



“Our generation has the ability and the responsibility to make our ever-more connected world a more hopeful, stable, and peaceful place.”

-Natalie Portman



Native Village of
Goodnews Bay

2025 3rd Quarter
Newsletter





Native Village of Goodnews Bay

Traditional Village Council

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"Imagine a circle of compassion and no one is standing outside of it." -Father Gregory Boyle



Native Village of Goodnews Bay Tribal Council Members



Brian Barnes
Tribal President



Tommy Ayojiak
Vice President



Daniel Smith
Secretary/Treasurer



Rosalie Echuck
Tribal Council Member



Louie Evon
Tribal Council Member

"The best way to predict the future is to create it together." -Joe Echevarria



Native Village of Goodnews Bay Tribal Staff Members



Freida James

Tribal Administrator



Emma Julius

Secretary



James Bright Jr.

Transportation/AVEC



Joseph "Ozzy" Friday

**Indian General Assistance
Program (IGAP) Coordinator**



Kristy Gonzalez

Chief Financial Officer (CFO)



Elena Evan

**Chemical Dependency
Counselor Technician (CDCT)**

"Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved." -Mattie Stepanek



Letter from the President



October 7, 2025

Dear Native Village of Goodnews Bay Tribal Members,

In recent months I've attended the Association of Village President's and met with three (3) different people who represent nine (9) different tribes and was able to have Goodnews Bay added to their list of enhanced (real) IDs. I was able to get my real Tribal ID in about an hour, and all you'd have to do is call and schedule a date and time to get one. These IDs are free of charge and you will need documentation before receiving one in Bethel, Alaska.

We've also got the Tribal Court up and running, and the projects we have are on hold due to the government shutdown. We do have projects planned but we just don't know *when* we would be able to put them to use.

These past three (3) months have been going smoothly and I hope we have a busy month.

Brian Barnes, Tribal President



Tribal Administrator Report



October 1, 2025

In these last few months, I've been trying to work with Kuitsarak Inc's President and Board of Directors and with the city of Goodnews Bay on getting more housing for essential workers in the Village including health aides, TPOs, and teachers. The tribe as approved one acre for this project by Kuitsarak Inc but we asked for 10-12 acres. The lease of the one acre from the corporation to the Tribe is still in the process of getting started but housing is an issue that we are trying to solve.

I've also been working on job descriptions for employees and vacant positions that I'm trying to fill, such as janitor/maintenance, network administrator (IT), Tribal Police Officer, tribal clerk, Roads Director, and highway maintenance worker. I'm still not done with all the job descriptions, but I'm also trying to get more people employed because we need these positions filled. It is essential that there is someone doing this work.

I've also been working within the tribal court as the tribal court clerk to fill a gap since we received zero funding from BIA for a tribal court clerk (so I am effectively working for free to help the court function properly). There have been cases that are still in process, but this is a first for Goodnews Bay to have a tribal court. We are still learning, and we are in the process of getting the judges and Admin Staff more training.

I've also been the main office worker helping around the office by emailing or faxing papers for employees or community members that come in needing help with their paperwork. I've also been organizing mail and going through them making sure nothing is missing. I also answer phone calls and handle everyday business with the help of people that are working within the office. I'm also trying to get the paperwork within the office more organized, so everything has a set place.

I also help with ICWA cases, basically communicating between ICWA workers and the Traditional Village Council. I also work closely with the Council, making sure they have everything they need for meetings, such as agendas, legal documents like resolutions and codes and letters, and setting up Zoom calls. I also oversee the tribal council elections, making sure everything is following the new elections code that was adopted April 2025. Overall, I work probably 50-60 hours a week, well over my scheduled position hours but it's okay-as we grow and hire more employees' things will calm down in the office.

Freida James, Tribal Administrator



July 2025 Report

July 1, 2025

- Brian and Billy Joe are continuing to do work on the D4C.
- **Weather forecast:** *rainy and windy today.*
- Welders will be connected for the shop, a new plasma cutter and welder connectors will be used to install the power outlet box with conduit, and connecting the wires to the new circuit breaker.
- The fuel for AVEC had an inventory made by J.R.

July 2, 2025

- Brian and Billy Joe are working on a bearing.
- River Rangers are working on their 60/40 Yamaha motor sleeve and impeller, bearings are being replaced with new shafts. The wear and tear on the shaft was due to worn out bearings, and an impeller that was hitting rocks and rocks lodging around that section of the unit. A new shaft was installed.

July 3, 2025

- Brian and Billy Joe are both working on the road.

July 9, 2025

- Brian and Billy Joe used the roller compactor on the road to the point. The dumpsite was pounded in, and material was moved around the dump site for the safety of the public.
- The parts for the loader from Yukon Equipment arrived and are ready to be replaced.

July 10, 2025

- Brian and Billy Joe are working on replacing the loader's manifold gasket that arrived from Yukon Equipment.
- There was a meeting between RHA and the council and topics included building homes and information on the work they'll be doing.

July 11, 2025

- Brian and Billy Joe fueled the work ATVs and added fuel to containers for the following week's use.
- A quart of oil was added to the side by side, the drip stick as dry and explained to the users of the vehicle to watch for the oil use. The oil and filter were changed recently.
- Coolant and the oil change kit arrived for the Polaris.
- Brian assisted AVEC with installing their fencing and poles.

