



Chugachmiut

Nupuat

Serving the Native Peoples of the Chugach Region

Summer 2011
www.Chugachmiut.org

Health Services Division travels the region

By Jerry Luken, Editor



Above left: Gordon Kvasnikoff (left) and CHA-I Elias Kvasnikoff of Nanwalek. Left to right: Teresa Swartz, Certified Medical Assistant, Steve Totemoff, Jr., of Tatitlek and Thelma Vlasoff, CHP-C.

The Health Services Division visited our four remote villages in May and June for the second annual Spring Health Events. By the calendar it was spring, but enough sun and warmth peeked through the clouds and rain in each village — Port Graham, Nanwalek, Chenega Bay and Tatitlek — to help everyone believe summer had arrived.

Despite falling on prime fishing days, each event had a great turnout to sample some healthy foods and learn about health and nutrition options, particularly in how

they relate to diabetes.

The traveling health team consisted of Division Director Cheri Hample, David Zetterman, MD, Certified Medical Assistant Teresa Swartz, Community Health Aide Karen Swearingen, Community Health Aide III-C Charlemagne McMullen, and Health Administrative Assistant Rosaline Lemieux.

Dr. Zetterman provided education at each site on the

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Traveling Heritage Exhibits

Alaska Native education linked to heritage preservation of the *Sugpiaq*

By Helen Morris, Heritage Preservation Program Manager, and Jerry Luken, Editor

Chugachmiut’s Heritage Preservation Project launched its Traveling Interactive Heritage Exhibits last year. These heritage kits combine culturally relevant curriculum with hands-on experience for the region’s youth to better understand their traditions and what it means to be an Alaska Native of the Chugach Region.

Heritage Kits are designed for hands-on activities for kindergarten through twelfth grade. They are aligned with Alaska Cultural & Content Standards designed by the University of Alaska Fairbanks Alaska Native Knowledge Network.

Kits currently available include:

Cuqllitet: Those Who Came Before Us

This kit explores genealogy and traditional family roles through family trees and gives students the chance to wear traditional *Sugpiaq* visors and headdresses. Voice recorders are used to collect and document stories from the community. Kit developed by Jessica Sellig-Boyles of



“Those Who Came Before Us” looks back at the Alaska Natives who settled on the lower Kenai Peninsula and Prince William Sound.

See KITS, next page

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



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 1-800-478-4155
 Health Services division.....224-3490
 1-800-224-3076
 Dental Clinic.....224-4925
 Chugachmiut Homer Field Office.....235-0577

North Pacific Rim Housing Authority.....562-1444
 1-888-274-1444
 Chugach Regional Resources Commission.....562-6647
 Chugach Alaska Corporation.....563-8866
 1-800-858-2768
 Chugach North Technical Services.....1-888-833-9288

Chenege IRA Council.....573-5132
 Chenege Clinic.....573-5129
 Native Village of Eyak.....424-7738
 Ilanka Health Clinic (Eyak).....424-3622
 Cordova WIC Office.....424-5731
 Nanwalek IRA Council.....281-2274
 Nanwalek Clinic.....281-2250
 Port Graham Village Council.....284-2227
 Port Graham Clinic.....284-2241

Qutekcak Native Tribe.....224-3118
 North Star Health Clinic.....224-3490
 North Star Dental Clinic.....224-4925
 Tatitlek IRA Council.....325-2311
 Tatitlek Clinic.....325-2250
 Valdez Native Tribe.....835-4951
 Valdez WIC—call the Cordova WIC Office.....835-2173

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Valdez; edited by Phyllis Morrow and Chase Hansel.

Cuumi Iqallugsuucilbrat: Traditional Fishing

Here students investigate the variety of fishing methods used by their ancestors, build a model fish trap, play a salmon lifecycle board game, and learn the many ways salmon was important to the *Sugpiaq* survival. Developed by Wanda Kvasnikoff and Medeia DeHass of Nanwalek.

An Abundance of Birds

This kit lets students investigate the many ways birds were used for food, apparel and tools. It teaches them about migration, habitat and anatomy, as well as traditional bird hunting and gathering methods. Developed by Karen Swearingen of Seward.

The Healing Power of Alaska's Plants

Allows youth to learn the traditional medicinal uses of the region's plants and how to locate, identify and gather these plants for pressing, drying, and preparing for medicinal uses. Developed by Sandy Angaiak of Chenega Bay and Francy Bennett.

Driftwood: A Gift From the Sea

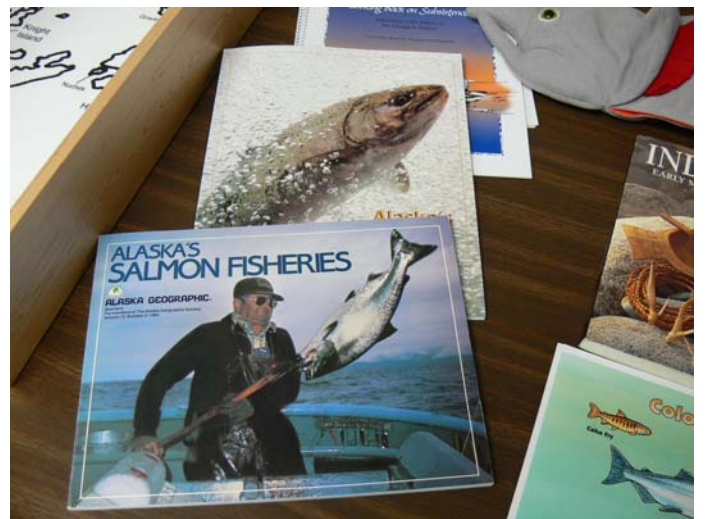
Students discover the many uses of driftwood and map the routes the wood traveled from hundreds of miles to reach the shores of the region. They can track the progression through time as traditional tools evolved into the tools of today. Developed by Sandy Angaiak of Chenega Bay and Leslie Fogg of Seward.

