



# Nupuat

*Serving the Native Peoples of the Chugach Region*

Fall 2011

[www.chugachmiut.org](http://www.chugachmiut.org)

## Working towards restoration

By Jerry Luken, Editor

Chugachmiut is committed to changing the health care model of the Chugach Region. In April we presented our ideas at the Restoration to Health Consult in Anchorage. Community members from throughout the region participated and were very enthusiastic about our proposed new direction.



*Behavioral Health and Primary Care Integration, from left: Phoebe Greenough, Sue Steward, Nancy Radtke, Jim Henkleman, Susan LaBelle and David Zetterman, MD.*

We continue to move towards our goal of the healthiest and happiest people in the world utilizing the Adverse Childhood Experience (ACE) study in all facets of care.

Behavioral Health clinical staff began using the ACE questionnaire with several clients to great success. Staff have found it opens patients to talking about early experiences that continue to affect them. Staff members are also working closely with community tribal staff to improve communication and to better assess tribal readiness and needs.

On October 3-4, Behavioral Health staff met with the Health Services

Division to begin coordinating plans for integrating services between the divisions. The two day session was facilitated by Kert LaBelle, Chugachmiut's Lean Coordinator.

Integration is a key component of our Restoration to Health Initiative. Chugachmiut staff will continue to communicate and work closely with our communities and beneficiaries to promote this initiative and our goal of having happy, healthy beneficiaries. We are committed to serving communities through non-intrusive, traditional and culturally appropriate methods of care.

*See RESTORATION, page 6*

**Teens and Facebook**  
 an article by  
**Ariana Lynne of Seward**  
 page 4



**CHUGACHMIUT** is on Facebook! Come check us out.

# Chronic Disease and Diabetes Self-Management Program

By Cheri Hample, Health Services Division Director

People with chronic diseases face many challenges. However, with a circle of support, education, knowledge and skills one can “positively manage” a chronic disease and live an active, emotionally satisfying life.

Chronic Disease/Diabetes Self-Management training has been offered by the Health Services Division for over three years. Course materials include the book “Living a Healthy Life with Chronic Conditions” as well as other resources and tools.

“Originally based on a study conducted at Stanford University,” the course book states, “this work has grown to include the feedback of people

with chronic conditions and health professionals from all over the world. Its simple goal is to help anyone with a chronic illness to live a productive, healthy life.”

The primary goals of the program are:

- Learning to understand and manage symptoms

See HEALTH, page 4



*This “circle of support” is displayed at the ANTHC Central Office Building. You cannot see the person who is in the middle, but if even one person let go of their ropes the circle would not be safe. It takes all of us to stay in the circle of life to keep it in balance.*

**NUPUAT** is a quarterly publication of **CHUGACHMIUT**, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region. We welcome submissions from Tribal members, councils, and employees. Please share your comments and suggestions: **Jerry Luken**, Newsletter Editor, 1840 Bragaw Street, Suite 110 Anchorage, AK 99508-3463, (907) 562-4155, [jerry@chugachmiut.org](mailto:jerry@chugachmiut.org)



## Contact Numbers

Chugachmiut, Anchorage.....562-4155 1-800-478-4155	North Pacific Rim Housing Authority.....562-1444 1-888-274-1444
Health Services division.....224-3490 1-800-224-3076	Chugach Regional Resources Commission.....562-6647
Dental Clinic.....224-4925	Chugach Alaska Corporation.....563-8866 1-800-858-2768
Chugachmiut Homer Field Office.....235-0577	Chugach North Technical Services.....1-888-833-9288
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Chenege IRA Council.....573-5132	Qutekcak Native Tribe.....224-3118
Chenege Clinic.....573-5129	North Star Health Clinic.....224-3490
Native Village of Eyak.....424-7738	North Star Dental Clinic.....224-4925
Ilanka Health Clinic (Eyak).....424-3622	Tatitlek IRA Council.....325-2311
Cordova WIC Office.....424-5731	Tatitlek Clinic.....325-2250
Nanwalek IRA Council.....281-2274	Valdez Native Tribe.....835-4951
Nanwalek Clinic.....281-2250	Valdez WIC—call the Cordova WIC Office.....835-2173
Port Graham Village Council.....284-2227	
Port Graham Clinic.....284-2241	

# Wanted: Chugach Region Guerilla Grant Army Recruits

By Gary Teenor, Tribal Grants Administrator

The news is out about possible drastic cuts to federal funding. At this time no one can say specifically what, if any, programs will be reduced. While we hope our operations will be affected negligibly, we must be prepared for increased competition for grant funds on every level.

must be aware of the ever-changing terrain, various rules of engagement and the requirements of the funder and what they expect before you can be successful in your campaign to win them over.

