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# How Humboldt County Native Populations Reacted and Rebounded from COVID-19

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## Transcript of Interview with Karuk Chairman, Buster Attebery

Collin: Hi there, Mr. Atteberry.

Russell Attebery: How are you.

Collin: Not too shabby how about yourself.

Russell Attebery: I'll close my door, so I'm not bothered.

Collin: Sounds good, sounds good. So, thank you so much, I really appreciate your contribution, obviously it means a lot to also include a, you know, chairman in this project as well. So just so I can put it on the transcript, do you mind just real quick introducing yourself and tell us kind of a little bit about your role within the tribe.

Russell Attebery: Sure. So Ayukii, hello everyone, my name is Buster Attebery, I am the Karuk tribal chairman. The Karuk tribe being located up in Northern California just below the Oregon border. I have been chairman here for 12 years, going on my third four-year term. And before that I was a teacher and a coach at Happy Camp high school. And before that, I attended Humboldt State University and completed their teacher education Program. And received cleared lifetime teaching credentials from Humboldt state so. Umm Yes, honor to be here, thank you.

Collin: Yeah, so as we kind of talked about a lot of these questions are going to be COVID centered and that's just mostly because the project itself is Humboldt in the time of COVID but if there is anything else that you want to touch on that is kind of, COVID related or even just like kind of happened under that umbrella feel free.

Russell Attebery: Ok

Collin: But I guess the first question is specifically in the kind of... In the months leading up to the first lockdown there was a lot of misinformation flying around you know kind of seeing a lot of the pandemic hitting other countries before it came to the US specifically. What was your tribe's reaction and kind of actions leading up to the first lockdown if you can recall?

Russell Attebery: Sure. Obviously, it was one to err on the side of caution, we wanted to... We didn't know that much about it and then. I think, for most tribes, the first thought was our elderly and how do we, how do we protect our elders for the Karuk tribe and many other tribes. Things like our language and some of our ceremonies in our culture still lies in the minds of our elders. Some of them are still trying to be revived and saved in particular, our language. Most of our fluent language speakers are elders.

Russell Attebery: So, when COVID hit that was the first thought, is to how do we keep them safe, what precautions can we take to help them, whether it be deliver food, telemedicine. And anything like that but our focus was on our elders.

Collin: Out of curiosity kind of in the same vein of just trying to maintain the culture, through your elders, is there any like COVID programs that you maybe started or? Kind of... I don't know, thought about instating regarding like Zoom cultural traditions, because I know a lot of

like, as we saw, a lot of like worldwide traditions and cultures that are in person kind of got put on hold, like. You know Christmas or what like holidays and that sort of traditional gatherings. Did you guys have any difficulty with that? Or was it a lot of more, just like in person, but socially distant.

Russell Attebery: Well, first thing we did was we set up a COVID team, and that team included council members, our healthcare workers, our health CEO. We had a young lady attending John Hopkins University she's Karuk Tribal Member and she was on there, so you get you know, we could get information straight from John Hopkins University.

Russell Attebery: Our COVID team followed the Federal and State guidelines very closely. Obviously applied different scenarios to Siskiyou county and, for the most part Siskiyou county we've done pretty well up here.

Russell Attebery: Better than expected I'll put it that way as far as COVID But the COVID team did help a lot.

Collin: Now out of curiosity the kind of the member of the tribe, that is a John Hopkins graduate.is she working in health? Or is it more just like she was there, she was able to get [information] firsthand.

Russell Attebery: She was working in health, and I want to say at that time she was actually a Post-doctorate, so she was she was teaching a class at that time too, so. yes, very much inside information which is great.

Collin: Yeah, definitely helps to get ahead of the head of the issue.

Collin: Now kind of before that, I'd say kind of prior to the COVID team being created and whatnot did you guys kind of get any first notice about a coming lockdown? Any first notice about the pandemic? Or were you like most of us kind of caught a little bit off guard?

Russell Attebery: Yeah, I think everybody was caught off guard a bit.

: Because I would say we. Because we're very rural is probably the biggest reason why.

I know, at one time we felt like we was very lucky when it seemed like all around us was that many cases and we're doing ok. And that even that some, but, again, being rural helped us to keep the cases from passing on. And doing our due diligence with the masks and social distancing and large crowds.

Collin: So, the rural kind of location gives you guys a little bit of like, insulation almost from the outside, issues.

Russell Attebery: Yeah, and we altered our workplace. We did stagger.

Russell Attebery: Course when it first, the COVID first hit we had people work from home if they could. Those essential workers that need to come in to keep operations going did and

So, in our fiscal department we had to keep certain people there and they did staggered shifts, and Some came in on Saturdays and took off different days, so we didn't have, you know a lot of people in the workplace, at a time.

Russell Attebery: So, the Karuk tribe down in Happy Camp, we also got the double whammy because in 2020.

Collin: You had that happy camp fire correct?

Russell Attebery: Yeah, the fire and the tribes did receive some you know some COVID funds and luckily, we were able to justify getting some trailers for the fire victims, so they'd have a roof over the head for the winter.

Russell Attebery: By [classifying the trailers as] non congregate housing, the trailers would serve as non-congregate housing for.

Russell Attebery: That too many of our tribal members and Community Members were staying with family or congregating in a campgrounds or RV parks, so this gives them an opportunity to have a trailer where they can be non-congregate.

Collin: And you said you were able to justify that through the COVID funds that you were able to acquire?

Russell Attebery: Yes, because they were COVID funds, yes.

Collin: Ok cool so that was also kind of my next question, was there any sort of support or any programs that was started by the government that would be able to help you guys, but I guess that kind of answers that question. But if you have anything else to add, go ahead.

Russell Attebery: Well, with the COVID funds, we were able to do a disbursement out to our tribal members.

Collin: Disbursement as well?

Russell Attebery: Disbursement as well yeah, and then the ARPA funds also provided that. But you know, it was also provided us with funds for emergency services and other programs as needed. Obviously, whenever you apply for anything you have to show justification of the need.

Collin: Yeah.

Russell Attebery: Which was fine, and the needs were plentiful this last couple of years.

Collin: Yeah, that's for sure. Now I have done a good amount of reading on the Happy Camp fire, and I read that there was a little bit of difficulty in the sort of support system because of COVID. So, like the fire obviously destroyed families' homes and to ridiculous extent. But like I also read the support systems like where you guys were giving out food and supplies and stuff like that had a little bit of a... Just difficulty kind of with the COVID guidelines is that true? or was that more just...

Russell Attebery: Why, I don't know if I classify as difficulties, I would say adjustments yeah. Adjustments need to be made. Different needs, different personalities you know, and I say that because talking about people that; On top of COVID had some devastating, you know, lost everything but the shit on the back so. Yeah, I would classify it as making make adjustments for people and their needs.

