



# Nupuat

Serving the Native Peoples of the Chugach Region

Summer 2010  
www.Chugachmiut.org

## Head Start playground renovation in Port Graham

On July 22 - 24, the Head Start playground in Port Graham underwent a major renovation with the help of the local Summer Youth Project. The renovations were funded with a \$5,000 grant from Head Start Body Start (HSBS) National Center for Physical Development and Outdoor Play and the Office of Head Start. The grant paid for new playground equipment and refurbishment supplies for the ground and the fencing.

All labor was voluntary or funded through the



Summer Youth Project in the village. Jackie Archer, Chugachmiut Head Start Director, and her husband Pat Archer supervised the planning and undertaking of the renovation. Reuben Norman, Port Graham VPSO, supervised the youth workers.

Participating youth included Kimber Moonin, Nikolai Norman, Andrew Norman, Ricky Yeaton, Jonathan Anahonak, Michael Anahonak, and Will Miller.

Head Start Body Start helped to evaluate the play space and has provided materials and information about healthy activity that can help all of our Head Start sites and the families and children in the communities that have small children.

*See PLAYGROUND, page 7*

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# A letter from the Executive Director

## The Impact of Historical Trauma on Aboriginal Peoples

In our aboriginal homelands, American Indians/Alaska Natives (AI/AN) had access to alcohol, tobacco and some hallucinogenic drugs. Yet addiction was unknown. Use of such substances were considered part of the natural world and their use was generally absorbed into the fabric and culture of the community through social regulation and ritual use. Natives were attuned to their environment, their spirituality and their relationships and kinship. Problems were dealt with culturally, and with apparent compassion.

Five hundred years later, with a decimated culture, broken relationships, rampant disease and severance from our traditional lands, alcohol, tobacco and drugs have assumed a different role in the lives of many AI/ANs. We now have significant numbers of addicts among our populations. We have higher numbers who abandon our children, spend more time in prisons, abuse our children and elders, and live at the bottom economic levels of society.



Many in the dominating culture think we are weak minded and unable to resist addictions because of our genetics. We haven't had centuries of alcohol use so we give in to its temptations. As a result, federal law prohibited the sale of alcohol in Indian Country quite early in history.

Research demonstrates that the destruction of our culture, the historical traumas inflicted on us, have severe impacts on our personal behaviors. As our brains develop during infancy, we are impacted by the stress that permeates our life. As a practicing attorney, I met so many Native families who were living near the poverty level, ex-

*See RESTORATION, page 7*

**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, 800-478-4155, [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	

# Help your CHAs help you

## Some reminders about Community Health Aides and their services

By Sue Steward, *CHA Program Manager*

**C**ommunity Health Aides and Practitioners (CHA/P) often work long hours and are available 24 hours per day on a scheduled basis. Before you call outside of health clinic hours, ask yourself if the issue can wait until the clinic is open or a more reasonable hour. A cough, sore throat or minor cut does not require immediate attention.

Generally an emergency requiring after hours attention is one or more of the following:

### Head/Brain

- **Decreased level of consciousness**
- **Seizures**
- **Partial Paralysis, possible stroke**
- **Sudden fainting**
- **Sudden and severe headache**
- **Head injury**
- **Sudden loss of vision**

### Skin

- **Severe cuts requiring stitches**
- **Burns on palms, genitalia or face**
- **Other lesions: provider can determine status over the phone**
- **Severe redness, red streaks from/around a wound**

### Ear, Nose and Throat

- **Bleeding from the ears**
- **A nose bleed that does not stop**
- **Eye injuries and abrasions**
- **Sore throat with inability to swallow or that results in trouble breathing**

### Stomach and Intestines

- **Dehydration and loss of energy**
- **Profuse blood loss from mouth or rectum**
- **Sudden severe stomach pain**
- **Severe nausea and vomiting**

### General

- **Child less than 3 months of age with any fever greater than 100.4 rectally**
- **Any child less than 18 months of age crying with fever over 101 rectally**
- **Severe pain, profuse bleeding, chest pain**
- **Difficulty breathing, hallucinations, memory loss**

**blood sugar too high or too low, feeling jittery or weak**

- **Sudden profuse sweating, rapid heartbeat**

### Muscles and Bones

- **Bone fractures with break in the skin**
- **Inability to move**
- **Loss of mobility in a limb**
- **Sudden numbness or pulse-less appendage**