Not only is this a form of warfare, it is also a form of subsistence and survival. Grant writers have become

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**Chugachmiut's Grants Department researched various strategies to maximize the likelihood that our communities will thrive in this new funding environment. We must be ready to adapt to these changes to ensure success by identifying and understanding the many strengths we have.**

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Increased effort from our region in grant writing is required to ensure programs important to us receive funding. To that end, Chugachmiut's Grants Department researched various strategies to maximize the likelihood that our communities will thrive in this new funding environment. We must be ready to adapt to these changes to ensure success by identifying and understanding the many strengths we have.

We believe a guerrilla style approach toward grant writing is required. Susan L. Golden, author of "*Secrets of Successful Grantsmanship: A Guerilla Guide to Raising Money*," compares the grant writer to the guerilla warrior. The grant writer

modern day hunters and gatherers, constantly looking for that next grant opportunity and eventual success. Whereas we are not looking to vanquish and conquer anyone, we do want to be more successful in our pursuit of grants and funding than other applicants, which in turn will promote true self-determination and sustainability for our communities.

Techniques to achieve this success include:

- Fully understanding your goals for grant funded programs (**strategy**)
- Knowing where the opportunities are hiding (**reconnaissance**)

- Understanding the lay of the land (**battleground**)
- Knowing the rules of engagement (**Funding Opportunity Announcement**)
- Understanding your strengths to complete the mission (**organizational capability**)
- Knowledge of shortcomings that may prevent your success and how you can overcome these (**contingency planning**)
- Understanding your ultimate goals if you are successful in your campaign (**outputs and outcomes**).

Qualifications to be successful in this field include:

- Pride in your community
- Ability to tell a story
- Creative writing ability
- Willingness to work long hours
- Organizational skills

The Chugachmiut Grants Department is in the process of finalizing a grant training program that will assist in the recruitment and training of a guerilla army of grant writers for this region. If you or someone in your community is interested in becoming a part of this new Chugach Region Guerilla Grant Army, please contact your Tribal Administrator to schedule training on this subject. We are seeking people to pursue opportunities that will make a difference in your community and the region.

\* See page 7 for upcoming tribal grant opportunities from the Administration for Native Americans.

# Teens more likely to open up on Facebook

By Ariana Lynne, Guest Writer from Seward

Look at status updates on Facebook. Facebook is the one place that teens do not hold back their true feelings, expressing themselves on the Internet in ways they would never do in person. Introverts become extroverts, the outgoing become contemplative and philosophical. Either way, people seem to be more comfortable being themselves behind a computer screen. Pretending to be someone else will not get teens anywhere. It is okay to have opinions or be different; someone will appreciate a true person no matter what.

Teenagers today feel like they are being forced to suppress their feelings and opinions. Two teenagers cannot walk down the street having a conversation without thinking that the people around them are criticizing.

**Teens need to be who they are, not just on the Internet, but in person as well.**

Self-expression, in the eyes of a teenager, is limited in society today. Facebook is an outlet to express what they feel without face-to-face judgment.

No one wants to be judged, especially by someone important to them, so they save it for their Facebook "statuses" and Internet conversations. Teens are at a stage that pleasing others is more important than being themselves, causing them to repress their feelings. Subjects such as personal habits, drug use, sexual orientation, and sex are discouraged in public and, in some cases, even at home. Teens are not going to risk talking about these subjects in front of people if that means peers and/or family members are disapproving them as a result. In a teen's mind, not

*See FACEBOOK, page 5*

## HEALTH, from page 2

- Initiating healthy eating and an exercise program
- Learning tools to help communicate effectively with health care providers
- Managing emotions (fear, anger, frustration, depression)
- Techniques for making daily tasks easier
- Increased happiness and enjoyment

- Bringing physical, emotional, mental and spiritual balance to one's life.

In October 2011 a three day Leader training was held at Chugachmiut Health Services in Seward. Master trainers Louella Rondeau-O'Dell, Elder, and Sue Steward, CHAP Director, facilitated the training. Participants included Chugachmiut Health and Behavioral Health Staff, Diabetes Coordinator from Ilanka

Clinic in Cordova and staff from the Seward Child Advocacy Center. To date 10 people are certified trainers through Stanford University.

If you would like to learn more about this valuable program please contact your local Chugachmiut clinic or Sue Steward, CHAP Director ([sue@Chugachmiut.org](mailto:sue@Chugachmiut.org)) 907-224-4908.

## More health news

Each community clinic now has a dental chair and compressor. This allows our village traveling dental team of Nolan Davis, DDS, and Angela McKinney, Dental Hygienist, to travel with less gear and save money on air fare.

A new dental portable control unit has reduced traveling gear weight from 1000 to 400 pounds. Again, this lowers traveling costs but also

provides for more reliable machinery and reduces down time for dental staff.