Collin: Now I did have a question about like any amount of pushback, whether it be kind of the first lockdown from 2020 to 2021. Has there been any pushback within the tribe? Not necessarily you know Council members or the tribal leadership, but like more day to day push back on like, whether it be vaccines masks anything like that.

Russell Attebery: So, they Karuk tribe, we operate three clinics one Happy Camp, one Yreka, and one in Orleans. We were able to get the necessary vaccines and administer those. It seemed like in a timely manner.

Russell Attebery: We were, we have had pushed back in this, and maybe this is pre-COVID. Is, we like to, we need to expand our clinics.

Russell Attebery: We need some more providers; we have to refer quite a few people out. We serve nonnatives as well as native, as well as tribal members. Matter of fact probably 55% is nontribal.

Collin: Interesting.

Russell Attebery: And so yeah, we do we do that, ummm... I lost track of the question, there.

Collin: It was just more so, like if you had any pushback regarding like mandates or regulations

Russell Attebery: Oh, for pushback. [We did] on land trust issue, so in order to provide more housing or expansion of clinics that sort of thing you need to be, you need to put some land in the trust and whenever we want to put land in the trust within the county it is very difficult.

Collin: Gotcha, gotcha. yeah, I also kind of brought that up because one of my friends, he works at UIHS, United Indian Health services and he services, a lot of the Humboldt county and he said by and large, for the for the most part. A lot of the pushback doesn't come from the native population, it comes from nonnatives in the native, like tribal land and I was just curious if that was like a similar sort of pattern.

Russell Attebery: It is, it is. It's been ongoing with the county is that [they have] been difficult to work with.

Russell Attebery: Yeah, the city has been better although they did oppose that land trust parcel that I was talking about, point nine acres and they opposed that but, but lost and w[e were] able to expand that. Since we have a business in Yreka now the city has, and since it is in the city limits, so we work with city pretty well. yeah, we hope to be able to work with county it's a work in progress, right now. Many issues you know, water issues, land issues that sort of thing so.

Collin: A lot more infrastructure right now I'm assuming.

Russell Attebery: Yeah.

Collin: And I'm assuming that's also mostly, as a result of the fire correct and less so COVID or is it a little bit of both?

Russell Attebery: No, the water issues have been ongoing for quite some time.

Collin: Years?

Russell Attebery: Yeah, we're trying to tend to coexist and see if we get enough water for the farmers and enough water for the fish. I think preparation was inadequate. You know, all of a sudden, we're saying gee we're running out of water, now we're pumping out water from the aquifer system, what happens if we drain that. You know, we shouldn't have gotten to this point, we should have been able to. An issue with the tribes is we've been working on co-management Program. Where you include tribal ecological knowledge into the equation, you know, for one, the fires that we've had.

Russell Attebery: I mean best practices you know, tell you that the indigenous people that lived along Klamath river, used fire for thousands of years and we never had these devastating fires that we have nowadays. So, hundred and 20 years ago they outlawed the use of fire. The way the people did it up here and would actually put them in jail if they if they tried to burn it off and So they quit doing it, and obviously the results we have now is the underbrush is grown so thick that they can't get it out so.

Russell Attebery: The Karuk tribe has a climate adaptation plan included in there is and you can find that on our on our website. And you know, including in there is, the when and why and how to use fire.

Collin: As prescribed burning.

Russell Attebery: Yeah

Collin: Well, as we kind of saw throughout the pandemic, especially during like the first and second lockdowns you know in, like, I believe it was like April to June or May, and then the secondary lockdown and last December.

Collin: We saw a lot of supplies get depleted very quickly, I mean like not just, not just like the toilet paper and that sort of stuff that you always saw but like also like masks and gloves hand sanitizer like the things that we need to survive in a pandemic, did you guys face any of that? I know you mentioned that you guys are a little bit geographically insulated, so were you also insulated from that or was it more.

Russell Attebery: No, we were experienced that also. They have the local grocery store here and all the supplies were down. And a lot of times people from our area will travel to Yreka or Medford to do their shopping and it was the same way there so yeah there was some hoarding going on for a while there.

Collin: Yeah, there was. Now, did you guys... to what extent do you guys like, I would say to what extent, did you guys struggle in getting back to "normal" as normal, as we are now. Like I

know you mentioned, you know staggered scheduling and kind of as we are in December 2021 the pandemic has obviously been ongoing. Have you guys kind of established kind of balance right now? or are you guys still having some issues within the tribe? or even like in your office?

Russell Attebery: So, we are... everybody's back to work, they have been, and Siskiyou county actually went into a very moderate tier here month or so ago. they since fell back into a more extreme tier I think some of it the same as Humboldt county now but anyway, they. yeah, we've followed the guidelines pretty closely again we have the COVID team.

Russell Attebery: That checks on it. Our business, our casino business we shut down for a couple months, like everybody else and I think we're one of the only ones, now that shut down... I won't say only ones I think Trinidad over there, does it, but anyway we shut down at three o'clock in the morning. sanitize everything and open back up at night and morning so it's not 24 hours. And we still do all the temperature checks and I know some of the other ones don't. We actually went back to the mask requirement. So, we've been pretty diligent about you know erring on the side of caution that's for sure.

Collin: Definitely you're one of a couple of the groups that are doing it by the book I'd say. I guess the couple like I only have like four or five questions left but um I was just curious. Obviously, the fire kind of depleted, a lot of the resources that you guys had even during COVID, but did you guys face any funding issues besides the kind of COVID fund that you use to get those trailers? or was it pretty easy.

Russell Attebery: Well, it's never easy, it always takes a certain amount of administrative work to. to get these we actually contracted that with a couple new grant writers. And then, of course, you face the capacity issues, once you get these grants and you know who's going to administer them. I think everybody went through the time period where the government was increased the unemployment and was some relief funds in there and there for a while people weren't willing to go to work.

Russell Attebery: So yeah, we're, we're hanging in there with it. Like said, our businesses is doing well and I think we're proud of the fact that we are putting safety first.

Collin: Yeah definitely. I guess easy was not the best words, I think, in bureaucracy nothing's really easy, but easier I'd say maybe.

Russell Attebery: Yeah, so we did have some good opportunities.

Russell Attebery: Obviously, with the ARPA fun the COVID funds and then our funds we were able to use those funds. These there's a tribal nations grant funds.

and they give all the California tribes monies from what is call a revenue sharing trust fund. Casino tribes give money back to the smaller casino tribes.

Russell Attebery: And so, and then the tribal nations grant fund formed an emergency services where you could apply for \$100,000 through this program. Very they were very flexible because of the COVID and because of the homelessness and that and the quarantine efforts and all that. Sometimes you need to get rooms, so we was, we applied and was successful three times to that.

it's still available to California tribes. I'm actually on the panel that decides, and you know we haven't turned down the applications we've helped tribes with that really don't have the administrative capacity to do that we've helped them get through the application process and set up some projects so.

