build our tribal enrollment to create a Tribal tree and update our ID cards, provide more water down the Eklunta River and build better habitat for fish, build and operate a solar farm, expand home ownership, revitalize and expand the garden and cemetery.

I want you to know that your Tribal Council is strong and working together to accomplish these goals and many more. Thank you for your support.

Chin'an



Holiday Change in Hours for NVE Food Pantry

During Christmas week, the food pantry will be open on
Tuesday December 24th from 1-4 pm

During New Years week, the food pantry will be open on
Tuesday December 31st from 1-4 pm



TA Notes

From Brenda Hewitt



Happy Fall.

The newsletter is a great opportunity to share so many of the exciting things that have been happening in Eklutna. As President Leggett has said, "this is probably one of the most intense years Eklutna has had."

We said a sad farewell to Kyle Robillard (pictured here is Laura Chilligan's cache as a going away gift for Kyle). Kyle was an environmental coordinator who left to help the Knik tribe, but we got to say "Hello" to Cory Galvan. We know that you will like him just as much. Cory has a strong background in fish and game resource management and has hit the ground running.

We have a new garage going into the village, which is exciting news. Walter Ondola will have a place to maintain our equipment and store our tools. The concrete was poured this summer, and we expect the walls to go up in the spring. We also repaired the septic system at the Land and Environment office this summer.



Our L&E office is also busy working with Eklutna Inc. on a solar farm grant with the EPA. This nearly \$20 million grant would help clean the contaminated water near the village and provide sustainable energy.

Trustee Dustin Lorah has been actively expanding the village footprint so more tribal members can live here. He has been partnering with Eklutna Inc. to develop eight new lots and we are working with the Indian Health Service on expanding the water lines as well. We are working with Cook Inlet Housing Authority on building one or two homes on the lots. These would be owner assisted so if you are thinking of owning a home and want to live in the village, contact us so we can work with you to get pre-qualified.





Housing continues to be one of the top three priorities the Tribal Council identified in their recent strategic planning retreat and so we are happy to report that we were able to help a tribal member obtain a home through down payment assistance. Call us if we can help you.

The Gathering Center is still one of the top priorities of the tribal council as well and this summer we completed the land survey and are going into what is called the 65% design phase with Stan-tec. We will be hopefully doing some of the groundwork in the summer of 2025, however we still have a lot of grant writing and fundraising to do to complete construction.

I am delighted to see the number of tribal members who come monthly to the beading classes, it is always the second Friday of the month from noon until 4. Come enjoy some lunch, beading and conversation.

As you read through this newsletter, you will discover articles about tribal member assistance, the council's recent strategic planning session, our successful powwow, the youth group, the governor's decision on Eklutna River and much more.

Enjoy.





Native Village of Eklutna

ANNOUNCEMENTS

Need Help with Applications and Resources?

Family Health Resources are available through Southcentral Clinics (SCF). The team can screen and assist community members and beneficiaries to apply for additional insurance coverage and resources over the phone that may be available to them including:

Medicaid/ Medicare, Social Security, Veterans Health Benefits, TSHIP, food stamps and other assistance programs.

For assistance please call, Valley Native Primary Care Center or
Call the direct number at South Central Foundation 907-729-4470 and ask to speak to a Health Benefits Specialist.

Enrollment Drive Ongoing

NVE Enrollment office is conducting an Enrollment Drive, which is now extended to six generations! If you know of someone who has not gotten their enrollment paperwork submitted or needs to update or complete an application packet, please have them contact 907-688-6020 or email enrollment@eklutna.org. Enrollment applications can be found on the NVE website under the Forms tab.

NVE Food Pantry

The NVE Food Pantry is open on Wednesdays at
1pm and closes at 4pm.
The food Pantry is located beside the main office.
26339 Eklutna Village Road.

If a food box is needed to be picked up outside of Food Pantry Hours, please contact the office to arrange a pickup.