July 14, 2025

- Brian and Billy Joe changed out oil and filters on ATV number 1 and 9 today.
- The loader was fueled.
- Used oil was burned.
- An invoice for the work done on Friday was faxed today, along with timecards for the field laborers who are working on upgrades to our power plant.
- The shop door had to be repaired, someone had rammed their vehicle into the door causing the top roller to slide off its rails.
- AVEC had a scheduled power outage for Saturday, July 19th, 2025, from 5:00 pm to 7:00 pm for an oil change on the stand-by generator.

July 15, 2025

- The work crew is off, an email was sent to Conner for the Titan fences for rates for equipment for the fence project.

July 16, 2025

- The work crew is off today, an email from Titan was received pertaining to the equipment rental rates.
- The council report was done this morning on transportation work and information about problems that my department didn't have then. From my point of view, they are trying to get my transportation department done as a contract agreement for any work BIA has done for our tribe, to continue doing work on our roads.

July 17, 2025

- Brian and Billy Joe organized the flat trailer tires at our worksite and have been putting those tires in specific uses, and as requested, have been replaced and will be utilized for use or rentals.
- IGAP department had the road crew haul gravel to the location needed to make the workplace safer.



- Darryl arrived to do work on the Wellness Center toilet, and was able to discuss the side-by-side engine that was sent out for repairs. A new engine will be requested and will be installed once we receive it.
- Parts for the D4C arrived.
- A third (3rd) request was put in for a complete quote for the shipment of the international truck. Once that's received, the council will be informed.

July 18, 2025

- The parts for the D4C control arrived, replacement of that will be done.
- A quote from Yukon Equipment was received that included shipping, once the council reviews the quotes, a quote will be chosen for the purchase.
- The roller compactor was used to clear the off and onloading for boaters.
- The joystick for the D4C was installed. The previous joystick was causing the hydraulic leak for that section of the problem. More work will be done on Monday for the loader's manifold gasket replacement.
- A bladder plan was sent to the water treatment plant to work on their system repairs.

July 19, 2025

- AVEC had a scheduled power outage today from 5:00 pm to 7:00 pm.

July 21, 2025

- Brian and Billy Joe have been working on repairing the D4Cs joystick control. The reverse section had to be taken apart and redone due to notches that were designed for that hose system.
- AVEC's basic pay was received.
- Sections around fire hydrants were weeded, due to grass occupying the surrounding hydrants and will be done again once weather conditions aren't so wet.



July 22, 2025

- Repairs are still being done to the D4C, and will be completed soon.
- Bobcat of Juneau received the quote for the main control board and relay, along with solenoids that the equipment may need. The module for that will have to be sent in for testing and reprogramming it to function properly. A list of parts were given to the technician that was assisting me.
- Quotes for a set of front and rear axle bearings, along with tires were requested from AK Cycle Center.
- A quote from Bubba's Trailer in Wasilla was requested for trailer tire radicals.

July 23, 2025

- Work is still being done to the D4C, parts that were installed are being rechecked for the joystick control.
- A quote for the ATVs maintenance was received. An order will be requested and copies of price quotes from Amazon will be printed and will decide which type will be considered for purchase.
- The ATV and shop heater were both fueled today.
- AVEC has a power outage set for the 24th of July 2025, from 8:00 am to 10:00 am to remove old wires from the breakers and rewire them to the newly installed transformers.

July 24, 2025

- AVEC had their scheduled power outage from 8:00 am to 10:00 am.
- Brian and Billy Joe were able to start the D4C up and tested the radiator leak, which had no issues. Assembling the plates under the machine are still continuing.
- An email was sent to Bubba's for the trailer quote we are still waiting on.
- Information on the Transportation Department's drawdown was given to me, after three (3) years of waiting, the drawdown as finally finished.

July 25, 2025

- After quite some effort, the metal plates were put back on the D4C.
- The quote for the nine (9) inch rims for the trailer still hasn't come in, the finds from Amazon are too pricey to be shipped with how heavy they are. We might have to have them send each tire one at a time to our address for a small fee.
- Once the part order request is approved the fuel pump and gaskets will be ordered for the D4C.
- The shop door that was bent out of shape due to an unknown person ramming into it was repaired for safety reasons.
- Size diagrams for bolt patterns were found today.

July 28, 2025



- Animal waste was dozed into the pond at the waste pond.
- Sections of the road route were smoothed out.
- The excavator was used to smash the piles of trash into the burn pit.
- A quote from Amazon was received for the trailer tires.

July 29, 2025

- The excavator was greased, and a boat was hauled to the dumpsite.
- The ATVs were fueled and a quart of oil was added to the side by side and greased all the fittings. Maintenance checks were done.
- Loose gravel was added to the mooring point to utilize that section of the point road.

- The step board for our office was repaired.



July 30, 2025

- Brian and Billy Joe used an arctic pipe as a barrier and were able to push those off the roadways. A loader was used to put them back in place and used rocks as stoppers to prevent the kids from having them roll down.
- The point road was graded, and gravel was pushed along the fence line.
- A quote was received from Bobcat in Juneau for our Bobcat's controller. Once a maintenance check has been made and tests are done to the solenoids connector before a controller is requested to make sure the solenoids aren't the problem.
- The grade was greased after working it on the route to the point.
- AVEC has a scheduled power outage for the 4th of August 2025 from 9:00 am to 11:00 am

for an oil change on the standby generator.