Collin: Interesting, really cool. Now, regarding the kind of differences and I guess the revenue sharing fund was an emergency services fund. You said that you guys haven't really denied an application. Could you give me an idea of the sort of like programs that you guys pass or like help create with that fund besides, obviously, like the COVID team or whatnot.

Russell Attebery: yeah, so anything that is COVID related. so, we know we purchase trailers for people that were displaced by the fire. Well, along with those you know, you need that they need to have skirting, they need to have maintenance, then so we were able to secure a contract and get a grant for a contractor to service those trailers. So, if it was elders you know they wouldn't have to go out and work on it, they just call somebody, and they'd come fix it. And to help keep the propane tank that full so they'd have electricity and power.

Collin: So, a lot of infrastructure, support I'm hearing.

Russell Attebery: Yeah, a lot of educational support and the fact that we purchased quite a few Chromebooks, computers, laptops. Obviously, there was a lot of online learning at that time, so we were able to make sure every student had. An opportunity to do the online learning. And then of course we had our elders' programs. We normally have our senior nutrition site and we have lunch every day for our elders that they used to come down and delivery, so we deliver the lunches now.

Russell Attebery: We tried to keep, you know, as many kids' programs as going. That was more difficult all when the gyms were shut down and that sort of thing but yeah, doing what we can

Collin: I guess, this is a little bit off topic, but the just reminds me of my friend, like I said he works at uihs he recently switched positions so now he's working on a lot of outreach for youth and like he has this program where they're dropping off like arts and crafts supplies and then they have like a meeting for like an hour on a Saturday, where they make like a drum or something like that, and it just reminds me a little bit of that.

Collin: And then I guess, has there been any cultural traditions that have kind of fundamentally changed, at least for right now. Like anything regarding just specifically the tribe or that sort of thing?

Russell Attebery: um no.

Russell Attebery: None of it has changed, other than landscape, a little bit some of our sacred trails. But you know again those lower lying areas those foothills, if you will, they were always burned off anyway that's.

Russell Attebery: That was part of the tradition up here the community people would burn off the lower areas and then. To protect them from fires, and then they would let Mother Nature take care of the higher country. So, so it was it was burned off anyway, so as far as the fires and the



way we make our baskets. The bear grass it needs to be a burned. So Probably not that high intensity burning like we had but [chuckles]. So, we did keep an eye on, and we did get a good response if we alerted the forest service or fire crews of culturally sensitive areas, and whether or not they had if they didn't have to for public safety reasons to bulldoze through that place than they didn't. So that relationship was really good.

Collin: So, a little bit of mutual respect, on both sides.

Russell Attebery: Yes, yes.

Collin: Okay, well, I guess, I have just one more question and then, if you just wanted to touch on anything else that I haven't mentioned feel free, but the last question is do you guys see yourselves making any more long-term changes as COVID continues for however long it continues?

Collin: Or are you guys thinking more like year-by-year sort of thing?

Russell Attebery: yeah, we need to plan for long term and so yeah, we have to plan ahead on, I guess, a couple different options, you know or scenarios, if you will. If this happened, or that happened. yeah, odd things can happen I understand we just diverted a government shutdown so.

Russell Attebery: We have this new variant coming in which has to be high on everybody's radar. So, I think you make some long-term plans, but you really go day to day or week to week and make adjustments, as you go.

Collin: So, a little bit of a plan for the worst hope for the best sort of situation?

Russell Attebery: yeah.

Collin: Okay.

Collin: All right, well, that was all my questions like I said I really appreciate it if there isn't anything, I didn't touch on that you kind of want to point out to bring attention to feel free but, if not I'll let you go.

Russell Attebery: yeah, I just, I think we already mentioned it at the kind of the direction we want to go is to be able to for the state. for Federal and State partners even local Governments to recognize how much two tribes have to offer when it comes to travel ecological knowledge and you know, look at it, as best practices and co-management is the way to go. I think we can work hard by Combining tribal ecological knowledge with modern science and you get the best results, so we have a really good working relationship was the HSU president, Mr. Jackson. Yeah, he's very interested in what goes on up here, and you know how we can collaborate especially in natural resources department, where the university excels and in you know tap into that local knowledge there, so it'd be cool.

Collin: Yeah, use both brains I'd say.

Collin: Yeah, tribes' brains and the ones who got down here.

Russell Attebery: That's what we want.

Collin: Yeah cool. Well, thank you so much, have a good one.

Russell Attebery: Thanks.

## Transcript of Interview with Two Feathers Youth Advocate, Amada Lang

Amada Lang: Hello.

Collin: Can you hear me now.

Amada Lang: Yes, perfect perfect.

Collin: Well, thank you so much, I really appreciate it. So, like I kind of mentioned in the email this is for my history internship. It's a project called Humboldt in the Time of COVID and specifically my theme is native tribes and kind of native adjacent. Like I interviewed a friend of mine who works at UIHS, you know United Indian Health Services trying to get a sort of as close to feet on the ground sort of perspective of kind of the local native tribes under COVID and Kelly passed your information, along to me because she mentioned that you work with youth outreach I believe? Correct. Cool, so I'm recording this just so you know. Would you mind just real quick giving me a quick little overview of what you do so, I can have it on the transcript.

Amada Lang: Yeah so, I appreciate you reaching out. I do recall Kelly from another Grad cohort of mine before me.

Amada Lang: But yeah, my name is Amada Lang I am a current second year ENC graduate student here at HSU and I'm a local Karuk native with Wiyot and Shasta ancestry as well.

Amada Lang: I work with two feathers Native American family services in McKinleyville California as a youth advocate. I've been working there for two years or so, now a little over two years. We, basically the whole organization in general services all of Humboldt county and provide native family service and outreach, pretty much in all aspects of mental health and wellness services, so pretty much if you name it, we most likely serve that service, because it goes from homeless youth in foster care, to families that need services, families who may need mental health and wellness services, therapeutic services, clinician to at crisis response. We also have provided Suicide Prevention and a lot of our work; we get funded through grants that we apply through. And I'm not necessarily too much into that aspect, I just kind of work on the ground forefront and then we basically what we do, can be counted into a multitude of grants, because, basically, I am going and working with youth specifically and mentoring with them. And so, most of the youth that I work with I've been partnered over a year or so, and so we kind of get to know each other pretty well going into school settings or home settings and some of these kids have at crisis response. I've gone to like a homeless shelter, for instance, talked with the sheriff's departments or CWS workers, so it kind of just varies with the kids. Also, there are kids that are just maybe need a little bit of support and have parents there, so I communicate with the parents and the youth when they have a little bit more of a structured framework. But yeah, that's kind of a little bit about myself and I have been connected with two feathers since I was also younger so it's a little kind of flip. Since I'm 24 now turning 25 in February and I've gotten services from them, when I was younger around like 11, 12, 13 so if that kind of plays a role and why I chose to work there to.