For more information or to order a food box, call
907-688-6020

www.eklutna-nsn.gov



PLEASE JOIN US FOR A

Christmas Potluck Meal

December 14, 2024 at 1:00 pm

Hosted by the Native Village of Eklutna

Please bring to share: Side Dishes, Desserts,
Traditional Foods

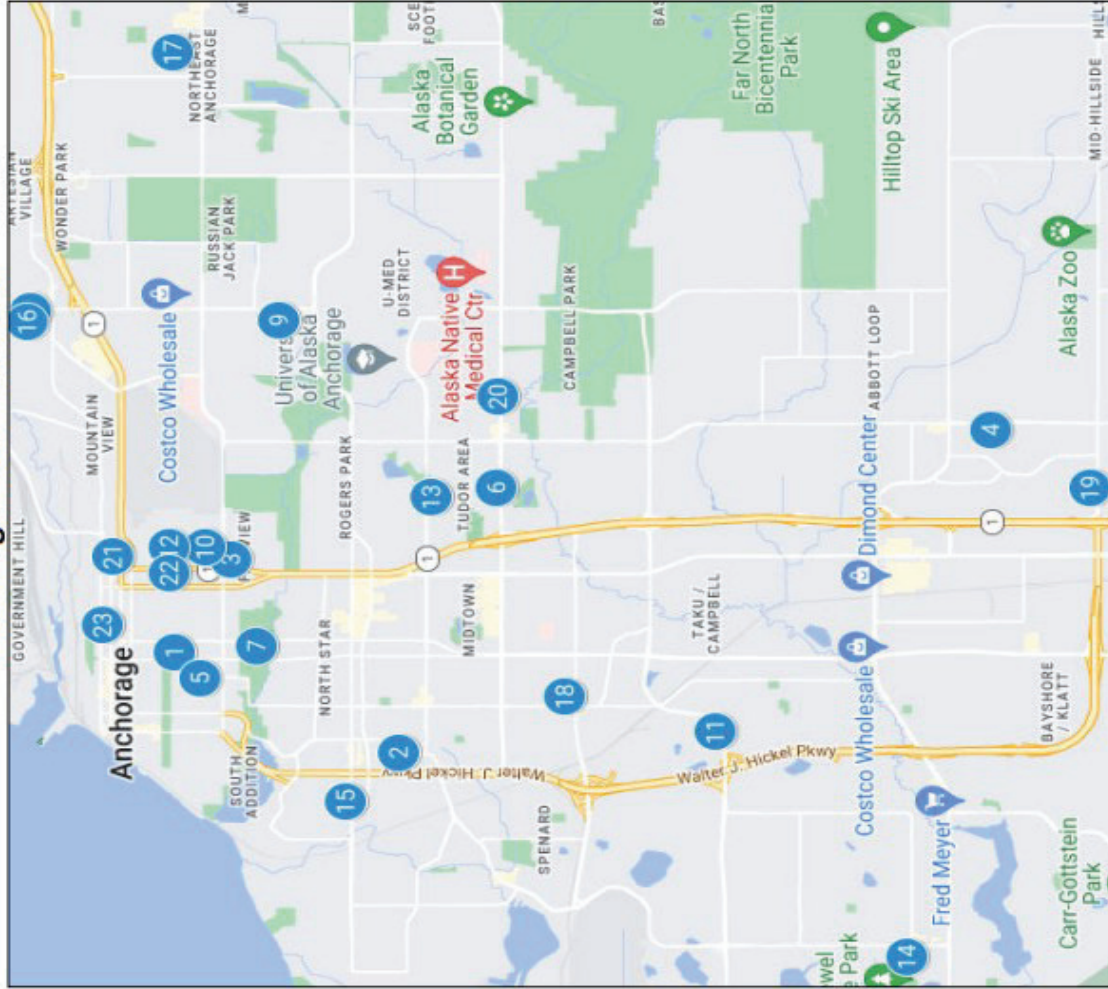


LOCATION:

Southcentral Foundation Nuka
and Wellness Center
4085 Tudor Centre Dr,
Anchorage, AK 99508



Anchorage Food Locations



APPLY FOR SNAP!

SNAP is another name for Food Stamps.