July 31, 2025

- Brian and Billy Joe hauled gravel five (5) times throughout sections of the roads that had potholes.
- Fuel for the D4C was requested this morning.
- The Community Plan was printed for *emergencies, disaster, flood, and fire* to discuss with the community, and with assistance from AVCP, the information given will be updated and established for our tribe.
- A quote request for the roller compactors solenoid, parts diagram for the starter and wiring was put into NC Machinery. Issues with the starter and wiring leading to the battery are causing issues, although the battery is fully charged it dies faster than usual. A diagram was received for that section and maintenance will be done for it to function properly.

Goodbye July... 
 ALOHA August!

August 2025

August 1, 2025

- Billy Joe and Brian are working on disassembling the roller compactor's starter and wiring and replaced the wiring that had a hole. It was put together after repairs were done to the ground wires. There was also a maintenance check for the starter solenoid in the process of repairing the wiring.
- Price checks for a 1.0 battery terminal from Amazon, and will be waiting on approval for the requested items.
- A carpenter/plumber had replaced the faucet for the kitchen sink, due to it leaking and spraying water.
- Due to the windshield being too scratched on the Polaris four-wheel, it was removed as requested by the driver of the vehicle.

August 4, 2025

- The loader's manifold gaskets and wiring for the battery are being looking into by Billy Joe and Brian.
- Waiting on approval for oil for the work week and ATV use.
- There was an AVEC power outage from 9:00 am to 10:04 am, an oil filter was changed and the alternator's belt was tightened.
- Used oil was burned with assistance from Adolph this morning.
- Work is still being done on the loader's battery, and the issues with the wiring.
- The laborer's timecards were sent in.

August 5, 2025

- Repairs are still being done for the loader's manifold gaskets.



- The ATVs were fueled.
- There was a Calista community meeting today at the Tribal office.

August 6, 2025

- A muffler was installed onto the loader and a charged battery as installed. The loader is now functioning properly after the manifold gaskets were replaced.
- Crowley arrived this morning and had material for the Corporation and River Lodge. Propane for the Corporation was hauled to the Corporation's site, and other locations. An invoice was given to them for the work done.
- A quote for a gasoline powered weed trimmer was found on Amazon, due to the previous weed trimmer we have that's been damaged, I am looking for a replacement.



August 7, 2025

- The D4C was used this morning where potholes were a problem, used gravel from the shoulder's edge of the roads where gravel was pushed and covered potholes that way, and the roller compactor was used to flatten the gravel out.
- Waiting on approval to get fuel for the roller compactor.
- Lester had asked for the pump model for their work, and it was printed. There's a problem with the priming and they are having issues with the pump's operating system.

- GCI is doing upgrades to their meter base on Monday, they will be shutting their main power off and assisting with the meter base change.
- 16,000 pounds of freight was requested to be hauled once it arrives on Ryan Air, to the GCI location site.

August 8, 2025

- James, who is employed with GCI, rented the loader for two (2) days with the assistance of Billy Joe and Brian, who hauled batteries and wires from the airport to the GCI Tower location, all totaling up to 16,000 pounds.
- The oil and filter were changed on ATV #1.

August 11, 2025

- Billy Joe and Brian fueled the office with 30 gallons of fuel.
- There was an outage for GCI from 9:00 am to 9:17 am as they were disconnecting and upgrading their power lines.
- An invoice was sent to GCI for the rental of the loaders this morning.

August 12, 2025

- Billy Joe, Brian, and I discussed how we were going to remove and relocate vans, flatten the area for a new dome (or van site) for the work that they will be doing.
- We are still waiting on parts from NC Machinery for the D4C repairs. A wooden battery box was made for the battery to prevent battery discharge on the concrete flooring.
- Assisted the dump crew with material that needed to be pushed and muddy sections that needed clearing.
- I spoke with the electricians who work for AVEC about their effort in disposing their batteries, and suggested that they can have them shipped out due to their weight and electronic waste, or have them hauled to the dump site by the AVEC workers. I will be looking more into this.
- The work order for assisting GCI on the work our crew had done was received. The plant operators and alternates disconnected and reconnected the meter base, for the upgrades they are doing.

August 14, 2025

- A completed quote was received for the International truck.
- There was an executive meeting this morning, so we all had to leave for that.
- The motor battery cables were replaced as the motor couldn't start.

August 15, 2025

- Billy Joe and Brian assisted Steelhead Communications on their work.
- We received the trailer tires and they will be painted to prevent switching out new tires to old ones.
- The rental equipment was copied and emailed for the rental of the ATV and trailers for work that needs to be completed.
- Changes have been made to the 2025 rates.
- Our workplace passwords were changed as directed.

August 17, 2025

- Due to the alternator's belt failing, AVEC had an unscheduled power outage, the belt was replaced and power was restored back to our community.

August 18, 2025

- Billy Joe and Brian removed the trailer hub to install new trailer tires by the water plant operator's building this morning.
- The side-by-side belt was replaced.
- The river lodge rental arrived but are in the post office until the service is up and running, once upgrades to the GCI tower are completed.
- The dump crew's Polaris had low battery, so it will be charged this afternoon.
- Two (2) truckloads of gravel was hauled to the dump site where gravel was needed, after using the grader to clear mud from the section that needed gravel.
- We are planning on how to remove vegetation for the week, and will be assisting with it. Applications will be available to help with that project a week before they start, and I had just gotten word back that they will be removing vegetation on their own.