Agnes Miller and Charlemagne McMullen reported to the State Diabetes Meeting on Chugachmiut's Restoration to Health Initiative and spoke about our Diabetes Self Management Workshops. Both ladies did a great job of presenting information and answering questions.

Gala Davis is now a Regional Health Coach. As a certified personal trainer, Gala will help patients with diabetes achieve their fitness goals and educate beneficiaries on the benefits of a fitness program. She will also lead an elder fitness class in collaboration with Mariah Johnson, Elders Project Assistant with Qutekcak Native Tribe.

## FACEBOOK, from page 3

expressing feelings is better than feeling criticized by someone who they think loves them.

On a more critical level, the consequences of expressing feelings and opinions do not just include being laughed at by peers or isolation from friends. The judgment from peers can also lead to depression. With [www.about-teen-depression.com](http://www.about-teen-depression.com) reporting, 1 out of 8 teens are likely to become depressed. Self expression does not have to end in depression or self-loathing. In order to grow as a person, teenagers need be proud to be who they are.

If people cannot express themselves in their everyday lives, where are they going to do it? That is where Facebook comes in.

Facebook is not just an outlet for self expression. It is also where topics that are frowned upon in society are welcomed with open arms. A person can say what they want without the fear of being harassed. Teens can become who they are and put voice into who they want to be. For example, teens can talk about a dance that they thought was fun, an intense sporting event, or even blog about their political opinions. On Facebook, their options are limitless.

Facebook is like a person that people can vent to without

being rejected—a person that won't judge them—and this is the underlying problem.

Teens need to be who they are, not just on the Internet, but in person as well.

If a teen admitted to being Buddhist,

### Teens are at a stage that pleasing others is more important than being themselves

Democrat, gay, or even homeless, would people start to treat them differently? If a student admitted to loving math, hating sports, having low self esteem, or having a substance abuse problem, would their friends disapprove of them? It does not matter; every person is different and people have to learn to accept that. Teenagers do not have to pretend to be someone they are not. To the teenagers who try to please others, just stop. To the people who are confident being themselves, continue to be a true person and encourage others to do the same.

Real friends are not going to judge the people they love. If someone

cannot be themselves around the people that say they love them, those who judge and criticize should take part in their lives. Life is about pursuing happiness and accomplishing goals in life. Teens do not need confirmation from others to be happy.

It is true that some teens are even afraid of what their families will say. In an ideal world teens do not have to be worried about an unsupportive family, but in reality, some people have that burden to bear. Even if their parents are not a part of their lives or do not support decisions, there is going to be someone to say they love them through it all. It could be a grandparent, a sibling, or maybe even a crazy English teacher. No matter what, someone will always be there to fall back on and provide acceptance for teens. They are not alone.

Teens are fine just the way they are. They do not have to change or hold back their feelings for the people around them. If the world was perfect, judgment would not exist. The world is not perfect, nor will it ever be, but pursuing dreams and being happy is more important than conforming to please others. Teenagers control their lives for the most part, so take control and find happiness. Everyone deserves that.

## Request from Realty Department

The Chugachmiut Realty office is asking for written requests when beginning new realty projects. The request can be sent by email, fax or mail.

Fax: 907 334-0180

Email: [Jackie@chugachmiut.org](mailto:Jackie@chugachmiut.org)

Address: 1840 Bragaw Street, Anchorage, AK 99508

Written requests will help track and prioritize realty projects. These requests will help avoid delays and speed up realty processes. It will also help us improve communications with BIA's realty department.

### Regarding Probates

When we send you an OHA-7 form to fill out for probates, it is **very important** you fill out the form and return it as soon as you can. The OHA-7 form gathers information and is required by BIA to complete probates. This form may be sent to people named or not named in a will, and if you receive the form, please fill it out and return it to Chugachmiut Realty. Any supporting documents such as marriage licenses, divorce decrees, birth and death certificates and adoption papers will help speed up the probate process.

## CONGRATULATIONS TO...

Auggie and Christine Seville of Nanwalek  
**Noah Seville** born on September 29, 2011  
 7 lbs., 4 oz.



Pete Ukatish and Pauline Berestoff of Nanwalek  
**Liam Byron Ukatish** born October 19, 2011  
 7 lbs., 6 oz., 20 inches



## Potential forestry opportunities with US Forest Service

By Nathan Lojewski, Forestry Manager

The Chugachmiut Forestry Department hosted a Woods Work Training this September sponsored by the U.S. Forest Service. Ten students from Nanwalek and two from our Yukon Fire Crew attended the 40 hour training over four days.

