

Moving Waters

Kuskokwim River Watershed Council

Issue Nr 2. January 2008

Protecting the longest free flowing river in the USA

Ready, steady...go! by David Griso

Dear Kuskokwim neighbor,

Winter seems like a good time to stop and think, plan ahead and get prepared for the year to come.

A Chinese proverb says "one who speaks a lot accomplishes little", and I swear that these last ten months more than once I wanted to shut my mouth so I could focus on actually doing measurable things.

It is not easy, though, in the first steps of forming any organization, to do otherwise. It is not easy either to try to reach out for cooperation from busy people like you when your project is not even defined.

So, if you were wondering for months what this Kuskokwim River Watershed Council was all exactly about, you were not alone!

Now, Good News

There is a time for planning, and a



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time for action. There is a time for talk and a time for doing things. Last month the Executive Board finally met face to face, they talked, and they took bold decisions. Their good faith, open spirit and willingness to work together was stronger than the differences –almost nonexistent- and now the KRWC has defined its goals, mission, and an ambitious vision.

Confucious, the great Chinese philosopher said that, above all, we must know our destiny and clearly define towards where we want to go. Only then we can succeed. Last week a group of elected leaders from all over the Kuskokwim defined very clear objectives and

they knew where this Council had to go, in the short and in the long run.

We at the KRWC are now very happy, because now we can visit your village again and tell you and your people clearly what we are going to do, and how are we going to do it.

In this issue you will know more in depth about it. Thanks for your support and for your patience these months. We will work hard for you to feel proud of this Kuskokwim River Watershed Council.

Quyana! Thanks!

Kuskokwim River Watershed Council

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In this issue:

What is a QAPP?

Understanding water quality

Executive Board of Directors

meeting

Ethnobotany 1: Fireweed

Grant opportunities

Kuskokwim Interagency meeting

Elder Youth Summer Camp

Grants, Trainings and Events

Understanding Water Quality

Many people are working within the Kuskokwim River Watershed to test the water quality of the river and its tributaries. **In order to have a healthy watershed clean water is needed. To determine that, it is a must to perform water quality testing and understand the results.** We encourage all of the communities within the Kuskokwim River Watershed to monitor the water in their community and to share their information with the KRWC and other communities. This will allow us to gain information about current conditions as well as create historical water quality knowledge of the watershed. There are additional tests that can be done, but these 5 tests can give us a good indication about the health of a river.

TEMPERATURE

The temperature of the water is an easy water quality test, but is important. The types of animals and plants that live in the water are dependent on the temperature. Certain types of fish are able to live in warm water, while others require cold wa-

ter. Temperature is also important in the amount of dissolved oxygen that the water can hold. Cold water is able to hold more oxygen, so when the water begins to warm there will be less and less oxygen.

DISSOLVED OXYGEN (DO)

Dissolved oxygen is essential in a healthy river; Like us, the animals that live in the rivers need oxygen to support life. Dissolved oxygen readings that are high are a good sign, while low readings indicate there is a problem. Dissolved oxygen enters the rivers in two main ways. The first is through the atmosphere as winds create waves and allow oxygen to enter into the water as well as rapids in the river. The second way is through plants. During the process of photosynthesis (how plants create energy) the plants give off oxygen into the surrounding environment. Just like the trees, shrubs and grasses around us give off oxygen; so do the plants underwater.

pH

pH measures the acidity or alkalinity of the water. Like other water quality parameters, only certain species of plants and animals can live in water with specific pH levels. pH is meas-

ured on a scale from 0 to 14, with 0 being acidic and 14 alkaline. Some examples of the scale are: 1-Battery Acid, 2-Vinegar, 6-Rain Water, 7-Distilled Water (Neutral), 8-Baking Soda, 11-Ammonia, 12-Bleach. The examples show pH levels near either end of the pH scale become harsher. Natural conditions such as a limestone rock creates a more alkaline condition, while acid rain may cause the water to become more acidic.

TURBIDITY

Turbidity measures the clarity of the water. If the test results are high, it means that the water is murky, which means that there are many suspended solids in the water. High turbidity levels can be caused by erosion and runoff. Suspended solids can cause the water temperature to increase, clog fish gills and as the solids settle to the bottom cover breeding grounds and eggs.

TOTAL SOLIDS

This is a measurement of dissolved and suspended solids. Suspended solids can be things such as silt, plankton, and sewage. Dissolved solids are calcium, nitrogen, phosphorus, iron and sulfur. Total solids can come from runoff of developed areas, streets and lawns. High amounts of total solids can cause reduced water clarity, decrease photosynthesis, bind with toxic substances and lead to increased temperatures.