IN ANCHORAGE CALL

(907) 222-3119 or (844) 222-3119

or

Text "SNAP" to 907-891-8913

Hot Meal Locations:

20. Anchorage Gospel Rescue Mission — 2823 E Tudor Rd
21. Bean's Café — 1020 E 4th Ave
22. Church of the Nations — 810 E 9th Ave
23. Downtown Hope Center — 240 E 3rd Ave

Rev. 7/31/2024

Food Pantry Locations:

1. Anchorage Northside SDA Church — 204 W 10th Ave
907-278-6276
2. Lutheran Social Services — 1303 W 33rd Ave
907-272-0643 x14
3. MLK Jr. Foundation/Shiloh Mission — 1928 Juneau St
907-770-9846
4. Mountain Coast Vineyard — 2511 Sentry Dr
907-891-1156
5. New Hope Compassionate Ministries — 1220 E St
907-274-4673
Elderly, disabled, or have temporary transportation issues? Call on Wednesdays between 9am-1pm to schedule a Tuesday delivery.
6. Revive Alaska Community Services — 4317 MacInnes St
907-717-9080
7. Salvation Army Family Emergency Services — 1712 A St
907-277-2593
8. SonRise Community Church — 300 N Bragaw St
907-279-4316
9. St. Francis House Food Pantry — 3710 E 20th Ave
907-222-7323
10. Voice of Christ Food Pantry — 1120 E 13th Ave

Mobile Food Pantry Locations:

11. ChangePoint Alaska — 6689 ChangePoint Dr
12. Fairview Rec Center — 1121 E 10th Ave
13. First CME Church — 3600 MacInnes St
14. Jewel Lake Church of the Nazarene — 4025 W 88th Ave
15. Lutheran Church of Hope — 1847 W Northern Lights Blvd
16. Mountain View — 333 N Price St
17. Muldoon Community Assembly — 1005 Ermine Rd
18. New Season Church — 639 W International Rd



**FOOD BANK
of ALASKA**

Electronics Recycling

AVAILABLE UNTIL FULL



Eligible items:

Microwaves, toasters, laptops, computers, monitors, phones, tablets, radios, DVD players, printers, copiers, fax machines, cables, wires, fluorescent bulbs, and all types of other electronics



Please DO NOT bring:

Large appliances, smoke alarms, scrap metal, batteries, medical equipment, or any items containing liquid

Items can be dropped off at the Land and Environment office

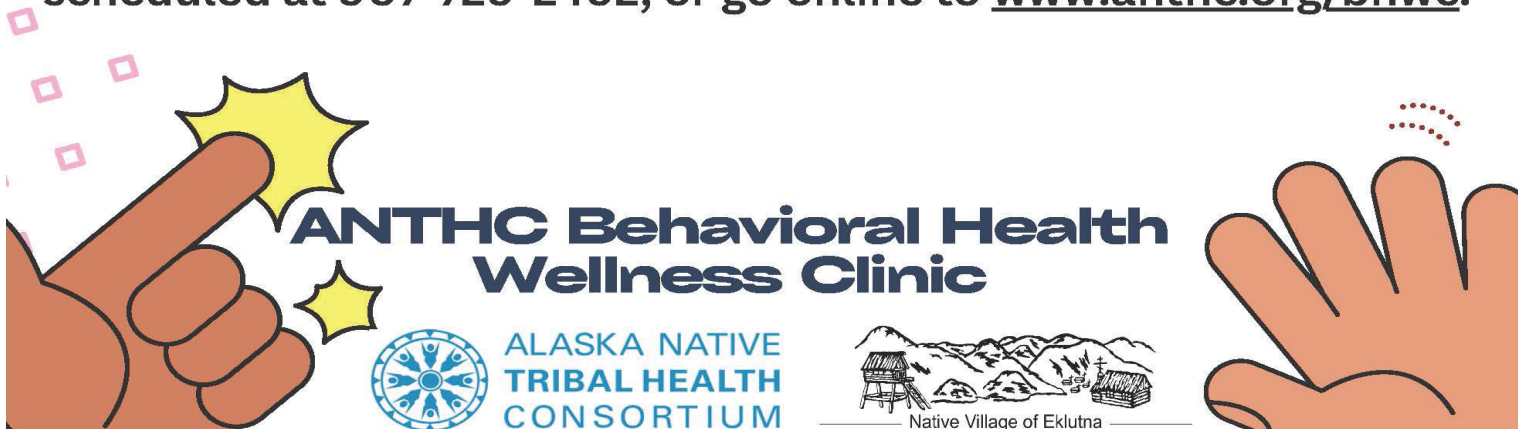
CONTACT: Land And Environment
Dept. Coordinator
Cory Galván
(907) 688-8522





The ANTHC Behavioral Health Wellness Clinic (BHWC) currently has no waitlist and is available to complete same-week mental health and substance use assessments for adult tribal beneficiaries.