The US Forest Service brought two forestry instructors from the Salish Kootenai College, a tribal college in Montana, to conduct the majority of the of the classes. Chugachmiut coordinated with local experts from the U.S. Forest Service, U.S. Fish and Wildlife Service, Alaska Department

of Fish and Game, and the Bureau of Indian Affairs to present as guest instructors.

Topics covered in the training included forest ecology, forest meas-

*See FORESTRY, page 8*

## Berry shortage in Nanwalek and Port Graham

By Jerry Luken, Editor

Due to an unusual outbreak of geometrid moths on the Kenai Peninsula this summer, Nanwalek and Port Graham are experiencing a shortage of salmonberries and blue berries.

“Very disappointing,” said Joshua Anahonak of Port Graham.

“Collecting berries and making jams is a central part of summer.”

“I usually have 20 or more gallons of berries by this time,” said Nancy Yeaton of Nanwalek. “We are definitely missing them at the Elder’s Teas.”

Besides jams and jellies, people freeze the berries and use them all winter for frozen yogurt desserts, pies and even combine with honey and lemon to make cough syrup.

Foliage damage has been seen as far north as Hatcher Pass and throughout Southcentral Alaska.

For more information about controlling these pests, contact Nathan Lojewski, Forestry Manager, at 907-334-0165 or [Nathan@chugachmiut.org](mailto:Nathan@chugachmiut.org). Nathan will be issuing more information about how to care for berry plants in the coming months.

## RESTORATION, from page 1

We expect to have our Restoration to Health initiative completely implemented by October 1, 2012.

## HEALTHY RECIPE

### Black-Bean and Tomato Quinoa

Submitted by Connie Hedrick, Clinical Applications Coordinator

*Quinoa is a fast-cooking, protein-packed whole grain. It makes a perfect partner for lime-spiked black beans and fresh tomato.*

2 tsp grated lime zest  
 2 Tbs fresh lime juice  
 1 Tbs unsalted butter, melted and cooled  
 1 Tbs vegetable oil  
 1 tsp sugar  
 ½ tsp salt  
 ¼ tsp pepper  
 ¼ cup quinoa  
 1 can black beans (14-15 oz)  
 2 medium tomatoes  
 1-2 cloves garlic  
 ¼ cup cilantro

#### **Quinoa (pronounced *keen-wa*)**

Quinoa is a rice-like grain considered to be one of the healthiest grains or cereals. It is abundant in protein and fiber while registering low on the glycemic index, meaning it does not cause a spike in blood sugar levels. It is a healthy rice substitute and can also be a breakfast alternative to oatmeal.

**Cooking instructions:** thoroughly rinse the dry grain. In a medium saucepan combine 1/2 cup of quinoa with 1 cup of water. Bring to a boil and simmer for 15 minutes or until liquid is absorbed. Remove from heat, cover and let stand for 5 minutes.

#### **Directions:**

Wisk together lime zest and juice, melted and cooled butter, oil, sugar, salt, and pepper in a large bowl.

Cook quinoa according to directions on package.

**Note:** you can cook quinoa in a rice cooker.

Mix quinoa, tomato, black beans (drained and rinsed) and toss with dressing until dressing is absorbed.

## Upcoming Grant Opportunities Administration for Native Americans (ANA)

Language Preservation and Maintenance.....	January 31, 2012
Up to \$300,000/budget year up to 3-years	
Language Esther Martinez Initiative .....	January 31, 2012
Up to \$300,000/budget year up to 3-years	
SEDS-TG.....	TBD
SEDS .....	April 2, 2012
Up to \$400,000/budget year up to 3-years	
Environmental Regulatory Enhancement.....	April 2, 2012
Up to \$300,000/budget year up to 3-years	
<b>HUD/ICDBG.....</b>	<b>January 4, 2012</b>
Up to \$600,000/project period	

For more information, contact Gary Teenor, Grants Administrator, at 907-334-0125 or gary@chugachmiut.org



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**FORESTRY, from page 7**

urements, forest health, fire crew development, contracting, stream bank rehabilitation, and trail construction. All 10 students from Nanwalek obtained work with Chugachmiut because of the skills learned at the training.

Currently many of the projects conducted on the Chugach National forest are done by crews who travel to Alaska from the lower 48. Chugachmiut's networking with U.S. Forest Service employees interested in using local Alaska Natives is

a great opportunity. We hope this will facilitate future projects and employment opportunities for our communities with the forest service.

**Chugachmiut** is the tribal consortium created to promote self-determination to the seven Native communities of the Chugach Region. We provide health and social services, education and training, and technical assistance to the Chugach Native people in a way which is acceptable to Native cultural values and tradition in order to enhance the well-being of our people by continuing to strengthen the tribes and increase self-determination opportunities for community operated tribal programs.

**CHUGACHMIUT BOARD OF DIRECTORS**

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