Source: Mitchell, M.K. and Stapp, W.B.. *Field Manual for Water Quality Monitoring*. 11th Edition. Kendall Hunt Publishing Company, Dubuque, Iowa. 1997



Please visit our website at <http://www.kuskokwimcouncil.org/biophysical.html> to know more!

Did you know that...

Currently there are almost no water quality data for the Kuskokwim River?

What is a QAPP?

A Quality Assurance Project Plan. (QAPP) is a written document that describes the quality assurance procedures, quality control specifications, and other technical activities that must be implemented to ensure that the results of the project or task to be performed will meet project specifications.

Who needs a QAPP?

All work funded by EPA that involves the acquisition of environmental data generated from direct measurement activities, collected from other sources, or compiled from computerized data bases and information systems shall be implemented in accordance with an approved QAPP.

Can I change the QAPP once it has been approved?

Although the approved QAPP must be implemented as prescribed; it is not inflexible. Because of the complex nature of environmental data operations, changes are often needed. When such changes occur, the approving official shall determine if the change significantly impacts the technical and quality objectives of the project. When a substantive change is warranted, the originator of the QAPP shall modify the

QAPP to document the change and submit the revision for approval. Only after the revision has been received and approved (at least verbally with written follow-up) by project personnel, shall the change be implemented.

How often does my QAPP need to be reviewed?

For programs or projects of long duration, such as multi-year monitoring programs or projects using a generic QAPP, the QAPP shall be reviewed at least annually by the EPA Project Manager. When revisions are necessary, the QAPP must be revised and resubmitted for review and approval.

How many villages have a QAPP approved in the Kuskokwim?

As of December 2007, Tuntutuliak, Kasigluk, Nunapitchuk, Atmautluak, Napaimute and Georgetown have a QAPP approved.

Is there any assistance in QAPP writing?

Currently the KRWC is providing technical assistance for free to villages interested in doing water quality monitoring. There are good templates specifically designed for Alaska villages, and unless a village is looking for something very specific, the process of developing

the document should not take more than 4 hours. It is recommended that there be an open discussion in the village about what wants to be monitored and the sampling sites. A Council meeting involving elders is a good way to determine the best sites to sample.

What is the next step once I get a QAPP approved?

Once a village has a QAPP approved, IGAP funds can be used to develop water quality monitoring, among other. This funds can be used to purchase water quality monitoring equipment, pay for boating expenses, water quality monitoring supplies, etc.

Will a village be forced to implement the QAPP once it has been approved?

No. In the QAPP templates we use, it is clearly stated that the water quality monitoring activities will be performed only if funding is available.

For more information or questions, don't hesitate to contact the Council at info@KuskokwimCouncil.org or calling at 907-675-4895.

Monitoring all the river

Even though people upriver and downriver may be monitoring the waters, your village might want to monitor places and parameters which matter to your village and that others might not be considering.

Did you know that...

... a QAPP will be needed for activities other than water quality monitoring, like ground water sampling, soil sampling, etc?

Executive Board of Directors Meeting by David Griso

It was a grey afternoon of December in Aniak. With all the snow gone, only the Russian Mountains kept their peaks with the white element. I awaited for the Executive Directors, ready to take them to their lodging places. "Friday will be a busy day and", I thought, "they need to rest."

When Edward Nicholai (Atmautluak) and Ivan M. Ivan (Akiak) arrived, they were smiling and their stomachs growling for food. "David, we want to have dinner now and start working". Two hours later, Elsie Bobbie (McGrath) and Renee Fredericks (Georgetown) expressed the same feelings. It was 7 pm and while eating, great minds were put to work.

Maybe it was the full bellies, the strong coffee, the salmon strips, or it was just that things came together, but from the very first moment these four directors, most of whom had met for the first time, worked like one great mind.

When I came to the Kuskokwim, someone told me that the differences between people along the Kuskokwim were so big that it would be extremely difficult to make things work. I then thought that was an overstatement, and I now believe that things are going to work out well, and we are go-



From left to right: Ivan M. Ivan (Akiak), Renee Fredericks (Georgetown), David Griso (KRWC Coordinator), Elsie Bobby (McGrath). Sitting: Edward Nicholai (Atmautluak)

ing to set a reference for the rest of the world.

Why do I believe so? Well, if you had been there and you had seen your leaders WANT the Kuskokwim Watershed to be a world wide reference of a healthy Watershed, you would think like me. There was no doubt about it, it was not a "I hope this works"... no way. "Ampi piluku!", they said. "Just do it!".