If you or another tribal member want an assessment and can attend telehealth appointments, you may contact the BHWC to get scheduled at 907-729-2492, or go online to www.anthc.org/bhwc.



NVE Assistance Programs

Below is a list of assistance programs Native Village of Eklunta offers. Assistance programs are offered to enrolled tribal members only. We have staff that will assist in filling out forms. If you would like more information on the programs listed below, or need assistance in filling out forms, please contact the main office at 907-688-6020 during business hours. Most forms can also be found on our website under the forms tab. www.eklutna-nsn.gov

- Funeral - Assistance with funding for funerals \$1,500 limit.
- Housing Emergency - Assistance with mortgages, rent, utilities, etc. Excludes phones. Maximum \$2k.
- Food Bank - Weekly service for those who need it. For emergency boxes call the main office.
- Home Rehabilitation Assistance – For low-income existing homeowners for emergency repairs, \$5000 limit.
- Social Services Department - They connect, strengthen, and maintain healthy family relationships.

Tribal Member Assistance Update

NVE's pandemic related tribal member assistance funds have been depleted now. However, NVE continues to have HUD funds available to low income enrolled tribal members, Alaska Natives, or American Indians within NVE's tribal jurisdiction who are experiencing a housing emergency. This assistance can be used for rent or utility payments or other situations where a family may become homeless. Families are eligible only once every 3 years for these funds and the maximum amount was recently increased by the Tribal Council to \$2,000.

NVE's HUD program offers two more forms of assistance: (1) Down payment/closing cost assistance to encourage home ownership for tribal members who are first time home buyers. Eligible tribal members could receive up to \$5,000 in closing cost or down payment assistance with this program; and (2) Rehabilitation assistance for existing homeowners to improve substandard living conditions for low-income family homes. Up to \$5,000 is available to assist in improving the substandard living conditions of the homes of eligible families. There is \$24,000 remaining in this year's budget for rehabilitation assistance.

If you would like to apply for these funds please call the office (907-688-6020) and they can assist you in finding the correct form. The forms are also available on the NVE website under the Tribal Membership Services tab and then the Member Services Forms section.

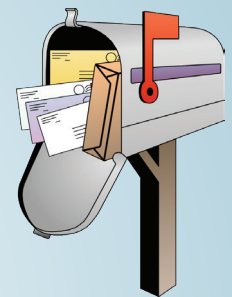
If you need help of any kind, please reach out to NVE Staff. Collectively we are a wealth of information and may have directions to get assistance.



Has your contact information changed?

Please take a few minutes to make sure your current contact information is available to the Enrollment office. This is where all mailing lists come from for sending out newsletters, important information, and information for the annual meeting and elections. We would like to keep addresses, emails, and phone numbers up-to date.

The Address Change form can be found under the forms tab on the NVE website (www.eklutna-nsn.gov/forms/) or contact the main office and a form can be emailed or mailed to you.



COMMUNITY NEWS



Please welcome newest tribal member Quinzel Marie Crookham, parents are Melanie Munson (Tribal Member) and Jeff Crookham. Born on July 24th, 2024, in Anchorage, Alaska weighing exactly 8lb at birth. She spent her first week of life attending Eklutna Cultural Camp and the 2024 Eklutna Pow Wow and fell asleep to the sound of the drums. Congratulations!



Ashonna Phillips made Honor Roll!
Daughter of Rachel Chilligan
If you see her tell her Congratulations!



NVE's Tia Hale was highlighted in "Stories of Inspiration" by the American Nurses Credentialing Center in their Nursing World Magazine in November.