Collin: Sort of give back to where you have gotten resources from sort of situation?

Amada Lang: Yeah, I mean we're not as big as well, we they were like four workers. Little tiny cultural groups and now it's a staff of over 26 staff and youth advocates or youth mentors weren't even a thing when I was within the program. So, I'm basically see myself as like something that I would have wanted to be. So, like, if I had somebody like me when I was there I would have been like loving life, or at least other my co workers to who are youth advocates but yeah that's like the kind of the job setting around it and it allowed me to get set up to basically tie my graduate thesis work into this job setting and so that's where my graduate work has come with bike Wednesday/bike club and that's what Kelly kind of knows, because a lot of my work within my classes I've tied over to my graduate thesis work, and so, but yeah so that's kind of a little bit.

Collin: Cool, just so you know, I interviewed Buster Attebery, the Karuk chairman, he was one of my three interviews so it's interesting to hear and he provided a lot of good information, especially about the Happy Camp fire and I'm sure we might touch on that later, but it was really interesting. Yeah, so I do have about 10 to 15 questions, and you know answer them, however, you can but. If you aren't able to, or if you have something that might be related and it's just not as specific to my question feel free. You know, anything of that ilk.

Collin: So, kind of first thing obviously we're going to start with kind of pre COVID so like specifically with two feathers. I'm sorry it is two feathers, right? Okay, cool I almost misspoke.

Collin: When the pandemic kind of you said you'd been there for two years, so you were there pre pandemic. When it began to kind of rise in danger what did your organization do? Did you guys prep for the pandemic prep for a lockdown potentially? Because, specifically with the Karuk tribe Buster mentioned that he, basically right a month before the first lockdown hit. He had already created a COVID support group, so I was curious, if anything, within your organization did similar.

Amada Lang: Yes, so basically it kind of all happened so quickly, but we it's a little bit interesting not necessarily in a different stance than the group tribe, and what they do with services but.

Amada Lang: From my standpoint, we were trying to figure out first are we considered essential workers is what we're doing essential work. Because that was the forefront is wondering if we're going to be allowed to provide the services to our staff like within our local community and our staff was really kind of worried about that. Because we do outreach into these already not accessible areas, and with this whole idea of COVID and lockdown happening before it actually happened was kind of a stir. Not necessarily stir crazy, but it did bring up a lot of questions and the first thing I remember, is just having a large staff meeting and kind of coming together and really talking about these concerns. That was the big overall forefront, but one thing that really has helped I think within working with our local native community is a lot of us a pre COVID have known each other before even working at two feathers, and so we kind of have this little, not necessarily camaraderie, but a lot of us have these interconnections within the Community. Whether it's up river up in Happy Camp, Orleans area versus here working on the coast, we already have a little bit of ins and outs so it's easier to communicate with the tribes, but I think,

for the most part, we were just really trying to find a way of how we're going to interact and work safely, I think, was the first really protocols and how we're going to do that with our safety being met as well and trying to reach that I think was the overall kind of questions.

Collin: In that same sort of vein, did you guys move to partially distanced work, did you guys kind of all stay home or did you have some people come into the office or whatnot.

Amada Lang: Yeah so, we actually all move to online work, we were not in the office for... Time kind of blips together now but it was a good majority of through COVID I personally am still working kind of. I'm choosing to because of who I'm around within my elder Community here locally in Humboldt, but I still work with almost remotely in a way, I work with all my youth in school settings. So, I know they're safe already, they're going through the protocol and the questions, so I either meet with them at school or to picking them up from school and getting them lunch and going home, different settings. So that is what's really nice with two feathers is they allow that, but we all as a group did go under COVID lockdown and one of the main things that we kind of started in went into was zoom interviews with a lot of the mental health and wellness kind of outreach within intern- like I guess I wouldn't say internationally, but we did have a lot of good speakers on Facebook live and that whole thing kind of took over our work setting. It was like getting speakers who's going to be on there to talk and finding all of these like online ways of working, and it was a lot of screen time but that did take up a majority, at least over eight months or so and then that was when we started talking about. There were times, though, that we still were doing outreach maybe doing porch drop offs, or if the schools kids needed school supplies dropping it to the house, but it was all figuring that out with gloves and masks on and all that sort.

Collin: Yeah, my friend from UIHS that's what he does now basically, still. He does a lot of like the porch drop offs and a lot of like the just sort of outreach but not like completely in person outreach sort of situation, so I totally understand that. When you said eight months now, that's probably from my timeline, that's about from the first lockdown till about like January correct.

Amada Lang: Yeah, we went through both. If I'm structuring it by lockdown, that's a little bit better of a way to think about it. I would say, we went through the whole first lockdown being online for sure, and then, as we were getting released from the lockdowns we kind of followed that same structure for sure, with the lock Downs and seeing families, but we have still a lot of outreach in the sense with online we did a lot of outreach with our kids versus zoom, but it was hard to match that because they're already, this was pre-, again before school was online with zoom so it was a lot easier to outreach with our kids through that structure, but as the years went on and on, and then they get tied into zoom and that was hard to work with too so it's been a little bit of an interesting time. But yeah I would say we were we were on lockdown and follow the protocols of being for sure under lockdown and then we literally had to follow every single time Not on lockdown, lockdowns, shelter in place, we have to follow every time so once that first one was pulled and they kept going back and forth for a little bit that was very frustrating, but we would have to follow the same outreach and then we would also some of the staff. It's a family services, so we actually have a lot of staff that are new dads, for instance, or new mom some of them just had a baby right before COVID had started, and so it was interesting working with our

staff having to adjust with their own personal settings because they have a newborn baby who there's like no idea of what can happen.

Collin: Yeah, I mean that will kind of was my secondary question is what was the kind of struggles? And guess you answered it as well. But I was going to ask when you when we had the first lockdown and then they lifted and they had the second lockdown around December/November and then shut it down again and then opened again, did you guys go back and forth? Or did you just kind of stay locked down during the first lockdown? And kind of just ride with the protocols that was the first lockdown protocols if that make sense?

Amada Lang: Kind of...

Collin: Ah, I guess here's a better way to put it, when the first lockdown came, they had all these protocols and regulations for how to work. And then during the like, as we started to open up in October, they lifted a lot of the regulations for workplace environment or face to face contact. Like they allowed you know, like small groups inside, as opposed to it being only outside sort of situations. Does that make sense, more?