Thursday night the leaders from the Kuskokwim brought ideas way more ambitious and practical than I had heard in any conference or forum. They do know what the Kuskokwim needs and they do know how to do it. They worked until late night brain-

storming, saying what they thought and listening to each other. They spoke as one voice.

Friday was all about business. From 8:30 am sharp the directors worked out the draft By-laws, the Mission and Vision statements, and defined the objectives for the Council, as well as directions to the staff. The courage, willingness to understand, commitment, and common sense that prevailed at all moments were so rewarding that they accomplished in one day what other organizations take weeks of discussion, and they did it with ease and grace.

(Continues in next page)

Share the News with others in your village: This Newsletter is also available at our website →

[Www.KuskokwimCouncil.org/news-current.html](http://www.KuskokwimCouncil.org/news-current.html)

Executive Board of Directors Meeting (continued)

Mission

The Kuskokwim River Watershed Council is dedicated to maintaining and promoting traditional subsistence life for the residents of the Kuskokwim River Watershed.

Vision

We will keep our land, water and air healthy for our people, animals and plants, to pass on to the next generations.

In 10 years, all the villages will have environmental programs implemented, with a strong self sufficient and effective communication network, thus becoming a world wide reference for land and water stewardship.

Roles

1. Execute the mission statement
2. Foster local leadership and village participation, following our ancestors' land and water stewardship.
3. Promote environmental education.
4. Integrating traditional knowledge in environmental education programs for the schools
5. Act as a reference for information and technical assistance.
6. Act as a facilitator for environmental projects throughout the watershed.
7. Pursue and initiate action and research programs
8. Promote the activities of the watershed council

Executive Board Meeting (continued)

Defining a purpose

One of the first parts of the document the E-board worked on was the definition of a General purpose of the KRWC:

The Kuskokwim River Watershed Council is dedicated to the protection and restoration of the Kuskokwim River Watershed, through involving people and leadership, education, information, research, planning and action programs.

Other important aspects included in the document was the fact that all stakeholders will be invited to be part of it, through a seat in the board, in which only village governments, though, have a vote.

The way of behaving of the Council follows the traditional way, that is, **decisions will be taken by consensus**, thus avoiding taking any decision that could be against some village's interest.

The representation in the Executive Board will remain the same, that is, two representatives for the villages in the

lower Kuskokwim, two for the Mid Kuskokwim and one for the Upper Kuskokwim. The possibility of having the Coastal villages involved is more than welcome and in the future the by-laws will be amended to include them, if they want to become part of it. It is important to note that the main reason for making this division was of practical nature. By making sure there are leaders from all over the region in the board, we can reach out better in stretches of the river that often lack good communication with the other, as is the case of the Upper Kuskokwim.

A very special care was taken to build a structure having in mind that in the future villages are in control of their own destiny, and make a Council that will help the villages be as self sufficient as possible. The leaders repeatedly demanded a Council that would not become a big centralized organization, "managing" the environmental issues of the villages. The Council would then be an organization that would support a "network of support", of available tools so that villages can handle the Kuskokwim Watershed issues in a self sufficient way. Only in ac-

tivities that demand several stakeholders and villages to work together would the Council become a facilitator of the process.

All this and more was indicated in the draft by-laws. Currently the draft by-laws are being reviewed and re-worded by the Indian Law Research Center in Montana, a strong supporter of the KRWC.

The meeting left a very good impression in all the people who were present at it. Everyone understood the need for communities to get more actively involved, providing feedback and suggestions, and co-operating with the Council by reporting the environmental activities that are happening or willing to happen in their villages. **Effective and clear communication will be crucial to allow everyone benefit of the experiences and resources of others who were pioneers in implementing certain programs in their villages.**

Only by working together will the Kuskokwim Watershed become a world wide reference of land and water stewardship, of which to be proud of. We can do it! Ampiluku!

Villages that belong to the Kuskokwim River Watershed (from headwaters to mouth)→

Telida, Nikolai, Takotna, McGrath, Stony River, Lime Village, Sleetmute, Red Devil, Georgetown, Crooked Creek, Napaimute, Chuathbaluk, Aniak, Upper Kalskag, Lower Kalskag, Tuluksak, Akiachak, Akiak, Kwethluk, Bethel, Napakiak, Napaskiak, Oscarville, Atmautluak, Nunapitchuk, Kasigluk, Tuntutuliak, Ek

Kuskokwim Interagency meeting

The Kuskokwim Interagency Meeting is held bi-annually in Anchorage. In this three day meeting, a diverse group of people, representing agencies, interest groups, native associations and interested individuals, gets together to inform about their activities in the Kuskokwim region, and discuss ways in which they can help each other to achieve their common goals.