August 19, 2025

- Two (2) truckloads of gravel as hauled for the dump crew and their work site this morning.
- The loader and dump truck were fueled this morning.
- I was **instructed** to make a work plan for another department, but since it isn't my department and I don't do any work for that department, I won't be doing it. It isn't my job. Made it clear to each department that they can work on their own scope of work.

August 20, 2025

- The ATV was fueled.
- I had asked for the budget work for the dam that the ARUC operators are working on, it's understandable now that work is scheduled.
- The solenoid for the Polaris 570 failed and will be ordering parts for that repair. An inspection was carried out and found that the starter brushes failed, and apart from another vehicle will be removed and installed on the Polaris 570 to have it up and running.
- A salvaged wheel was made into a dolly for shop use instead of being dumped.

August 21, 2025

- Billy Joe and Brian installed the buddy bearings onto both trailers, and will continue with repairs to the faulty brushes.
- Parts for the Polaris 570 were ordered, a new starter, and a price quote from Partzilla and Amazon were received and will be comparing prices.

August 22, 2025

- Billy Joe and Brian hauled radiators to the dump for AVEC this morning and the trailer has the boards being worked on.

August 24, 2025

- AVEC had a scheduled power outage from 1:00 pm to 4:00 pm today for the standby generators oil filter, fuel, and air.

August 25, 2025

- The crew is off for today, I received the previous funding for the road maintenance department. The resolutions for the funding wasn't received yet, from BIA, and haven't for the last 3 years. Once that is completed, our council will need to accept it, and a drawdown will need to be done.
- The side-by-side was rented out to GCI/UUI for four (4) days for work that needed to be done.
- The AVEC electrician, Ryan, will be leaving and Daniel will be arriving to take over the work that Ryan has been doing.

August 26, 2025

- **Weather forecast:** *Rainy, windy day.*
- Brian and Billy Joe fueled the ATV for the week.
- We will be assisting with the reservoir when help is needed. Vegetation will need to be removed from the reservoir and hauled once removed.
- After renting out the ATV for a day, the GCI/UUI workers decided that they needed a bigger vehicle to use for the work they are doing, so the ATV was replaced with something larger than what they wanted. Poles that have issues are being removed by the GCI team, and the UUI workers were contacted after work hours for a reported low-lying, dangerous, wire along the main roadway.

August 27, 2025

- There is an oil drip on the side-by-side, it was brought to the shop to see what is causing the oil leak. An inspection was done and found a loose filter cover, which may have been causing the oil leak, so another gasket was installed to see how it works. The work crew assisted with the work done this morning. The gasket that was put on was tested and it's still dripping, it could possibly be from a when a screwdriver was used to try to pry out the problem.
- GCI is renting the loader to haul batteries from the location they were originally at, to the airport to be shipped out.

August 28, 2025

- The excavator was brought up the reservoir but was brought back down, they didn't need assistance, but will be assisting them when they need it to remove vegetation along the route. Once they need assistance, we will be up to remove tree stumps along the creek bed. Once the debris is cleared from the reservoir we will be up to assist with their scope of work.
- The 30-amp breaker was installed using the plasma cutter and will be focusing our work on that until it is completed.
- Steelhead GCI was invoiced for hauling batteries to the airport, that were shipped with Ryan Air.

August 29, 2025

- Billy Joe and Brian assisted with removing vegetation and hauled truckloads of bushes there were removed inside the dam to the dump. The D4C was used to remove sections where bushes were unfinished. Next week, the unfinished route will be taken care of-scraping bushes along the creek bed and hauling bushes to the dump.
- The ATV that was rented out is still being in use and will be brought back until the work is completed. The equipment keys are needed for my work group, mainly the CAT keys, which need to be purchased. It's getting irritating that they borrow equipment, this isn't the way to use them. An amazon quote for an extra key was received for additional keys needed.



Happy Fall y'all!

September 2025

September 2, 2025

- The D4C and excavator were fueled this morning, after fueling the D4C had a pin welded, to secure it in place.
- GCI was emailed with an invoice for the rental of the ATVs today and was resent, as they haven't received the first email.
- The River Ranger's outboard oil and filter were changed by their river rangers today.
- Assisted with removal of vegetation near the reservoir (water dam) site, hauled bushes to the dump site. We will continue to assist them until the reservoir bed is completed, and two (2) truckloads of branches were hauled to the dump that were removed from the creek section.
- W-9s will need to be completed by us.

September 3, 2025

- **Weather forecast:** Windy and rainy, rainstorm weather.
- Billy Joe assisted the River Rangers with their motor starter.
- We are waiting on a quote from N.C. Machinery and payment for the parts requested. A request was rewritten for the D4C parts.
- Our work ATV had oil drained from both front and rear differentials and replaced. A diagram was received along with a quote for the starter's cost.
- The grader had an inspection done for the hours it ran and any other faults it may have.

September 4, 2025

- Billy Joe assisted with the motor's starter this morning, by swapping the parts out from another.