Amada Lang: Yes, that makes sense so I'm following that now, and yes, so when we did follow the group settings a lot, because a lot within two feathers is, at least for the services that I with I'm working in and providing to the Community all staff is allowed to join anything that is a part of two feathers. Any program you can work and be a part of and so that is hard, since we provide so many cultural programming that's a huge outreach that we do, because it is part of healing and part of a lot within our culture, I think a lot of people find healing with the traditions and aspects that were still keeping alive, and so I think that wholeheartedly was huge. Even just going and gathering or doing things outside. Is this safe, is not safe? And so we did follow the structure once groups were allowed to gather and settings we went by, we call them pods, and so we would say they're only allowed this much in this pod and now you're allowed this many in this pod and then once we started getting over, we'd say okay. You're in charge of this pod and you stay here, because it can be like that group, in that setting, so then we were able to kind of strategically plan where it's a little bit more groups, in a big group if that makes sense. But you're spread out and so it's like we kind of started doing that, but that wasn't very many times that's more of the really big cultural programming that's funded by our huge grants. Acorn programming, for instance, that's a two-year program for youth in the summer. I think it's more in the summer months and that was something that they wanted to keep alive for the kids, and so we even did online forms of workouts even for the first year and, for that summer going through, we didn't even meet in person and then this last, next year we were actually able to meet in person. But it was a lot different we were doing the whole, we have the whole COVID questionnaires that you have to ask everybody, taking their temperature, and then there's a list of questions we have to ask everybody every single time we interact with them, and especially with group settings. So, we usually have a table set up right when they come in and it's just multiple of us are, they're asking the questions and temperature checks and we even had at the event, a scare of COVID, at different events just this one time. And we had to shut down everything because somebody tested positive and then anybody who interacted within that segment but since we had followed being six feet away, always wearing your mask, it didn't spread it was just

that one person and it nobody else tested positive or any false positives or any of that sort. But that is something where we've had to adjust, but we can see with following protocol and really, it's almost seems like you're hounding the kids but it's almost like, put your mask on please. Put your mask on please. And they always ask me to take it off and I'm like no, or I have to give kind of. I'm sorry like this or give some kind of I don't want to wear it either excuse like I'm here with you to make it team up because it seems like I'm hounding them all the time, but I feel like as we follow those protocols, it does help with potential scares that do happen. We know that others are safe in that sense, but this was again before things have been opening up as they are. Right now, we're allowed to have a bigger group setting outside and in that sort it's not in the same state, and this was a few months ago, so.

Collin: Gotcha gotcha. Just real quick did before the lockdowns did you guys have any preparatory action like you know, news, as you said, came really quick so like the whole thing with the lockdown and China, and then like less than a week later, it comes to America, and then we locked down our first time, like two weeks after that did you guys do anything in advance or did you, kind of like the majority of the country, kind of didn't assume that the virus would be as bad as it was?

Amada Lang: We definitely still followed the protocol, we still didn't interact with each other, we didn't go to the office. We had like our one office person, the main thing is that a lot of people call it our office that's like our main line to call in, call in, call in and get services, and then we outreach that way, so we had to have somebody within the office. But we did stay away and did not interact within that timeframe, but we were still able to outreach through like because the schools are still finding structure. So, kind of a big leader for us was the school systems, because within the interactions, of kind of finding how we're going to interact, at least with the youth side for me. Two fathers is huge, but my aspect with youth advocacy that was a big structure and really, the parents to. There have been instances where I've been in situations where they don't want to wear their masks, or the parents I come into the home and they're not wearing their mask, or I have to ask. It's kind of like scenario based too, but we're not we're not allowed to be in a scenario where nobody has masks on like we kind of know protocol to follow. But when COVID shut down is all of it we just followed what everybody else did really because in reality, we do have time to somewhat prep for that so as things were talking, we would go along, and with the news. But we're already providing crisis response, domestic violence response, Suicide Prevention, we're providing all of the services that are already so outreached everywhere. It was really like trying to find out how we're still going to provide these services adequately and do it in the manner safely.

Collin: So, kind of the whole point of view of organization is to be flexible, so it wasn't that big of a jump.

Amada Lang: If that makes sense yeah. Like really following it with how we're allowed to because we're still trying to provide these services because they're not normal services that you

necessarily provide on your day to day. Unless it's like I'm thinking more at crises or being there for somebody necessarily all of the time so it's finding ways to adjust to that and it's hard to technology, because you don't get the same like how we would an in-person interview right now versus right here just talking it's still good, because we're older and can be more like professional about it. But with the kid if you're here, trying to talk with them they're [looks visibly distracted] and it's hard to keep that manner going.

Collin: Yeah, understood. My next question is did you guys struggle with misinformation at all, like, I know you mentioned a lot of like following the regulations and making sure that the scenarios that you guys are in are following the correct protocols, did you guys have any struggle with misinformation like people saying that masks aren't working, or they you know, "it's a conspiracy" or anything like that?

Amada Lang: Most well what's one thing that is really nice within the native communities is like Hoopa they can close off the reservation. So, a lot of native communities were really taking their own stance, whether or not the other communities were like you have to wear a mask or not after things less than but in the beginning, it was really like being extra safe. And one point I think is because we're so connected to our elders within our Community, everybody was trying to be so safe, so a lot of youth really understood that and that was a huge factor, they don't want to get their grandma sick. I don't want to do this, etc. A kid has told me that I work with like, 'I'm safe about it, because my grandma' there's different ways that I think native people have a perspective just with the interactions and the intergenerational connections that they have within their families at home. Versus some people are, I think it's a little bit more in the sense culturally connected to our elders in a different way. We go and fish we provide to them, so a lot of this stuff was like masks, safety, this is how we're following it. We didn't really question it as staff, I would say the only apprehensions, I feel that I faced are really parents that don't want to follow the protocol or don't, believe in it. Or I've had instances where I had to leave because they tested positive and the youth was at home that I'm still I had to remove myself completely and she had a staff know before me that showed up the same day, and then I was coming to see a different client of mine in the same household and she didn't let me know, so I was there I had to tell her and from that point on, I heard it's not real, when you give into it, you're provoking the whole thing, etc.. And so that's the stance that we've had to take as agency and just state like we're doing this for the safety for all. But it's been good as an organization, everybody has to be vaccinated so that is also another thing that has kind of provided a little bit more of a safety net once the vaccine came out, with at least seeing clients and such sort.

Collin: Yeah, when I talked to buster from the Karuk tribe, he said, basically the same thing, where they were super on top of all the regulations, because they are trying to take care of their elders first, and I found that with a couple of my other interviewees. Where a lot of the native communities, since they are so closely connected with their elders, and closely connected with the cultural traditions that kind of come from your elders. They have erred on the side of caution almost always. And as for the sort of a I would assume it would be a minority with the kind of misinformation that you were talking about with the parents is that correct?



Amada Lang: Yes.

Collin: I've also just heard that as well, where it has been more of the like 30- to 50-year-old range that have been like completely anti COVID. Whereas like the younger age and 50 to you know late 90s, or whatever, are very cautious and it's the middle that have been... less cautious I'd say.