The Watershed Council was invited to make a presentation on the purpose of the Council, as well as an update on the progress of the organization's formation.

During three days, I had the opportunity of listening to some of the people who are most involved in the current research and management of the Kuskokwim's natural resources. All voices, from Native elders to business owners, were heard and I was glad to see that the Kuskokwim is the focus of extensive research, and amazing findings, that are showing the uniqueness of the region, and that will help increase the awareness of how valuable the diverse resources

of the region are.

The Kuskokwim Watershed Council, once more, received the support from the representatives of the agencies and organizations present, and there were multiple offers of help and suggestions of how to make the organization play a more active role in the future of the river.

One of the suggestions from the Watershed Council to the group was to act as a central hub of information where the diverse research that is being done on the Kuskokwim can be accessible to all researchers, as well as teaching professionals and the general public. This will help the residents and non residents of the Kuskokwim Watershed know more about what makes this region so unique, and give the villages tools to understand better their environment.

The KRWC would like to thank Doug Molyneaux, Fisheries Biologist from the Alaska Department of Fish and Game, for inviting us once again to such an exciting event and allocate time for us to speak, within such an intensive agenda. Qu yana!

Water Quality Training Held in Anchorage

The KRWC had the opportunity, once again, of spreading the knowledge of how to test the waters, thanks to the passion and interest of the people from Takotna.

While at the IGAP trainings held in Anchorage, Nelly Huffman and Carole Absher from Takotna thought it would be a great idea to get together some students from the school who were visiting the city, as well as the Principal, Bob Absher, and have them learn the basics of water quality monitoring. In an intensive but very productive training, held in one of the room of the Marriot Hotel, three brilliant students from Takotna, together with Nelly, Carole and Bob, learnt the basics of water quality monitoring, and practiced water testing with our Multiparameter YSI 560.

With their QAPP already written, and a great interest in learning more about bio-monitoring, there is no doubt that Takotna's waters will be well taken care of. Thanks Takotna for your enthusiasm and your passion!

Water Quality Monitoring Material
available for free to the Villages!!

The KRWC has YSI 560 and a Turbidity meter available for villages to perform water quality monitoring. Call us at 907-675-4895 or write us at info@KuskokwimCouncil.org to know more about this initiative

Ethnobotany

All over the world, and for many centuries, the plants that surround us were extensively used by the inhabitants of a certain region. Southwestern Alaska was not an exception, and within the large variety of plants that live in our watershed, there are many plants that can be – and were- used for multiple purposes. Sometimes the results obtained by using these plants surpasses the conventional pills and medicines we get from the clinic or the store, and you don't need money to buy them! It is good to know that you have plants around you that can help you or someone you know.

Also, knowing their uses helps us increase our respect towards plants we did not know much about.

One of the purposes of this Council is to educate in ways to better respect our environment. By knowing how useful most plants are to us, we gain a renewed respect towards them.

Also, we would like to warn you to be very careful when using plants for medicinal purposes or as food. Some medicinal plants can be toxic or poisonous and must be used with care. Be sure you know the plants well and know the appropriate way to use them.

Ciilqaaq—Fireweed

Epilobium angustifolium

Also known as wild asparagus, this plant has had diverse uses by Alaska natives.

Non medicinal uses

The young shoots are often collected in the spring mixed with other greens. They are best when young and tender; as the plant matures the leaves become tough and somewhat bitter. They are peeled and eaten raw. When properly prepared soon after picking they are a good source of vitamin C and pro-vitamin A. The Dena'ina add fireweed to their dogs' food.

The leaves have been used as a substitute and adulterant of Tea. The leaves are largely used in Russia, under the name of Kaporie Tea.

Fireweed can be used in jellies, marmalades, and fireweed honey is highly appreciated for its spicy taste.

The root can be roasted after scraping off the outside, but often tastes bitter. To mitigate this, collect the root before the plant flowers and remove the brown thread in the middle.

A fiber obtained from the outer stems is used to make cordage.

The 'cottony' seed hairs are

used as a stuffing material or as tinder.

The powdered inner cortex is applied to the hands and face to give protection from the cold.

The pith when dried is boiled, and becoming sweet, is by a proper process made into ale, and this into vinegar, by the Kamtschatdales; The ale made from the plant in Kamchatka is rendered still more intoxicating with a toadstool, the Fly Agaric, *Agaricus muscarius*.