September 8, 2025

- Billy Joe and Brian graded the roadways that had potholes this morning, using the D4C. With how it's been raining so much, there are some sections that have more potholes than others.
- One of our work ATVs has to have the handlebars adjusted, due to a crash or some other accident that happened. Adjustments will be made so the throttle can function properly.
- There is a scheduled AVEC power outage for September 13, 2025, from 5:30 pm to 7:30 pm for an oil change. Ryan is supposed to be returning by Friday and will need the loader and loader operator to move new radiators into place. Once that's completed an invoice will be sent to them for the work that was done by my crew.

September 9, 2025

- Billy Joe and Brian fueled the ATV this morning before sweeping and organizing the shop this afternoon.
- AVEC had assistance lifting and placing those huge fans onto the deck, as requested by their welder, Daniel. An invoice will be sent to them for that work.
- The handlebar for the ATV was straightened.
- Funds for road maintenance were received and will need to be budgeted for that purpose *alone*. And will be used for erosion and point roads, where gravel will be added until the water doesn't wave over the roads during high windstorms. Sections that were never tended to will also be graded, and to continue the work that needs to be done. Once the drawdown is completed and budgeted, the funds will be used for these specific purposes.

September 10, 2025

- **Weather forecast:** *Windy today.*
- Brian changed the oil on ATV number two (2) and nine (9) this morning.
- The D4C was used to make slight berms along routes today.

September 11, 2025

- **Weather forecast:** *Cold and windy.*

September 12, 2025

- I completed the 8V1 budget this morning and had included another section for work, which will need to be budgeted for 2026 and will hand it to the council for approval for the work the road maintenance crew will be completing.
- The excavator was tracked and mud crust was cleaned.
- A request was put in for subsistence hunting next week, hopefully the weather will cooperate.

September 17, 2025

- Brian had fueled the loader.

September 18, 2025

- Truckloads of gravel was hauled to the dumpsite.

September 19, 2025

- River Ranger ATVs trip 321.0, O/DO 1854.
- Material for AVEC was hauled from the airport to the site by Billy Joe.
- Four (4) loads of gravel was hauled to the dumpsite.

September 22, 2025

- AVECs basic pay was completed.
- The furnace is out of fuel.

September 23, 2025

- An invoice was made and faxed to AVEC for assisting with material that needed to be hauled.
- The work ATV as fueled this morning.
- Thirty (30) gallons of fuel was requested for the building, the request was approved and fuel was pumped.
- AFG&D fish counters arrived yesterday and stopped by the office this morning to inform us about the surveys they will be doing throughout the community.
- Brian will be wiring the 30 amp for the plasma cutter and will try to complete that for today.

September 24, 2025

- **Weather forecast:** *Nice, calm, sunny weather.*
- Billy Joe will be moving radiators and glycol at our plant site this morning.
- The excavator was warmed up and put to use to lift the radiators into place, and will be assisted by the loader and the loader operator. Work for that was faxed into the office today.
- I still have yet to find the correct type of brand for the breaker to make an order.

September 25, 2025

- **Weather forecast:** *Nice weather this morning.*
- Three (3) truckloads of gravel was hauled to routes that had potholes and to intersections, along with the route to the school.

September 26, 2025

- Brian and Billy Joe are working on taking the compactor apart to reach the starter brushes and inspect them to see if there is anything wrong with them or if they're failing. The solenoid was causing the battery to die, it was operating properly two (2) weeks ago, the starter has a clicking noise when turned on.
- There are ATVs that don't have keys, so the recently hired Tribal Police Officer will have to idle his ATV until a key is found.
- A quote for the solenoid starter will be sent to Bobcat, which is located in Juneau, to order a replacement starter.

September 29, 2025

- The shop heater needs fuel, along with the ATVs, but requests haven't been approved yet due to the Administrator not in the office to authorize the purchase requests.
- I had given Bobcat a call for the solenoid starter quote and they informed me that they are still working on getting it ready for us.
- Clinic vehicle was run to hold the batter up during idling.
- Culverts were marked before winter so they can be reopened and drained in the colder months.

September 30, 2025

- Gravel was hauled to sections of routes that were low. Four (4) trips were made to cover sections that needed coverage. Due to high waters, the gravel was lost along the beach section, and hauled to the church area, Elton's area, and the lagoon area.
- At a public meeting I presented work that was done for road maintenance for the year.
- The tribe will be getting a new truck for the road maintenance department.



Indian General Assistance Program (IGAP) Coordinator Report- Joseph "Ozzy" Friday

Hello fellow residents of Goodnews Bay!

The past few months as the new IGAP Coordinator has been a new experience for me but definitely nothing out of the ordinary. Years back, I was alongside my mother who use to work the same position I'm working but back at my hometown. During that time, I didn't know I was unexpectedly preparing myself to one day, be in the same shoes as her. Pretty cool how somehow, someway, I find myself connected in the same field of

work. With that said it's such a privilege and a honor to be able to utilize what I've learned over the years and give it back to the place I call home – Goodnews Bay.

When I got hired here, I was able to get on track and pick off what was last being done from the previous supervisor(s). Not long in I got to attend training in Dillingham specifically for backhaul which I hope to one day get to help with to keep our landfill not so overwhelmed with too much. With that said, I familiarized myself more into this position and took action to be in this leadership role which overlooks a couple departments; the landfill & river surveillance crews.