To read the article, go to

<https://email.nursingworld.org/ancc-stories-of-inspiration-nov24>



Eklutna Village Health Board member Adam Leggett had an opportunity to attend the 2024 Improving Our Lives Conference on September 17th and 18th at the Dena'ina Civic and Convention Center. The Alaska Mental Health Trust Authority hosts the annual conference, focusing on issues affecting Trust beneficiaries, including Alaskans experiencing mental illness, substance use disorders, intellectual and developmental disabilities, traumatic brain injuries, and Alzheimer's disease and related dementias. The conference aims to address behavioral health systems, promote innovative practices, and strengthen Alaska's continuum of care.



While at the conference he had a chance to meet and host a tour of our regions behavioral health systems for Nathan Billy. Nathan is an enrolled member of the Choctaw Nation and the new Region 10 Director of the Substance Abuse and Mental Health Services Administration (SAMHSA). Site visits included tours of the ANMC campus, CITC Nut'ah Building, Knik Tribes Benteh Wellness Center, SCF's Four Directions Center, Eklutna Village Community Clinic, CITC's Ernie Turner Center, and a tour of the Native Village of Eklutna and Eklutna Lake. Hosting distinguished visitors and developing the relationships with leaders like Nathan help improve the wellness of all our people.

Memories



Do you have a memory that you would like to share with everyone?
A story, a photo, a saying or a song?
Submit it to nvareceptionist@eklutna.org and we will place it here!



Nuntnghel'it

"I will see you again"

We would like to take a moment to remember our elders and community members who have passed this past year. All will be remembered with love in our hearts.



Are you looking to work for Eklutna!

We are always looking to expand our workforce.
New positions will be opening soon!



Get ahead of the game and
submit a NVE Employment
Application.

applications can be found under the forms tab at
www.eklutna-nsn.gov or at the main office



NVE Job Postings can always be found online at www.eklutna-nsn.gov/jobs/



Up-coming events will be posted to both the Native Village of Eklutna's and the Tribal Members only facebook page. If you would like to get on our email list for events, please reach out at nvereceptionist@eklutna.org

Beading classes will be held the second Friday of each month at 12:00pm. These are held in the Eklutna Community Clinic Conference room. All ages welcomed to attend.

- December 3rd - December 5th - BIA Providers Conference
- December 14th - Tribal Members Christmas Potluck Dinner
- January 10th - Beading Group at 12pm
- February 14th - Beading Group at 12pm
- March 5th - Annual Meeting at 12pm-4pm

4085 Tudor Centre Dr

NVE Office will closed on:

- December 20th 12:00pm-5:00pm
- December 25th - Christmas Holiday
- January 1st - New Years Holiday
- January 20th - Martin Luther King Day
- February 17th - Elizabeth Peratrovich Day



NVE Directory

NVE has updated the phones and staff members now have direct lines. The department direct lines and emails are listed below. For general information contact the main office at 907-688-6020 or nve@eklutna.org.

Administration

Brenda Hewitt,
Tribal Administrator
bhewitt@eklutna.org
907-390-9336

Faith Rukovishnikoff
faithr@eklutna.org
907-688-1801

Sharron Munson
smunson@eklutna.org
907-390-9352

Whitney Waskey
wwaskey@eklutna.org
907-688-6020

Social Services

Dawn Harris
dharris@eklutna.org
907-688-1803

Molly (Pepsi) Jacobson
mjacobson@eklutna.org
907-390-9348

Youth Coordinator

Amanda Adams
aadams@eklutna.org
907-688-1804

Enrollment

Sharron Munson
smunson@eklutna.org
907-390-9352

Gaming Manager

Ryan Walker
rwalker@eklutna.org

Land and Environment

Marc Lamoreaux
marcl@eklutna.org
907-242-6967

Cory Galvan
cgalvan@eklutna.org
907-390-9003

Natalie Beeken
nbeeken@eklutna.org
907-688-8522

Allen Whorley
LE Technician
907-688-8522

Maintenance/Roads Dept.