The vinegar is also added to the Cow Parsnip, to enrich the spirit that is prepared from that plant.

As fodder, goats are said to be extremely fond of it and cows and sheep eat it.

The down of the seeds, mixed with cotton or fur, has been manufactured into stockings, etc.

Medicinal uses

The Dena'ina treat pus-filled boils or cuts by placing a piece of the raw stem on the afflicted area. This is said to draw the pus out of the cut or boil and prevents a cut with pus in it from healing over too quickly.

. (continued in next page)

Please exercise caution when using plants for medicinal purposes

Did you know that most pharmaceutical research focuses on determining the plant component that makes a plant to heal?

Fireweed

(continued)

Aleut people would make a similar use to treat boils. Boils were first treated by cutting an x on top of the boil.

Crushed fireweed roots were then placed on it and the entire wound was bandaged. This was left on for a few days until the core of the boil came off.

Also, both Aleut and Yupik use the infusion of fireweed tea as a treatment for constipation.

Yup'ik people would use the leaves picked at the end of the summer and early autumn.

Women would drink this infusion to stimulate milk secretion.

In Nunivak island, leaves of fireweed were brewed in a tea to treat stomach and intestinal pain.

A tea made from the leaves and roots is a folk remedy for dysentery and abdominal cramps.

It has been used as treatment for prostate and urinary problems including benign prostatic hyperplasia (BPH) or enlarged prostate.

A special elagitannin appears to be an active anti-inflammatory component. The reported anti-cancer activity of fireweed extract may be related to the con-

tent of oenotherin B, with potent anti-tumor properties.

The anti-cancer and analgesic properties of fireweed extract have been the subject of recent investigations, where significant activity has been found.

Topically the plant has been used traditionally as a soothing, cleansing and healing agent to treat minor burns, skin rashes, ulcers, and numerous other skin irritations and afflictions.

Fireweed extracts possess antimicrobial effects against a number of bacteria, like *Propionibacterium acnes*, the bacteria that causes acne.

Folkloric treatment of *Tinea capitis* (ringworm of the scalp) has been recorded.

The most tangible commercial applications of Fireweed to date appear to be those related to the topical use of the extracts for their potent anti-irritant, anti-inflammatory, and free radical-scavenging effects.



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Commercial extracts of the plant are widely used in cosmetics and personal care products ranging from creams, lotions, and shampoos to hair tonics and baby wipes.

Therapeutic products for various skin conditions such as those for eczema, psoriasis, seborrhea, fungal infections, and rosacea have incorporated fireweed as a functional active ingredient. The main nutraceutical, cosmetic and therapeutic uses of fireweed and its extracts have, over the past 20 years, received scientific support and are explainable, at least in part, by the unusual chemical make-up of the plant.

Please contact us for additional information or bibliographical references

Did you know that over 25% of the most common American medicines are based on plant extracts?

GRANTS

February 1

Deadline for application for the 2008 **CLEANWATER GRANTS**. Application information is now available at <http://www.boatus.com/foundation/cleanwater/grants/>. Each year, the Boat U.S. Foundation awards local non-profit volunteer organizations up to \$4,000 for the promotion of clean boating education. Over the past 6 years the Foundation has awarded almost \$100,000 to local community organizations, yacht clubs, flotillas and squadrons. They are looking for creative and innovative projects that teach boaters to reduce their impact on the waters they use for boating. Topics can range from petroleum pollution prevention to pumpout education to keeping trash out of our waterways.

February 11

Deadline for **The NOAA Restoration Center/ FishAmerica Foundation RFP for FISH HABITAT RESTORATION GRANTS**. Funding amounts range from \$5,000-\$50,000. Please go to <http://www.fishamerica.org/projects/noaa.html> for more information or contact Erika Ammann erika.ammann@noaa.gov.

February 12

Deadline for the submission of proposals to the Denali Commission in concert with the Alaska Energy Authority for **grants for COST-EFFECTIVE ALTERNATIVE ENERGY PROJECTS in Alaska**. The Commission is offering up to \$4.0 million in grant funds for alternative energy projects that serve rural Alaska. In addition, the Alaska Energy Authority is offering up to \$1.0 million in grant funds for alternative energy project anywhere in Alaska. The Commission and AEA will consider providing additional grant funds depending on the quantity and quality of proposals received and funding available.