First of all, I'd like to give updates on the landfill side of the department. Before I was hired the tribe hired three temporary landfill laborers specifically to help the current full-time landfill custodians improve the landfills quality. And to name a few improvements, the crew was able to clean trash all around the dumpsite as well as beyond it, clear the drainage, move and organize it, and get in tune to a fixed schedule that would keep the landfill from getting out of hand and also continue to help locals and elders with dumping there trash. Also, in addition, I'd like to say that without the help of the Road Maintenance Crew this would have made this task more strenuous than it already was. I can also say that I'm looking forward to an upcoming project that was recently awarded to fencing Contractor, Northwest Barriers. They will be constructing the new fencing that would replace the temporary fencing that's currently there. And they plan to start next spring or summer of 2026. With all that said, we are thankful for all that played a role in getting the dumpsite cleaner, safer and more accessible for everyone.

Secondly, the "River Rangers". The crew has continued to keep an eye out for any suspicious activity and update or inform the tribe what they saw or seen when patrolling the river(s). Keeping an eye on our rivers is a must and definitely makes an impact to not only their lives but to the community as well. Our river is a treasure that brings foods and native goods that are shared within the lives of the "River Rangers". To continue to keep an eye on it during the summer season is a must due so it being such an active role in tourist attraction. The Native Village of Goodnews Bay is honored to be able to contribute that the safety and well being of the Goodnews Bay River(s) is monitored and overlooked to prevent and unlawful actions that would contradict its purpose. The season has come to an end for them and thanks for always being on our river(s), whether it was rainy, sunny or windy.

All in all, I'm grateful for all the work that's been done and accomplished in this department lately and now look forward to the new fencing project for our landfill. I will continue to seek for any opportunities that will benefit our tribe and community that will bring a safer, cleaner environment in all aspects.

Marine Debris Coordinator Report-Alice Julius

Marine Debris clean up started June 9, 2025, with only 6 kids who picked 96.1lbs of trash, and picked every week until August 30, 2025 picked up 53 lbs. total pick up 1066.2 lbs. of trash. So, I decided to do something different in September, to have kids go be educators for their people, and be responsible for their assignments, they were told that IF they lost their paper they would have to start over, there were some kids that did and had to come get another. They were to learn to be responsible for their assignments. I noticed that the kids that didn't sign up in school were the ones that handed in assignments which made me realize that there are silent outgoing people that do things behind the scenes,

We picked up paper, plastic, bikes, buckets, roofing material, and old nets that they had to dig out, fighting and digging the ground to take out the net covered with dirt and sand was an all-day thing. Their team worked to get it out of deep sand and mud cover.

Kids towards the end of picking up were excited to pick up, but with little trash to pick up I decided that they would leave a long-lasting footprint, a memory and idea of how they had and will have made for themselves and others around the village.



Back in the days we had our children make videos, signed and stopped styro products, and now this in the new day these kids went around and be educators to people with hope that they will remember their signing a paper stating they will be better stewards of the land.

We hope that these kinds of things will enhance the ability to learn from the choices we made to our land, and waters, not to mention that what we do around us can affect and have an effect. Without these kids making a difference in the choices we made.

We all learn in different ways, most of the time by seeing and doing, and hands-on experiences do make a big difference in all we do because the animals cannot comprehend the difference between food and trash. We can all make life a little bit easier, we already have made a difference to the world around us. From showing kindness to others and to the world around us. Afterall we are all teachers to those we cross paths with each day.

I learn something every day and I make lots of mistakes to in my daily activities, especially though my thoughts, words and actions but since we live daily it's to help us to fix our mistakes and to make better choices the next time also to share what we have learned from those around us, what we have read or what we have learned the hard way as to pass these on to those that are still leaning and getting wiser from the wisdom teachers and seekers.



Understanding the Link Between Emotional, Mental, and Physical Health

How we feel emotionally, mentally, and physically really does affect how we handle daily events, daily chores, and how we interact with others around us. This is where taking care of your *mental* and *physical* health come in play to help us function at our best for our day-to-day events, meeting challenges, and working towards an important goal.

What is emotional wellness?

Ever wonder why you're so stressed out at work, irritable, and it's just hard for you to concentrate? Emotional wellness helps us control our thoughts, feelings, and behaviors, helps keep problems in perspective, bounce back from setbacks, and cope with challenges. If your emotional wellness isn't in check, it can negatively impact how you perform.

Here are five (5) examples of how organizations and companies improve the emotional wellness for their employees:

1. **Raising awareness of emotional benefits and resources such as** mental health counseling, addiction counseling, and encouraging them to seek the proper help they need to help their emotional well-being.
2. **Allowing employees to take “mental health days”;** similar to physical illnesses, it's important to take time off to rest your mind and allow yourself to take a break from screens.
3. **Relaxation techniques such as** practicing deep breathing (*inhaling for 4 seconds, hold for 4 seconds, exhale for 4 seconds*), yoga, and several other techniques we will be listing in this article.
4. **Encouraging employees to stop multi-tasking;** this can lead to increased stress and frustration, effort and pressure that leaves employees feeling drained, which leads to poor productivity ability and emotional distress.

What is physical wellness?

Physical wellness is about getting the exercise you need, eating a proper diet, getting at least seven (7) to nine (9) hours of sleep, and maintaining a healthy weight. Instead of trying to overwork yourself, causing physical burnout, you can.