### Respiratory

- **Shortness of breath**
- **Strong wheezing**
- **Chest trauma or pain**

### Cardiovascular

- **Irregular heart beat**
- **Shortness of breath**
- **Chest pain or feeling of heaviness; arm pain**

### Reproductive/Urology

- **If the baby stops moving**
- **Third trimester vaginal bleeding**
- **Impending labor**
- **Possible miscarriage; spotting, bleeding or contractions**
- **Blunt trauma to pregnant abdomen**
- **Inability to urinate**

### REFERRALS

All patient referrals are made within the ANTHC Tribal Health System. When those services do not exist within ANTHC, referrals will be made from ANMC to outside providers.

### NON-BENEFICIARIES

CHA/Ps will treat non-beneficiaries, just as they would beneficiaries. Chugachmiut has implemented clear policies and procedures in order to provide CHA/P treatment of non-beneficiaries on a fee-for-service basis in the villages. If a medevac flight is required for a non-beneficiary, the patient is responsible for the costs.

**Thank you for your cooperation and understanding.**

## Qutekcak Native Tribe Celebration of Healthy Lifestyles

Join us for a Celebration of Healthy Lifestyles on August 29th. The Annual Sobriety Gathering has been redefined as a Celebration of Healthy Lifestyles. In doing that we'd like to bring the focus back to our local community and tribal members. This year's event will be smaller and even more family oriented.

**Qutekcak Native Tribe invites you to join us for an old fashioned summer picnic on August 29th at the Branson Picnic Pavilion from 12 noon to 4 pm. QNT will provide the main course and dessert. Participants are asked to bring side dishes to share.**

This is a great time for us to gather, celebrate each other and celebrate living healthy. As in the past, informational vendors will be available to share tips on staying healthy. Please check our website ([www.sewardaknatives.com](http://www.sewardaknatives.com)) for more information. We'll see you there!

For more info about QNT and it's programs and services, please visit our website at [www.sewardaknatives.com](http://www.sewardaknatives.com).

Every year during Port Graham's Celebration of Life, a silent auction is held for artists to sell their work. This year, **Jim Miller** donated the proceeds from sales of his work to Port Graham's Emergency Medical Services.

Thank you, Jim, for your assistance. It is greatly appreciated.

## Potlucks, Peace Flags, and Peace Pebbles

Community-driven crisis intervention and advocacy trainings in Port Graham and Nanwalek

Patti Bland, Training Project Coordinator for the Alaska Network on Domestic Violence and Sexual Assault, led a week long forum called Domestic Violence, Advocacy, Safety Planning, and Putting-it-all-Together in Remote Communities. Bland was assisted by Chugachmiut's Meg McKinney and South Peninsula Haven House's Mercedes Harness.

During the training, participants were able to walk "In Her Shoes" to experience some of the challenges survivors of interpersonal violence face when seeking safety. Participants also had the opportunity to voice concerns that were unique to their communities when addressing family violence as a group. And through this pertinent feedback, Community Advocacy Plans were drafted in

both Port Graham and Nanwalek.

The Training was open to any interested community member, and for those who were unable to attend the day-time educational events, Chugachmiut's Women's Violence Intervention Project and South Peninsula Haven House sponsored events to promote peace and foster non-violence. The Peace Flags created in Port Graham and Nanwalek will be incorporated into a larger traveling art project spearheaded by Haven House. And the flags created in the greater Kachemak Region will eventually travel to all of the participating villages. The Peace Peb-

*See INTERVENTION, page 7*

## Eagle Trail Fire success story

By Laura Atkins, Fire Wise Fuel Specialist

Chugachmiut's Yukon Fire Crew was dispatched to the Eagle Trail Fire in late May to fight a lightning-ignited blaze near Tok.

Multiple initial attack resources responded to the fire on the May 26, including helitack, air tankers, smoke jumpers, and fire engines. By mid day May 27, the fire had crossed the Alaska Highway and the Tanana River and forced the evacuation of the village of Tanacross and the Tok Eagle Subdivision.

An Alaska Type 2 Incident Management Team arrived on the evening of May 27 and assumed command of the fire. A burnout was completed around Tanacross on May 28, and for the next couple of days, fire crews worked day and night to secure lines around the threatened communities.