Please contact Rebecca Garrett at 907-771-3000 or toll free (Alaska only) at 888-3000-8534 if you have questions

February 19

Deadline for **grant proposals for CLEAN WATER ACTION** to be performed in Alaska for fiscal year 2009. Local governments, tribal entities, and non-profit organizations are typical applicants. There are several parts to this solicitation, see the application for full details.

www.state.ak.us/dec/water/acwa/acwa_index.htm. Two types of projects will be considered for funding through this solicitation for projects occurring during the 2009 fiscal year (July 1, 2008 – June 30, 2009): 1) Projects that address identified water resource protection or restoration activities on ACWA high priority waters. The ACWA High

Priority Waters List is available as Appendix D in the application. The solicitation will only accept project applications for waters found on the ACWA priority waters list and the actions identified for those waters. 2) Projects that address identified statewide or area-wide stewardship activities as described in Appendix C of the application. Local government proposals to develop and adopt land use ordinances to prevent nonpoint source pollution are particularly encouraged this year. The application is available on-line at www.state.ak.us/dec/water/acwa/cwa_index.htm. A teleconference will be held on January 22 at 1:00 pm to help groups learn more about the ACWA grants. If you want to participate, call 1-800-315-6338 and enter code # 3066.

March 17

Deadline for 2008 **CARE grant proposals** The 2008 U.S. Environmental Protection Agency CARE Cooperative Agreement Request for Proposals (RFP) is now available on-line at: http://www.epa.gov/air/grants_funding.html#0802

About the CARE RFP : EPA anticipates awarding CARE cooperative agreements in two levels. Level I cooperative agreements range from \$75,000 to \$100,000 and will help establish community-based partnerships to develop local environmental priorities. Level II awards, ranging from \$150,000 to \$300,000 each, will support communities which have established broad-based partnerships, have identified the priority toxic risks in the community, and are prepared to measure results, implement risk reduction activities, and become self-sustaining. Eligible applicants include county and local governments, tribes, non-profit organizations and universities. **EPA will conduct three conference calls**, Jan. 18, Feb. 11 and 27, for prospective applicants to ask questions about the application process.

Additional information about the CARE program, previous cooperative agreement recipients, and applying for the 2008 grants is available at: <http://www.epa.gov/care>

The CARE program will conduct three national information sessions for cooperative agreement applicants via national Internet seminars, or Webcasts, in January and February 2008.

- January 18, 2008 12:30 - 2:00 p.m. **eastern time**
- February 11, 2008 11:00 - 12:30 p.m. **eastern time**
- February 27, 2008 10:00 – 12:00 a.m. **eastern time**

To register for the upcoming CARE Internet Seminar for either of the above dates, please go to: <http://www.cluin.org/studio/seminar.cfm>.

TRAININGS & EVENTS

February 12, 2008.

Pre-Registration Date (for priority consideration) for April 1-3, **ITEP's American Indian Air Quality Training Program : "INDOOR AIR QUALITY in ALASKA" (Level 1)** held in Anchorage, Alaska

Course Description: This entry-level course is designed to provide an understanding of common indoor air quality (IAQ) problems in village homes.

Topics Include:

- Basics of building science, ventilation, and pressure imbalance
- Overview of indoor air pollutants
- Overview of mold
- Health concerns related to indoor air quality
- Inexpensive methods to investigate home IAQ problems
- Conducting a residential IAQ investigation
- Inexpensive solutions to IAQ problems
- Outreach about IAQ

Who should attend: It is open to village staff from environmental, housing, or health departments. Preference will be given to applicants who have an indoor air quality task in a grant workplan.

Course Structure and Approach: This three-day course will consist of lectures and village case studies, as well as small-group activities and hands-on practice. Selection for the course will be on a "space availability" basis and will be limited to 18 registrants. ITEP staff will review each application and will determine those who would most benefit from this training. Training Course Costs: Lodging and reimbursement for meal costs will be paid by NAU and the US EPA and will be limited to participants from federally recognized tribes. Costs for transportation to and from the training location, are the responsibility of the participant. However, stipends to cover some or all of the costs associated with transportation to/from the training location can be granted by ITEP to eligible applicants. Stipends are awarded based on availability of funds and participants are encouraged to apply. Reimbursement forms must be submitted 10 business days after the end of the course.

Lydia Scheer, Training Coordinator

American Indian Air Quality Training Program

Institute for Tribal Environmental Professionals
Northern Arizona University
P.O. Box 15004

Flagstaff, AZ 86011-5004

Phone: 928.523.6887

Fax: 928.523.1266

Lydia.Scheer@nau.edu

<http://www4.nau.edu/itep/>

February 1st, 2008 Application Deadline for:
March 9-13, Alaska Youth for Environmental Action 2008 Civics & Conservation Summit

Attention Teens! Do you want to...