Amada Lang: My experiences, is the exact same way and then even if you do state your opinion on it, or not necessarily your opinion, but you provide your stance on it in a very not apprehensive way they still like to like push at it. And that's where you have to just like go "I've seen this, and this is why I do it, so I just have my differences of opinions and I have to work this way". That's kind of just how I put it, I don't necessarily put it like is this is my choice, I just say like as an agency, we have to follow this, and this, and so it's nice that. I think every everybody else does have to follow masks still is like within governmental agencies. And so, it's still nice I know within the community that I'm in, there's that little extra effort, but still people, you have to pick and choose what you do. So, like we're renting out the Sapphire Palace up like, for instance, but it's like who are you bringing, RSVPing way ahead of time like months ahead, like taking those steps so we know the exact numbers, the amount of people, spreading it out enough and having that area excess, and already marked off and known that we're coming. So, there's just a lot of extra precautions that we take as agencies now to still try to keep those connections, because that was something, too. Is that our staff, I feel like we, Like a lot of nonprofits, went through turnover through COVID and that's something that we've been dealing with I feel as an agency and It can get necessarily within your little separating out within two feathers, your team can get smaller and smaller sometimes, and so that's been hard to navigate when you service so many clients, because when one person leaves all those clients still have to have adequate care at least we try, so I think that's the big thing too.

Collin: I know we talked about this a little bit, but has there been like any major change in the way you guys have kind of gone about the business, especially kind of thinking back from the beginning to kind of like the contemporary, where we are now, has there been any major changes? Or has been just kind of just like as we've talked about a lot of flexibility, a lot of following the regulations as they come.

Amada Lang: Lately it's been trying to change back to what we call normal, I guess you can say. Like working in an office setting or coming to the office more not necessarily home setting. So that's more of like what we are trying to fluctuate, and an example is pre when COVID was going on I work I would work full time and we put in our hours on a calendar and state what we would do because we're not in the office and now it's like; Okay, which days are you in the Office now, so we have like specifics where we're staying. Like now we've moved up to like two days in the office a week, instead of none. So, there's little things where we're moving up a little bit in the sense of work and in the office is pretty much, we can all be there at whatever time now. We used to have to allow let people know like who's going to be in the office and what times and all that. Amada Lang: But my timeline with COVID of when it actually split up is a lot of mixed up, but we did take those precautions of even who's in the room, at the same time, and one of the staff that I was with even wanted to sign out sheet. But then we realized that we

weren't even in the room at all really together, because we were already taking so much precaution that it didn't even matter. I think in a lot of the changes to with like temperature checks when you come in, and signing in, it's just like a lot more of the whole tracing your footsteps in case you need to go back and retrace them.

Collin: Yeah. As we talk, I guess, this question isn't as applicable, but like specifically right after the first lockdown we saw a lot of lack of supplies, you know, like loves masks hand sanitizer all the sort of supplies that every business needed to have at that point. Did you guys struggle with that at all? I know, your [organization] is more of a service, less of a like providing goods but did you guys have that issue at all?

Amada Lang: We at first... I'm trying to even think about it. I can honestly say I don't think we really had an issue at first. It was trying to get them and order them and just get them. Because we didn't, we weren't really necessarily sure. Like we didn't know that masks were required until masks were required kind of thing, so we didn't do those extra steps of having it beforehand, because that talk wasn't even really there. But we did do a lot of people making masks and getting donations that way, but we weren't really that shorthanded, at first, we did have some and we actually were able to be providing them to our clients and our staff. And now it's to a point where we actually like have a whole bunch of extra masks with us and we take them with us in case of client needs them so, even if a client doesn't have one. Because that's a typical thing where a kid says, 'I lost my mask, I don't have it now' and we're going into a building so that's kind of how we've adapted to it and being essential it's been nice to be able to be considered that. To and have PPE here, but we do have to order that, and they have recently, like a month and a half ago, I usually go down to the office and just grab a new box and there was none. And she said that we had to order some. So, we are using it so much to the point where we're having to still order it. And still order it. So, I know people are definitely still following it because I could usually go in there and just grab some, but yeah so that I don't know if it was a shortage, but we had to adapt to it and then make sure we had a big stockpile.

Collin: gotcha um you talked about vaccines and said that your agency has required vaccinations, if I heard that correctly. Did you guys face any pushback on that either within your organization or from the kind of communities that you guys service?

Amada Lang: Personally, no I think within the native community, at least with the people that I've dealt with they are either yes or no on it. And they don't really are there wasn't too many arguments about it. That I at least heard about it within our workspace or our Community, or at least pushback from the Community. I think it was a personal stance and our work was like if there was a newborn mom, for instance, who was doing language classes online, I know, like she didn't have the vaccine yet, but that was that was before we it was mandatory. This was when vaccines were just coming out and people were like did you get? And you're like 'yeah' And just sharing if you got it, so once it became mandatory there still wasn't really any pushback. But our work didn't at all for us until the mandates for coming down for like agencies and stuff like that within working, but from my point I didn't feel any judgment, whether or not I got it or not, I just and now with having to get it. They just asked. Like I kept forgetting to send in my card, so I was

like 'sorry' I had to scan it and stuff, but that was like the only questions I was getting like 'hey I need your vaccine card, did you get it yet?' Or that stuff and I'm like 'sorry I just didn't send it in.'

Collin: I asked mostly because when I spoke to my other interviewees, of the two or three that I have, I think, two of them said that they've had more pushback within nonnative people on native land than actually like the native people themselves, which is just something that was an interesting pattern, and I just was curious if it was similar.

Amada Lang: That is interesting. We're going in and servicing native communities and so I've never been in that predicament. Because I'm in like school settings or working in settings where it's already kind of mandatory.

Collin: Where that Infrastructure is already there.

Amada Lang: yeah so, I've never been in a scenario based, just the instance with the parent where I had to literally like I had to say, I had to leave, and left. But that again is pushback but that's not in a native community, it was at her own house and scenario based but yeah, I, but I would say, like there is a difference when I go from like Hoopa and walk around and seeing people in their masks to like willow creek there's like a huge difference. A lot more people don't wear it.

Collin: yeah, buster specifically said that I was just like that's an interesting pattern, maybe, it's reflected across other kind of local communities.

Amada Lang: It's funny he sees a little bit of the same perspectives.

Collin: yeah, and Out of curiosity was there any like you guys from what I'm hearing it was kind of just business as usual, but just adapting to the regulation and protocols, as they came down. Specifically, as time went on was there any like COVID specific programs like, for example, my friend at UIHS, the first like four months of the pandemic was spent a lot of like providing supplies, providing groceries to people who are immunocompromised and whatnot. Whereas like now, they have kind of moved away from COVID specific programs and focus more on what they do, which is like harm reduction and that sort of thing. Did you guys have any COVID specific programs or is it just business as usual.