A fuels reduction project in 2005 in this area is largely credited with the success of fire suppression efforts at Eagle trail. It was noted that when the fire got to this fuel break, it



*Yukon Fire Crew meets the Alaska governor—from left: Isaac Smith, Sandy Parnell, Governor Sean Parnell, Kadeon Jimmy, and Michael Haggerty.*

*See EAGLE TRAIL, page 7*

## 2010 Fire Season Fire and Fuels Work

By Laura Atkins, FireWise Fuels Specialist

Chugachmiut's Denali and Yukon Fire Crews saw a busy and productive 2010 fire season in Alaska. The two 20 person crews came on board in April and began the season with required trainings and orientations.

In May, the Denali crew was assigned to the Toklat fire, located twenty-five miles southwest of Nenana. This fire, started by lightning, grew to 188,807 acres before being considered contained. The Denali Crew went on to fight the Toklat 2 and the Pat Creek fires, with required days off. The Pat Creek fire, located 15 miles northeast of Stevens Village, is still active as of August 10, with 16,018 acres consumed.

The Yukon Fire Crew was assigned to the Eagle Trail fire early in the season, located a half mile south of Tanacross (see story above.) This fire burned 17,934

acres and required evacuations of Tanacross and the Tok Eagle Subdivision. Hazard fuel reductions treatments near Tanacross allowed fire crews to save the village from the fire. Crew members met Governor Sean Parnell and his wife as they made an appearance on the fire line.

Later in the season, the Yukon Crew was assigned to the Pat Creek Fire which, as of August 10, it is still battling.

When not participating in wildland fire suppression activities, the two crews were involved in fuel reduction work around homes on the Kenai Peninsula. With funds from the American Recovery and Reinvestment Act (ARRA), crews initiated Firewise treatments. These treatments follow a certain prescription of removing dead

*See FIRE SEASON, page 6*

# Implementing monitoring requirements in Alaska

By Laura Atkins, FireWise Fuel Specialist, and Kim Kelly, Bureau of Indian Affairs

This past year, the Bureau of Indian Affairs (BIA) Alaska Region, began utilizing a newly developed monitoring process in their fuels contracts with the tribal fuels crews.

When considering how to best monitor fuels treatments in Alaska, there are many factors that have to be considered to efficiently and successfully capture hazardous fuels treatment effectiveness. For example, much of the landscape that require fuels treatments in Alaska are highly remote, requiring small aircraft or river boats to access. Frequent access to these treatment sites is not feasible, considering time, distance, and budget constraints.

Secondly, many of the projects being completed in Alaska are in close proximity to individual homes located on scattered native allotments. Because of these factors, The Alaskan Regional BIA Fuels Staff developed monitoring requirements that would address all of these concerns while meeting BIA Fuels Monitoring Requirements.

The Forestry and Fuels Staff from Chugachmiut, have taken the initiative to institute the new requirements (instituted by the Interagency Fuels Committee and BIA Fuels Staff) by developing a workflow process that utilizes both fuels treatment monitoring documentation and the use of digital photos.

For the 2010 Spring and Summer Season, the Forestry and Fuels staff created a fuels treatment monitoring form to address hazardous fuels effectiveness, and monitoring reporting requirements. This monitoring form includes:

- Clearly defined fuels project treatment objectives
- Fuels project treatment effectiveness
- Measures to determine if fuels project treatment objectives were met
- Recommendations or changes to treatment objectives, treatment type, or monitoring protocols.

Part of the monitoring form also requires taking digital pictures at the fuels treatment site that can best display the condition of the fuels to be treated. Digital photos in



**Kevin King of the Denali Wildland Fire Crew working on a defensible space treatment.**

the four cardinal directions are taken pre fuels treatment, and post fuels treatment.

This form can be completed right before the fuels are to be treated and immediately after the treatment has been finished, thus reducing travel costs and time constraints.

As this process is implemented at Chugachmiut, Fuels and Forestry staff are finding ways to best display the fuels treatment data, treatment location, and photos collected during the monitoring process and captured via the monitoring form. One method being explored is to input the monitoring form document, the location of the monitoring site, as well as the pre and post treatment photos into a geographic information systems program called ArcGIS to display the spatial distribution of fuels treatments and their respective monitoring sites.