1. **Take needed breaks throughout the day.** You may not feel tired but by the end of the day, you'll be wondering where did all this exhaustion come from?
2. **Stretching and walking.** Those with office jobs should be encouraged to stretch and take walks. A ten (10) minute walk will increase your mental alertness, increase energy levels, and boost your mood.
3. If you work in an office, **make standing desks an option.**
4. **Avoid a culture of workaholism,** where employers pressure employees to work long days.
5. **Take a vacation or time off.** This will be the time to focus on doctor's appointments, visiting family, or to get away and unwind.
6. **Exercising** and trying new exercise techniques.

So why is mental health so important?

Mental health is important because having a healthy mind helps you cope with the stress of life, helps you become physically healthy, helps you maintain healthy relationships, helps you make meaningful contributions to your community, work effectively and productively, and you will be able to realize your full potential.

Aside from the importance of mental health, you can improve the way you think by;

1. **Staying positive.** I know it's hard to stay positive with negative emotions or feelings there. You can take a minute or two to *allow* yourself to feel those negative emotions, once they pass you can start to focus on the positive things in life. You can also take a break from negative information such as reading about news or watching news.
2. **Practicing gratitude.** Practicing gratitude helps you focus on all the positive things in *your* life and one way to practice gratitude is by listing three (3) things you are thankful for every day, and gradually making your way to have ten (10) things you're thankful for.
3. **Taking care of your physical health.** The connection between physical health and mental health matters, so taking care of your physical health is important and you can do that by;
 - a. **Being physically active.** Being physically active and getting daily exercise can help reduce stress and boost your mood. Taking a daily ten (10) minute walk will help boost your mental alertness, increase your energy levels, AND boost your mood.
 - b. **Getting enough sleep.** Becoming and being sleep deprived for a long period of time can lead to depression, so getting at least seven (7) to nine (9) hours of sleep will help keep both your mental and physical state positive. Taking thirty (30) minute naps will also improve your energy levels and help keep you alert.

- c. **Eating healthy.** Living in a rural area it's hard for any of us to have full access to a grocery store to incorporate healthy foods into our diet, so removing sugary foods can help improve your physical activity as well. I thank the land for the abundant supply of native food our land has to offer that we can gather and store. Plants such as buttercups (*kapunkaraat*), beach greens (*it'garalget*), marsh marigolds (*allngignuat*), fiddle head ferns (*cetugnat wall' ceturqaaraat*), sea loquat (*mecugelugaat wall' mecirtulgaat*), sour dock and mountain sorrel berries. Brain foods that are packed with a variety of carbohydrates, proteins, and minerals such as; *quinoa, millet, beets, sweet potatoes, chicken, meat, fish, eggs, soybeans, nuts, seeds, and flaxseeds*.
- d. **Avoid drugs and alcohol.** Stress and depression may get to you but it's best to stay away from drugs and alcohol in times like that. The use of alcohol and drugs may provide temporary relief but can also impact your mental and physical health negatively.
4. **Connecting with others.** Spending time with family and friends, reaching out to those you trust the most, and attending support groups helps us stay connected with each other and also help us deal with the stress of everyday life, attending events and activities will also help us focus on what we enjoy the most.
5. **Developing a sense of meaning and purpose in life.** You can develop a sense of meaning through your job, volunteering, learning a new set of skills, or exploring your spirituality.
6. **Develop coping skills.** You can develop coping skills that can help divert your focus on the problem such as *expressive writing, painting, coloring, working on a puzzle, taking a hot steam, subsistence gathering, and much more*.
7. **Relaxation techniques.** You can train your body to produce natural relaxation responses and focus your attention and awareness on the relaxation technique you are using. Below is a list of **relaxation techniques** you can try.
 - a. **Meditation.** A mind and body practice where you focus your attention and awareness on your body and breathing and usually involves;
 - i. **A quiet location with few distractions.**
 - ii. **A specific, comfortable position such as;** sitting, laying, walking or other positions.
 - iii. **Focus and attention.** Focusing on a set of words, an object, or your breathing.
 - iv. **An open mind.** Where you let your distractions come and go naturally without judging them.
 - b. **Progressive relaxation.** Using your mental imagery or breathing exercises to tighten and relax different muscle groups.
 - c. **Guided imagery.** Where you put your focus on positive images in your mind to help you relax.
 - d. **Biofeedback.** Where electronic devices are used to control certain body functions such as; breathing, heart rate, and muscle tension.
 - e. **Self-hypnosis.** The goal is to get yourself to relax in a trance-like state when you hear certain suggestions or see a specific cue.
 - f. **Deep breathing.** Where you focus on slow, deep, even breaths.

There was a time when work seemed to overtake my life and I didn't have the time or energy to do the things I loved doing. My physical health spiraled down and I began to lose weight, the mental burnout was exhausting where even thinking of one chore tired me out. The personal time off I took when I worked for that organization/company wasn't enough to recharge how burnt-out I was. After being terminated from that position, I was finally able to relax and rest my body and mind. The amount of sleep I had gotten, even if I slept all night, began weighing me down and lead me down the path to depression.

By connecting with others and gaining a new set of support, attending groups when my mind gets heavy helps me to release some of the stress and frustration I am feeling. I also bead, paint, or read, and when he feels like we need an outing, my companion is up and ready to help get the fresh air and exercise we need on these outings. I am also learning to take much needed days off when my body tells me to.

I continue practicing daily gratitude and incorporated affirmations as well and have been doing so for the last couple of years. I've noticed that my thoughts gradually became positive and I've also learned a new set of coping skills and relaxation techniques that I've learned at our recovery camps.