....Discover the power of your voice?....Learn how to make a difference? And take action on environmental issues? Then apply for the Civics and Conservation Summit. This innovative training will inspire teens from diverse Alaskan communities who care about our environment to influence positive change through civic engagement. During this 5-day training, teens will learn about government function, develop skills to engage with the political process, and learn how to make their voices heard on environmental health, justice, and conservation issues they care about. The summit will include a wide range of youth-led workshops on media, communication, issues analysis, understanding legislation, and other must-have skills. The event ends with youth-led visits to elected leaders to share their interests and concerns.

This training has been called "life-changing" by teens who have participated. Up to 20 teens (grades 8-12) throughout Alaska will be accepted based upon interest and desire to create change. Cost: \$150.00. This includes meals, local transportation, accommodations, and training/supplies. Limited scholarships available. Contact carrp@nwf.org or 339-3907 for more information or go to www.ayea.org for an application and scholarship information.

Ryan Zinn

Outreach & Education Coordinator
Alaska Youth for Environmental Action (AYEA)
750 West 2nd Avenue, Suite 200
Anchorage, AK 99501
(907) 339-3910

www.ayea.org

www.myspace.com/ayea4life See attached file:
2008-CCSummit-APPLICATION.pdf)

Trainings at the ALASKA FORUM ON THE ENVIRONMENT

February 15, 2008

Tribal Water Quality Technicians Re-certification

Time: 4 p.m. - 7 p.m. Calendar: Ancillary Events & Meetings Contact: [Santina Gay](#)

Complete Description: This training is provided by University of Alaska Aquatic Ecology Program, to re-certify Tribal Environmental Coordinators, and foster compliance with Water Quality Assessment projects under Indian General Assistance Program. The re-certification will assist tribal representatives in conducting baseline water quality assessments as outlined in Quality Assurance Project Plans.

Instructor: Ray Roland, University of Alaska Fairbanks, Marine Advisory Program

Location: 707 A Street (UAA/ENRI Building), downstairs in the Observer Training Center Lab

February 15, 2008

HAZWOPER 8-Hour Refresher Course

Time: 8 a.m. - 5 p.m. Calendar: Ancillary Events & Meetings Contact: [Vivian Kinnaird](#)

Complete Description: HAZWOPER 8-hour Refresher course. This training applies only to those who engage in hazardous waste/substance operations, hazardous materials emergency response, and who have previously completed either 24-hour or 40-hour hazardous waste site training. This course satisfies the Occupational Safety and Health Administration (OSHA) 8-hour annual refresher training requirements for employees conducting hazardous waste operations as specified under 29 Code of Federal Regulations (CFR) 1910.120. Participants wanting to take this session must pre-register or sign up in advance at the main conference registration desk.

Additional Information: You must be a paid Alaska Forum on the Environment (AFE) Conference registrant to

take this annual 8-hour HAZWOPER refresher class. Topics covered, as recommended under 29 CFR 1910.120(e)(8) will include: safety plan development and site entry procedures, chemical hazards, biohazards, nature of radiation/radiation protection methods, selecting appropriate personal protective equipment (PPE), air monitoring, decontamination, and hazard communications.

Please ensure that you add your name to the sign-up list for this session event by:

- 1) selecting the online or paper registration form, or
- 2) contacting 888.301.0185 (toll free).

Instructors: Ecology and Environment, Inc.

February 15

Indoor Air Quality Training: Emphasis on Conducting School Building Assessments

Time: 9 a.m. - 4:30 p.m. Calendar: Alaska Forum on the Environment Contact: [Jennifer Williams](#)

Complete Description: Participants will learn about the Institute for Tribal Environmental Professionals' Tribal Environmental Education and Outreach Program efforts to develop a series of Indoor Air Quality (IAQ) projects engaging students, teachers, and tribal environmental professionals to address IAQ in school buildings. While experimenting with the following hand-held monitoring equipment: CO, CO2, Radon, Hygro-Thermometer (measuring relative humidity and temperature) monitors, and air flow observation tools, participants will learn how ambient air and IAQ pollutants move around the community and get into indoor spaces. This training will also provide an overview of air quality pollution and health impacts, focusing on asthma with another example of a hands-on activity. A discussion of the activities, what participants learned, and what changes they can implement at home will provide shared solutions to take back to their communities.

Instructor: Mansel Nelson, Institute for Tribal Environmental Professional's Tribal Environmental Education and Outreach Program



ANA PRE-APPLICATION WORKSHOP

Find out what ANA can offer to meet your community needs!