Walter Ondola
wondola@eklutna.org
907-688-1806

Lewis Stephan
907-688-6020

Food Bank

Whitney Waskey
nvereceptionist@eklutna.org
907-688-6020

LE Office 907-688-8522

**Offices are open from 9am - 5pm
Monday - Friday**

Native Village of Eklutna Youth Group Program

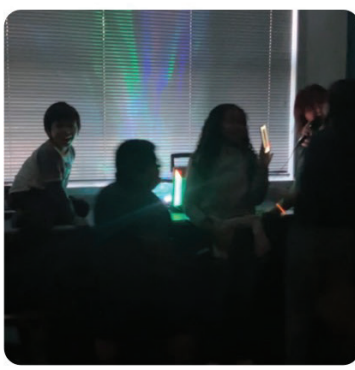
The Youth Group Program is up and running Monday-Friday from 3-8pm. The later time is in hopes for those who work, can come to the activities after work. We are having lots of fun with activities like drum practice, cooking classes, beading classes, rock painting, carwash & lemonade stand fundraiser, storytelling, nature walks with scavenger hunt, arts & crafts, events setup and takedown, holiday decorating, playing board games, bird nest making, set educational net at Eklutna site and so much more. I send out text messages with the title of the activities for each day and if there's interest, you can go to NVE Youth Group Facebook page where I post weekly detailed schedules of activities. If you don't have a Facebook page, feel free to give Amanda Adams a call or text for more information at 907-854-1011.

Set day's activities: (Mark your calendars)

- **EVERY Monday, 3-9pm at 3120 Denali Street #1:** Homework & Friendship Dancers Drum Practice- We will meet at NVE office to do homework from 3-5pm. For those that do not have homework, will make food to bring to the potluck dinner at 6pm. We drive to Anchorage to practice from 6-9pm. This is in hopes that members who can't make it out to Eklutna, can participate in a NVE Youth Group activity at least once a week.

For more information contact:

Amanda A. Adams
NVE Youth Group Coordinator aadams@eklutna.org
907-854-1011 cell
907-688-1804 NVE direct
Facebook page link: www.facebook.com/groups/nveyouthgroup/



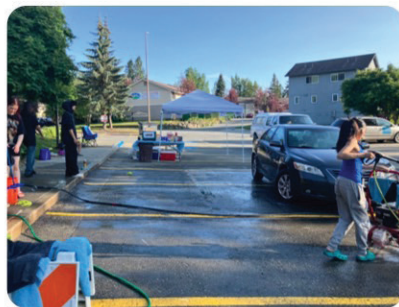
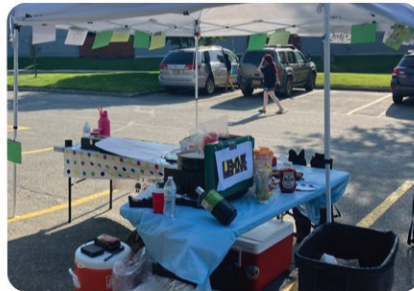
Happy
Birthdays
to:

- CHARLES RUSH 4th
- ALLEN WHORLEY 13th
- TERESA GRIFFIN 19th
- DEMETRY GARCIA 20th
- NOAH ADAMS 25th
- AIDEN LEGGETT 26th
- BENNY MILLS 29th

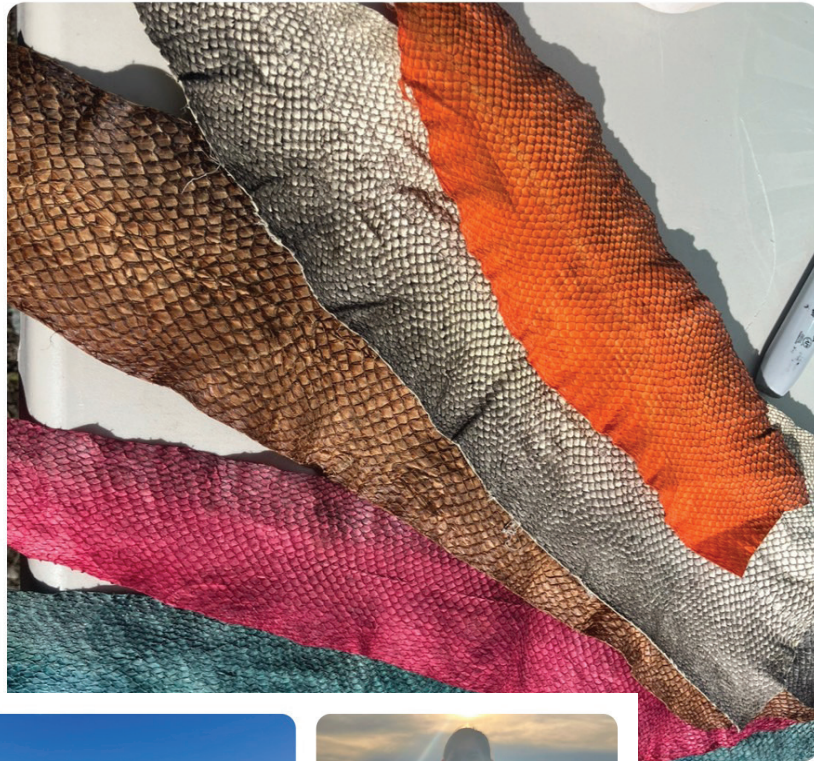
(A (APOLOGIES IF WE MISSED YOURS))