The Fuels Staff and Fuels Crews of Alaska Chugachmiut are commended for rising to the challenge and implementing the new monitoring requirements into the hazardous fuel treatment reduction program.

## *FIRE SEASON, from page 5*

or dry vegetation around homes and property to better protect them in a wildfire situation. The Chugachmiut Forest Crew, located out of Nanwalek, was also involved in fuel reduction work was. This crew completed treatments around home sites in the Nanwalek area.

Well done to all of Chugachmiut fire and fuels crews for the 2010 season. Their hard work is appreciated and valued as fire seasons across the globe are increasing.

*EAGLE TRAIL, from page 5*

switched from being a crown fire to a ground fire. Crews had removed tall timber, white spruce, black spruce, a mix of hardwoods, cottonwoods, birch and brush which slowed and redirected the fire.

According to the Fairbanks Daily News Miner online (newsminer.com), Tanana Chiefs Conference President Jerry Isaac stated: "I would strongly recommend other (Interior) communities to do projects like that." Isaac's home village is Tanacross.

On June 19, the Yukon Crew was able to meet Alaska Governor Sean Parnell as he traveled to Tok to meet with those who battled the fire. Parnell commented on the successful coordination of the fire crews' resources that contributed to saving lives and minimizing property damage.

**National Family Caregiver Support Program** will be holding the following Trainings and Meetings for the month of September.

- August 31st, Soldotna Senior Center, 1pm-3pm, Caregiver Peer Support Meeting
- September 13th, Tyotkas Elder Center, 1pm-3pm, Caregiver Training, Alzheimer's Association, "Elders with FAS or FAE" presented by Lisa Wawrzonek, C.M.C Education Director
- September 14th, Soldotna Senior Center, 1pm-3pm, Caregiver Peer Support Meeting
- September 20th, Kenai Senior Center, 1pm-3pm, Caregiver Training, "Money Management" presented by Denali Alaska Federal Credit Union Staff of Kenai
- September 28th, Soldotna Senior Center, 1pm-3pm, Caregiver Peer Support Meeting

Our trainings offer Continuing Education Units for people with CNAs. There is no charge for our services and everyone is invited to attend. For more information please call Joann or Dani at 907-262-1280

The National Family Caregiver Support Program (NFCSP), established in 2000, provides grants to states and territories to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.

*See NFCSP, page 8*

*RESTORATION, from page 2*

performed domestic and other violence daily, had alcohol and drug issues, and experienced huge levels of daily stress. The stresses their children experienced meant that they might become addicts (abusing alcohol, tobacco and drugs) in the future, resort to violence (anger and abuse) to address their issues, and become involved in numerous criminal acts.

Chugachmiut's recent adoption of a "Restoration to Health" strategy is meant to be a community initiative to allow us to explore the devastating impact of historical and inter-generation trauma on us and our lives. As we move forward, we want to know how you feel this trauma has had on us as a people. We will be visiting with Tribal leaders, members and their families to explore how we can address the hurt that has fallen upon us. I look forward to this because I believe we have a great future together if we learn how to heal this trauma.

*INTERVENTION, from page 4*

bles produced in Port Graham remain local as a reminder of the community's commitment for cultivating peace.

The Chugach Women's Violence Intervention Project and Patti Bland will be heading to Tatitlek and Chenega Bay, October 11-15, 2010, to present uniquely tailored Crisis Intervention and Advocacy Trainings. For more information, to participate, or for questions regarding the Women's Intervention Project, please contact Meg McKinney, Domestic Violence Regional Coordinator, at 1-877-907-8738 or via email at: [meg@chugachmiut.org](mailto:meg@chugachmiut.org).

*PLAYGROUND, from page 1*

"Outdoor play is associated with greater amounts of physical activity in children, and research has shown that opportunities for whole body exercise have a long lasting influence as preschool physical activity tracks throughout childhood," said HSBS Director Karen H. Spencer, EdD.

Thank you to all those that made this project possible, including Fran Norman, Tribal Administrator; Reuben Norman, VPSO; all the youth as mentioned above; and Pat Archer for his expertise at pouring cement, fixing fences, hanging a gate and assembling playground equipment.



## CHUGACHMIUT

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### ADDRESS SERVICE REQUESTED

**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.

*NFCSP, from page 7*

Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care experience conflicts between these responsibilities. Twenty two percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

### CHUGACHMIUT BOARD OF DIRECTORS

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