Taking care of your body and mind will help you focus and work more effectively and productively and help strengthen relationships with those around you. To be the best you, you need to do what you can and you won't be able to do that when you're feeling too stressed, frustrated, and unable to concentrate. You're worth the investment and the way you speak to yourself matters. So, be kind to your mind, it's what keeps everything functioning properly and remember to feed it positive words, the positive will start to come out.



Native Village of Goodnews Bay

Traditional Village Council

P.O. Box 138

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Goodnews Bay, Alaska 99589

Phone: 907.967.8929

Fax: 907.937.8330

Email: goodnews907@hotmail.com

Hours of Operation

Monday thru Friday • 9:00 am to 3:00 pm

Job Listings

- **LOCAL Tribal Police Officers (2 weeks on, 2 weeks off)**
- **Dump Crew ALTERNATE**
- **Janitor/Maintenance**
- **Tribal Clerk**
- **Tribal Administrator Assistant**
- **Dump Site Clean-Up Crew**
- **Chief Financial Officer (CFO) ALTERNATE**
- **Jail Guards**
- **Network Administrator**
- **Janitor ALTERNATE**

Applications can be found at the Native Village of Goodnews Bay Tribal Office

Relax and Unwind

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Difficulty: moderate

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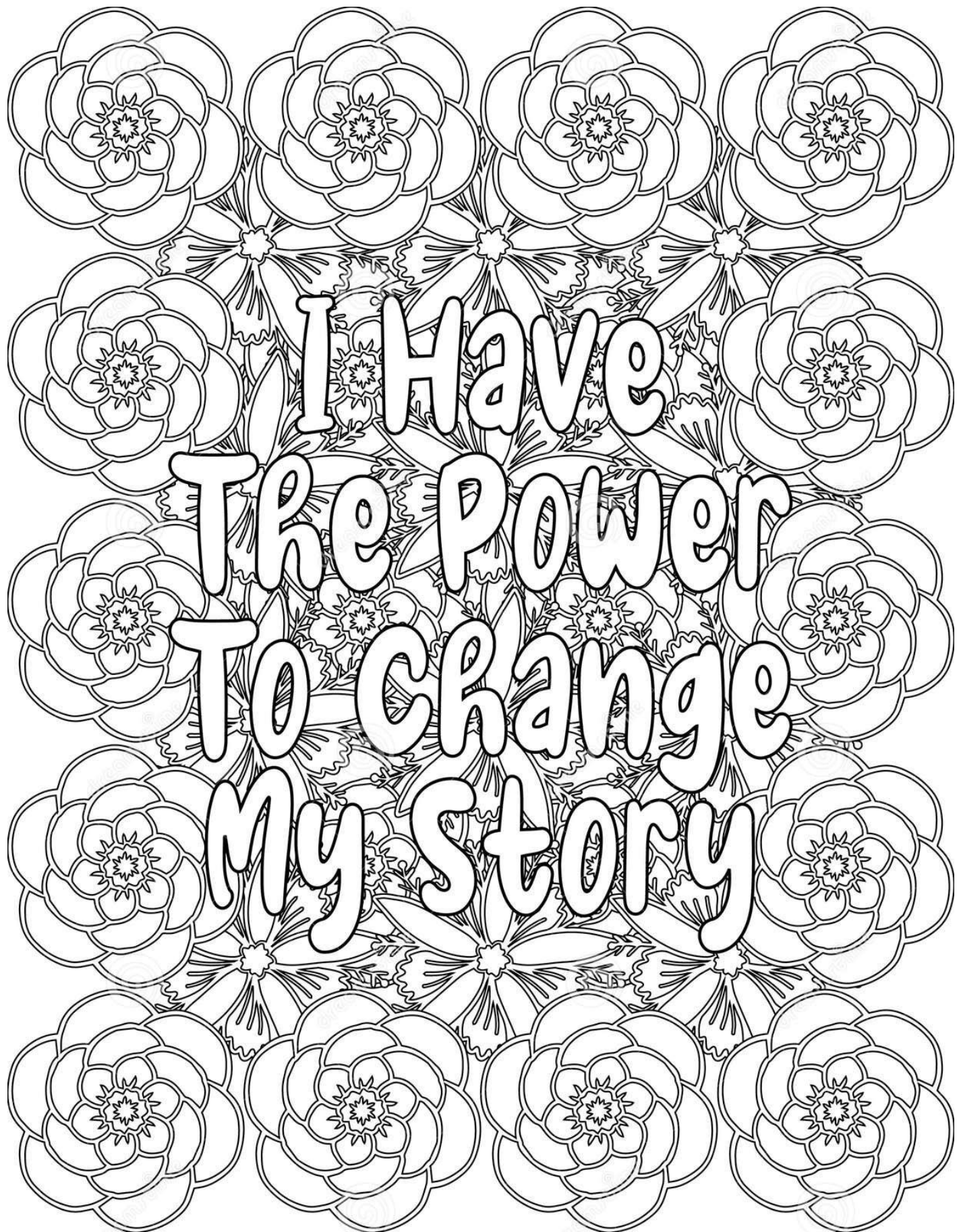
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The Power
To Change
My Story

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- Quote by Mahatma Gandhi: <https://www.lycoming.edu/community-service/community-service-quotes.aspx>



"You must be the change you wish to see in the world." -Mahatma Gandhi