Amada Lang: Yes, so we definitely were adapting to trying to get services to our clients COVID friendly wise, as well as like COVID safe to interact, in a way. Like we're making sure we're not doing the interactions [unsafely] but One way is grants that's how we get our money to be able to look at stuff and so the Humboldt area foundation provided our agency, well, we applied for a grant I do not know what it was called. But there were different sections of the grant and I had the idea to come up with this is just an example bike Wednesday/bike club. I basically thought about just asking Community for donations for bikes and it turned into an employee of mine was all hey there's actually a grant that we can apply to, and I think your project kind of fits in this if you wanted to turn it into something and get funding and I didn't really think that we would. I was all hey I'm asking for free donations, right now, and this is money like let's go for it and so I just came up with a \$10,000 budget idea. And somebody provided me outreach to somebody who actually started a bike Wednesday by club on the Covelo reservation, and he created that

himself and I kind of talked with him and he was okay with me starting the same name and doing that because I want, I wanted to like honor what he had started, and I thought it was cool with the native communities. So, within that budget and giving it to Humboldt area foundation they set \$10,000 aside for the bike club, and we also had other services that we provide within that. This was around when the Slater fire was taking place if that kind of gives perspective to, and so we were gathering, a lot of donations at to feathers in general, just to take out that were not even part of any programming and that's a huge way we were servicing our clients. Like it was more of. 'Hey what hours are you working', we can know that later, like everybody, just like hands on deck for different things, and some of us were taking stuff to Orleans. I went and gathered whole truckload of fin and feather food and filled it up and brought it there, and so this was the time when we were doing that and it's kind of it seemed chaotic, but we were serving the needs of our community in different ways. But I would say adapting to kind of providing kits was a big thing, and that was another part of the grant and when they made cultural care packages for women, and they were native women that were youth, in a sense, like younger up to 18 and I didn't necessarily make them, but there was money allocated within the same grant that from the Humboldt area foundation and so these kits were able to get dropped off to the porch of these kiddos and it had like two feathers glasses and bear grass to weave and I think there was beading supplies as well. So, it was just pretty much a way to get the kids kind of excited. And a lot of the girls that I work with I, provided that to them, they were really excited for it and basically, we just adapted in a way to still provide services because a lot of our kids still want to be seen and want to be heard, but it's hard when \they're not able to communicate that, and when it's completely shut down to where your communication is like almost nothing when it's already hard for that. It was hard and so being able to have these outreach to the local community in the sense for grants was huge and I'm not sure... in 2019 there was a huge Suicide Prevention grant that Two feathers was awarded, and that was huge with figuring out what's going on. But the mentorship program to is another one that I was I'm a part of, and it just started out as a mentorship program and they changed our title to youth advocate because they kept this on through COVID and going through. I don't even think it was actually supposed to be a really long lasting program because they have to do go through different grants and so, once they see a programs working well they'll keep it but The bike Wednesday/bike club I basically was able to with that \$10,000, start this club and it's still going on that's pretty much my Grad thesis project and I've tied in decolonization research and that's pretty much what I'm going to be working on next semester. But I've gotten over 50 bikes out to kids within Humboldt county that don't have a bike, and that was simple to do during COVID. I can just come there bring a bike drop it off like 'hey here's your bike' and then leave and they're so happy and so that was a lot of my enjoyment doing that. But it's hard within a nonprofit because they don't have trucks, I was using my own truck, I'm still using my own truck for most of my own stuff but it's just adapting and trying to figure out how we're going to do that in the most ways of still reaching our youth, but I would say a lot of the local nonprofits support each other here.

Collin: yeah, that was something that buster also mentioned a lot of. Not only the nonprofit's that he worked with, but a lot of the local tribes he specifically mentioned that he was like a chairman of a local grant Committee, and he, like worked with tribes who didn't have the administration support to like to help them get grant money when they would normally not. So, I've seen a lot of

a lot of like coming together within COVID and a lot of like trying to support each other when they can sort of situation. One of my last questions is did you guys; and I guess you talked about this a little bit with like the beading kits and the like the bear grass situation, did you guys make any cultural kind of overarching changes. I know by tribe it's different for sure, but like was there anything that you guys had to change and/or kind of establish that like fundamentally shifted cultural traditions or anything like that?

Amada Lang: I would say. For the tribes, the most part here, I would say it's mostly working together. So, if, like if not one tribe does it another tribe will follow suit, I wouldn't say it's like that. It's mostly like I would say everybody's naturally almost on the same bored with things. But what was your question again specifically? Sorry.

Collin: No, you're good. It was a long question was there, like any overarching changes that had to be made towards cultural traditions, like big group meetings or something like that

Amada Lang: One thing that I was going to say, it was on the tip of my tongue and I forgot it, but ceremony would basically be one that I think our whole community. We say Humboldt here, but I would say, like the homelands of all within here like we are in all, I would say, everybody here was finding ways to... when ceremony came around they were finding ways to still be able to talk about it, so I would see on social media people would share a song that they would sing and for different ceremonies and different practices there's different ways that traditions are carried out, but I would say, people were trying to find ways to keep it alive within that time. Because, during that time of the season, it's still relatively new to me as well. I've been to some ceremonies growing up. I've personally never like been a part of dancing and dressing down and being within regalia but I could tell from the people who have been a part of it and even myself just helping either doing prep for it or helping people who are going up to ceremony. I have seen the loss that they felt through not being able to participate in that, and so I feel like a lot of the community united together during that time to really find ways to be able to provide services and a lot of agencies were communicating with each other, too, but I think in this next year in one big way that I could show an example of that, was in two feathers being connected. I think what they've at least shown recently, I would have been all about this when I was younger, and I think it's a lot of the generational change and strong leaders coming in and being like this is what needs to change within the Westernized institution of like teaching. But they're doing a lot of youth education services and A way they're tying that into grants now and be and so that's a little bit of a wishy-washy subject, though, because it's like culture and money, and all of this, and so I think myself I've had to be like, I don't know. I'm just trying to learn at the same time, and not take and so it's like learning and giving back for me, I think, is the big part. Two feathers acorn program pretty much serviced and helped provide a flower dance to a local youth and the, pretty much Niece of the Supervisor at two feathers, and so it was really kind of closely knit to two feathers and the whole big lagoon, because big lagoon is also connected. And so big lagoon is also connected to two feathers which I know they're all connected, but I don't even know how everyone's connected. I just think our supervisors are from that tribe, and so that's kind of those connections, but basically this grant funding opportunity was able to help keep alive the ceremony to happen not last year, but this year, because it was supposed to happen last year, and