Land and Environment Department

EPA REGION 10 VISIT AND AWARDS

EPA Region 10 Tribal Trust Assistance Acting Director Andrew Byrne and EPA NVE Indian General Assistance Project Officer Katherine Brown travelled from Seattle to visit and share information with Alaska Tribes; Eklutna, Knik and Chickaloon. Brenda, Cory, Steven and I talked with them in the Clinic meeting room, then showed them the Land and Environment office and garden, and the Eklutna River at the Old Glenn Bridge.

Andy was very personable, more interested, and listened and contributed more to the conversation than any visiting dignitary I can remember, putting us at ease and making their visit more worthwhile and enjoyable. And Katherine has always been a helpful delight. Andy says he enjoyed the informative discussion about Tribal environmental issues, programs, and relationships in Alaska, and seeing and hearing about some of the Land and Environment Department's great work. He was especially impressed by our efforts to collaborate with our Corporation, the Municipality, other Tribes, agencies, and organizations on development, contaminated sites, waste, water, and fish and wildlife issues. And that our work on the Eklutna River Restoration is really incredible!



They look forward to continuing to partner with us in protecting the environment and health in Southcentral Alaska.

It is good to get recognition and we are hopeful that more good things will result. They presented us with these certificates:

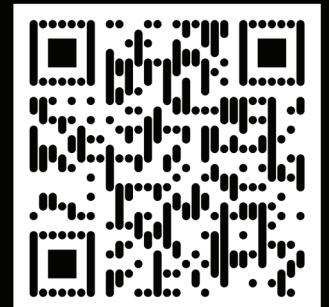


Congratulations Marc and the Land and Environment Office!



Do you know of a contaminated site that you would like more information on or would like to report?

To report a potential Brownfield site or to report a site you would like NVE to look into, please fill out the form on our website or scan the QR code to the right.

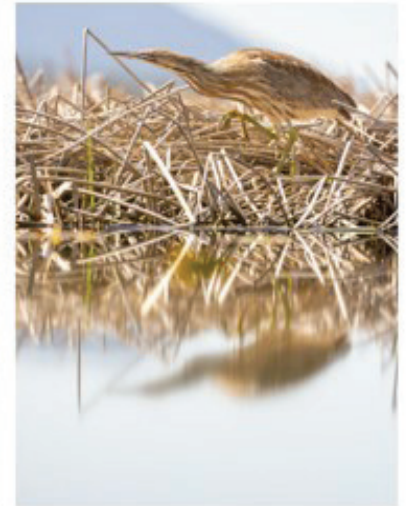
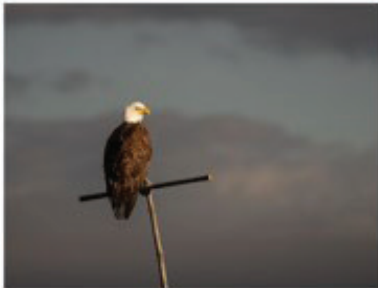


NVE Brownfield Reporter



Land & Environment Department Coordinator

Cory Galván



Cory previously worked for L&E as a seasonal technician. He is excited to be back and eager to be involved in river restoration and salmon recovery. He has a Bachelor of Science in Wildlife Ecology and Management from the University of Wisconsin – Stevens Point and years of experience conducting field research.