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ANA Grant Program Categories:

- Social and Economic Development Strategies funding for governance, social development, and economic development projects.
- Environmental Regulatory Enhancement grants to improve tribal environmental program capacity.
- Environmental Mitigation – Re: Formally used Defense sites
- Native American Language Projects, including both planning and implementation grants.
- Native American Healthy Marriage Initiative

Learn how to develop an ANA Application for Funding:

- | | |
|--|---|
| To meet the needs in your community | Project Narrative, Objectives, Budget, & Evaluation |
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| Application Format and Forms | Community Strategic Planning |
| Community Planning & Project Development | <i>Bring your project ideas to discuss!</i> |

BETHEL, ALASKA
FEBRUARY 5, 6, & 7, 2008
9:00 AM-5:00 PM
ALLANAVIK CONFERENCE ROOM

This Workshop is open to all Alaska Native tribal governments, tribal consortiums, and eligible Native non-profit organizations seeking funding from ANA. No registration fee will be charged.

***Please call Minnie Fritts at AVCP for questions
on travel & per diem at 800 478-3521 ext 7373 before January 28th.***

This training is co-sponsored on behalf of ANA by:
ASSOCIATION OF VILLAGE COUNCIL PRESIDENTS
Pouch 219 ↪ Bethel AK 99559
Phone (907) 543-7300 ↪ Toll Free (800) 478-3521

ALASKA SUMMIT ENTERPRISE, INC.
ANA Training & Technical Assistance Center for Region III, Alaska
11723 Old Glenn Highway, Suite 201 ↪ Eagle River, AK 99577
Phone (907) 694-5711 ↪ Toll Free (866) 694-5711 ↪ Fax (907) 694-5775
www.anaalaska.org

Kuskokwim Watershed Elder Youth Science Summer Camp 2008

The Kuskokwim River Watershed Council was awarded a grant by the First Alaskans Institute to organize the first Kuskokwim Watershed Elder Youth Summer camp.

The objective of this camp is to gather high school students from all over the Kuskokwim (one kid per village) and have them experience the knowledge of the elders while they get to know the conventional scientific background that lies beneath indigenous knowledge.

Integrating Traditional Knowledge with Conventional "Western" science

One of the roles of the KRWC is to integrate Traditional Knowledge in the schools' curriculums, and help the youth appreciate the deep knowledge of the environment that their ancestors had.

The way the students will participate in this summer camp is through a river wide contest in which they will present a project. The project –the format is open to the students– will integrate traditional knowledge and conventional science to show how traditional knowledge is as sophisticated and evolved as our current technology.

An example of one project could be a study showing how the traditional techniques of building a sled follow principles of wood technology that range from using the best types of wood for that use, with specific physical properties, and how the structure of the sled, including the bindings, performs better than those of conventional Lower 48 building technologies.

Other projects might involve interviewing elders or hunters in the communities to map resources and find explanations that answer why is it so, as well as to find ways in which to manage those resources, combining traditional and western conventional ways.

The amount of knowledge that elders from communities have over their environment, survival techniques and how to make the best out of the available resources surpasses in most cases the knowledge that external agencies and professionals have. Also, there is a great need for engineers and science professionals in the Kuskokwim who have the local knowledge.

In this Summer camp, youth from all over the Kuskokwim watershed will have the opportunity of getting to know students from other villages and parts of the river where there are similarities, but also differences from which to enrich our own experiences.

During one week, youth from the Kuskokwim will have the opportunity to live with elders from all over the river and be taught in a traditional way, while enjoying landscapes they wouldn't usually get to know.

As a part of the camp, students will also have the opportunity of seeing how traditional and conventional science can explain their environment in complementary ways. Scientists and professionals from diverse disciplines will have the chance to meet with the kids and show them tools and views of their environment that will increase their curiosity and broaden their perspective of the world around them.

Also, the KRWC is working with the University of Alaska Fairbanks (Kuskokwim Campus) to see if students can be awarded 1 credit, in case they decide to pursue College education.

Feel free to contact us to know more about this camp, as well as ways in which you can have your community involved in keeping Traditional Knowledge alive while helping your youth.

Kuskokwim River Watershed Council

PO Box 353

Aniak, AK, 99557

Ph 907-675-4895

Fax 907-675-4387

www.KuskokwimCouncil.org

info@KuskokwimCouncil.org

Coordinator: David Griso

To know more about this Summer camp, contact us at:

Kuskokwim River Watershed Council: 907-675-4895
info@kuskokwimcouncil.org