so last year we kept just preparing for making flower dance sticks with the girls for what we were doing, and this year we did that again and making necklaces That would be used during ceremony, and so this year we actually had ceremony and had it at the new dance pit over at a big lagoon. And It was in it was empowering to see staff, because this was like a first time for staff to be have a setting to be able to provide for this and then In a way, being so close and then also partaking in it, and so I even got to be a part of this flower dance and had flower dance sticks and walked in my auntie's, Lynn Riesling, she painted the painting behind me actually she is somebody I looked to a lot, and so I went with her to the event in the sense of the ceremony. It was interesting though, because they were grant leaders there too who funded the thing, so it's like it's this whole new, I think it's all new waters really of figuring out Culture, and I think COVID kind of pushed that a little bit to being able to find how to do it in new ways. And then also finding the ways of which is not necessarily that's not Okay, but more of like What you want to be shared. Because I think even for my graduate thesis research, I want to make sure the stories that I'm hearing, the people that I'm telling, do they want that story to be told in this way or that way or do they not even want that to be told at all, was that just something that they were sharing between me and them Because they see that I'm here, providing this time and taking the time to listen. So, I think that's the main thing. But I felt very empowered to be able to finally have the ceremony, because I think a lot of people were longing for that, and so there was a really big turnout and even people who I'm not big lagoon I'm not I don't. But I am Karuk, and I was still a part of it, and so it was it was really a place that anybody was kind of felt welcomed, even staff and people who haven't partaken in it, but I think that's like the biggest adaptations is still trying to find a way to have these are cultural traditions still take place during the time of COVID. As well as teaching it in the sense of... it's hard to teach traditions when you're not in person, I would say, like through a screen, because it's a lot of it is like hands on in the sense yeah.

Collin: Now, two quick questions off that. You said that the dance pit at the big lagoon, is new? Is that a new construction or?

Amada Lang: yep, they pretty much I'm not sure who, when they actually completed it but it's all brand new this year, and so it was really powerful. It was actually the first ceremony in I don't want, I'm not from there, I don't know their tribe, but I want to say that it's the first women's coming of age ceremony, I don't want to say ever but I'm pretty sure for coming back at least over and I don't think they've ever they've never had one there. It was huge and so that's why they have now they have a pit to be able to hold this for women who are coming of age, within that tribal community. It's hard too because some youths are multiple tribes, but then you have to register under one tribe under the whole blood quantum stuff, and so it's a really interesting construct, but I personally felt it was awesome to be in advance pit where you're hearing people sing the songs for this young woman transitioning into womanhood and her uncles are there singing a song, her dads there, the people closest around her are around her. I've never had this experience and then hearing the like huge ocean just crashing, I was like this is unreal. Like I actually kind of at first, I was like 'oh I'm going and partaking' but it literally the whole feelings when everybody says, like You know the feeling of it, that was literally it. Like I've never had that feeling before in my life.

Collin: Very cool, seems very impactful, to say the least, last thing about that kind of... sorry for my long-winded question a little bit. When it comes to... I didn't want to put words in your mouth, but kind of what I'm hearing is like there has been this sort of pattern over the past couple years where [native communities] been trying to figure out how to hold traditions in the "modern" (or digital) kind of era, but like the COVID kind of kickstart it to be even more important? Is that right to say or did I mishear that.

Amada Lang: yeah, I wouldn't say it's necessarily more important, I feel like it gave it more of a platform to be heard. If that makes sense. Yeah because a lot of a lot of the online forums, like I even go out into the Community up in Orleans and just up-river community and people be like 'Oh, I heard your video' or 'I recognize your voice, because I listened to the two feather video' and I'm like that's a little weird but, They like recognize me from Talking and speaking and so it's kind of cool to have that, but it's also kind of like I've heard to that there's different Grad programs, and HSU who use our videos and we had like a youth series to where we were specifically aiming towards Youth on YouTube and then we specifically had the bigger two feathers talks that were with like lecturers or authors are, and then we also can say who would like to maybe have come and then our work, maybe try to outreach to them too. So that's I think the biggest thing and were able, two feathers talked about it, but they grew immensely on their online platform like it just like shot up once COVID happened, and then we started putting videos out there, you can see the growth within the Community, and then the idea for talks to and being able to put people in stances to really share what they wanted to. Whether it was youth or adults, I think, with their culture's values and traditions, and so I had my cousin who I just reconnected with, who is the first native American figure skater for the Olympics, and I had I just reached out to her, because we had a death through COVID who is her father. And just like rekindling connections and she was able to come and give a talk for our youth series, and my uncle Julian whose Karuk language he came, and I asked if we could do a talk with him and they had a language discussion with him, and different topics for men, and I think they had... In the sense, I don't want to say the wrong words but men and kind of like your values and kind of like how Men are always seen as hard, and like kind of like being tough, and it was kind of like the emotional stance that that's Okay. But I cannot think of the word, right now, but it was just like giving situations where I feel like if we were working in a normal work setting, we wouldn't come up with those ideas. Like let's have a whole talk about this, it's like we were looking for that, and then the public was able to like really share that or reach out to us with ideas.

Collin: Interesting very, very, cool, and actually as you were talking about that. I kind of was like I'm pretty sure I've seen a couple of your guys' videos because I'm in a native American studies class so like I'm pretty sure I've seen a couple of your guys' videos.

Amada Lang: yeah.

Collin: But I just have kind of like one to one more question and a half. Do you guys see, two feathers specifically, do you see yourselves making any more long-term changes to either

prepare for potentially more "normal" or prepare for another kind of iteration of COVID? Do you guys have any like long term plans?

Amada Lang: I think the long-term plans is what we're which we've kind of already started more, is just having more of a kind of... We already have a presence here on the coast, but really trying to find a grounding within the upriver communities and having outreach out there too already. So, a lot of it was like when you're not allowed to travel and who's allowed on the reservation all that, and so I think when lockdowns if they were to since come into place or be here, we have People who work in Hoopa or live in Hoopa and have that outreach where, they might have already been on our staff, but they might have already been coming down to the coast more days than needed or whatever. We've kind of been able to situate it out to where I think we would be Logistically able to serve our clients better based on just able to be in the area of service one; but we also have the ideas of the needs that were really what was like crisis situation and kind of came through and a lot of that too it's just like, it's a lot of like kids were really isolated, that was a huge thing, and so I feel like we found ways to have youth program, see you safely or, we're so far into it with vaccines and being able to kind of have at least that safety within ourselves, even if the kids haven't that we can still hopefully see them in a safe setting outside social distance if they were to go into a lockdown. But I think that's the biggest thing is we've been trying to set ourselves up to be able to if it does happen again, we've already kind of went through this, put it back in line, and kind of get there. But I think the main thing is, I could see to feathers expanding. Hopefully, maybe having an office in Orleans or Hoopa we've we have wellness centers that are extensions off of Hoopa. It's just the Hoopa wellness Center and basically, we have our staff in there that the youth can go in and work with them anytime and see for clinician based or, and that is kind of a newer thing, that wasn't available last year. Now I'm being asked 'do you want to work at the wellness Center' be and so that's just a whole new option. Where that wasn't [previously] and I, so I can see the expansion of having like little headquarters kind of thing, if that makes sense.

Collin: yeah, trying to get the kind of geographical isolation, a little less isolated.