**In addition to his office in the L&E building; he can be reached by
phone: (907)688-8522, cell: (907)390-9003
or email: cgalvan@eklutna.org**

ACE

Adverse Childhood Experiences

“ACEs” stands for “Adverse Childhood Experiences.” These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.

The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.

Toxic Stress Explains How ACEs “Get Under the Skin.”

Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what’s known as toxic stress. This excessive activation of the stress response system can lead to long-lasting wear-and-tear on the body and brain.

The effect would be similar to revving a car engine for days or weeks at a time.

We Can Reduce the Effects of ACEs and Toxic Stress.

For those who have experienced ACEs, there are a range of possible responses that can help, including therapeutic sessions with mental health professionals, meditation, physical exercise, spending time in nature, and many others.

The ideal approach, however, is to prevent the need for these responses by reducing the sources of stress in people’s lives. This can happen by helping to meet their basic needs or providing other services. Likewise, fostering strong, responsive relationships between children and their caregivers, and helping children and adults build core life skills, can help to buffer a child from the effects of toxic stress.

ACEs affect people at all income and social levels, and can have serious, costly impact across the lifespan. No one who’s experienced significant adversity (or many ACEs) is irreparably damaged, though we need to acknowledge trauma’s effects on their lives. By reducing families’ sources of stress, providing children and adults with responsive relationships, and strengthening the core life skills we all need to adapt and thrive, we can prevent and counteract lasting harm.

ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



Questions to help determine if a person has experienced Adverse Childhood Experiences (ACE)

While you were growing up, during the first 18 years of life:

1. Did a parent or other adult in the household often:
 - Swear at you, insult you, put you down, or humiliate you?
 - Act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often:
 - Push, grab, slap or throw something at you?
 - Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever:
 - Touch or fondle you or have you touch their body in a sexual way?
 - Try to or have oral, anal, or vaginal sex with you?
4. Did you often feel that:
 - No one in your family loved you or thought you were important or special?
 - Your family didn't look out for each other, feel close to each other, or support each other?
5. Did you often feel that:
 - You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
 - Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents ever separated or divorced?
7. Was your mother or stepmother:
 - Often pushed, grabbed, slapped, or had something thrown at her?
 - Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
 - Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
10. Did a household member go to prison?

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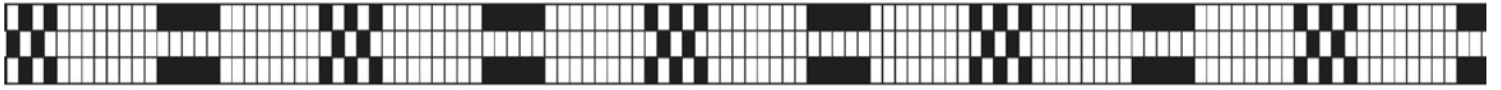
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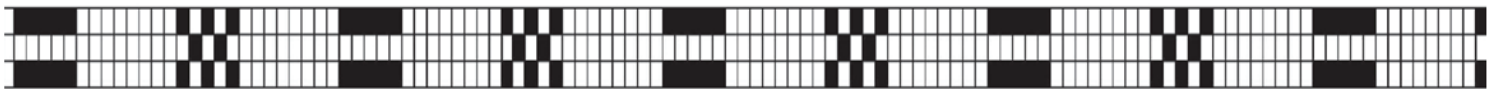
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Łiq'a nagh qinqtudet

We are hopeful the salmon will return to us



WWW.EKLUTNARIVER.ORG



Dena'ina words for the season

Snowshoe Hare - ggeh

Frost - shagh

Sled - hetl

Elevated Cache - dghaynigi

Falling Snow – nudahi

North wind/cold weather – ezhi'i





Native Village of Eklutna

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

Address Service Requested

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: nve@eklutna.org

Land and Environment Office
Phone: (907) 688-8522

Eklutna Village Clinic
26341 Eklutna Village Road
Chugiak, AK 99567
Phone: (907) 688-6031
Fax: (907) 688-6032