These kits are all currently available by request. For more information, contact the Local Education Coordinator in your community.

There are six more kits currently in development: Storytelling in the Chugach Region; Trade and Change; The Traditions of Using Grass in the Chugach Region;

Traditional Clothing; Honoring the Seal; and Traditional Hunting.

The overall purpose of the program is to meet the unique education needs of and to support supplemental education programs for the region's Alaska Natives. This is made possible through a grant from the U.S. Department of Education.



Whitney Elaine Gilbert was born happily at home in Renton, Washington, on April 15, 2011 at 10:50 pm to parents Billie Hjort and Ryen Gilbert. Uppa Bill Hjort, Jr. and Big Uppa John Totemoff welcome her from heaven. Gramma Judi Ristine, Umma Cindy Hjort and Big Umma Maggie Totemoff welcome her with warm hearts and big smiles. She weighed 9 lbs, 12 oz and was 22 inches long.

Whitney with her Big Umma, Maggie Totemoff

Moth infestation threatening Kenai berry plants

By Nathan Lojewski, Forestry Manager

The Kenai Peninsula is experiencing an unusual outbreak of Geometrid Moths which are eating the leaves of the areas salmonberry, blueberry and alder bushes.

In Nanwalek entire thickets of salmonberry were defoliated and “drying up.” Caterpillars were also found on cottonwood and willow. Some residents of Port Graham started noticing a little damage during the summer of 2010, but in the summer of 2011 they reported more intense damage. Nanwalek has seen the brunt of damage, however.

Plants affected by this outbreak are most likely not dead and leaves should return. If you have plants you are concerned about or want to protect, rake the soil under the bush with a metal garden rake and water heavily. Cocoons reside in the soil underneath these bushes.

For more information contact the Forestry Department at 800-478-4155 or LojewskiN@chugachmiut.org.

Wildland fire news

By Robert Lacy, Fire Manager

The Yukon Fire Crew has been on “High Fire Danger Stand By” or actual fires since May 27 of the current fire season. They have been assigned to fires at Milepost 1346, East Volkmar, Porcupine Ridge, and Hastings.

When not on a fire assignment, the crew is busy with Hazard Fuel Reduction or Firewise Project work. This entails clearing out dead trees and brush that be fuel for wild fires, and assisting homeowners with protecting their homes from wildland fire.

The crew works eight hour shifts Monday through Friday, but are on two hour call back, which means on weekends they must be able to answer an emergency call within two hours. This severely limits options for time off.

The crew ended its season on August 16, though several crew members were retained to continue Hazardous Fuel Reduction on the Kenai Peninsula.

Chugachmiut Feedback Management System

By Kert LaBelle, Lean Coordinator

Chugachmiut is always open to improvement and over the past five years we have demonstrated just that through our Lean initiatives. As processes that need improving are identified, we look at the facts, propose solutions and make improvements. We are also dedicated to recognizing excellent work when we see it. When we show appreciation to an employee for a job-well-done, we demonstrate that their hard work is important and hopefully encourage everybody to do the same. By fixing problems and acknowledging successes we promote exceptional work and services that benefit you, your family and your community.

Now we need your help to improve Chugachmiut’s services. January marked the beginning of our Feedback Management System which consists of questions or comments or complaints from you; what programs and processes can we improve and what are we doing well? All feedback that you give us is kept confidential on a need-to-know basis throughout the entire process.

There are two ways that you can provide feedback: fill out a Feedback Form and mail to our offices or call and ask for a Feedback Representative. We will keep a record of it in a database and inform the appropriate staff;

Please tell us how we are doing.

We need your help to improve services at Chugachmiut.

If you have any comments or suggestions for Chugachmiut, call 1-800-478-4155 and ask for a Feedback Representative

if your feedback is a complaint, they will help resolve your issue and keep you updated on any progress. If your comments are positive they will be saved and passed on to supervisors so employees are recognized for their good work.

Chugachmiut wants your input so we can improve our services to you. If you have any questions or comments, send an e-mail to info@chugachmiut.org or call 1-800-478-4155 and ask for a Feedback Representative.

Imam Cimiucia: Our Changing Sea

New book about the Kenai's coastal ecosystem co-written by Nick Tanape, Sr., of Nanwalek

Published by Alaska Sea Grant of the University of Alaska Fairbanks

Product Description from publisher:

Through the dual lens of Western science and traditional Native knowledge, art, and photography, the authors uncover some of the ecological, social, and economic causes of coastal ecosystem change on Alaska's Kenai Peninsula. The reader is offered a rare opportunity to share experiences, perspectives, and knowledge of *Sugpiaq* Elders and village residents whose lives and intuitions are shaped by the rhythms of the sea. This collaboration illuminates the resilience and limits of marine ecosystems and the vast archive of knowledge and expertise held by different cultures. Given the pressure humans now impose on marine ecosystems worldwide, this book offers insights to coastal communities throughout the world that have witnessed dramatic changes in their ocean home.



The book cover features the late Peter Anahonak, Jr., of Port Graham.

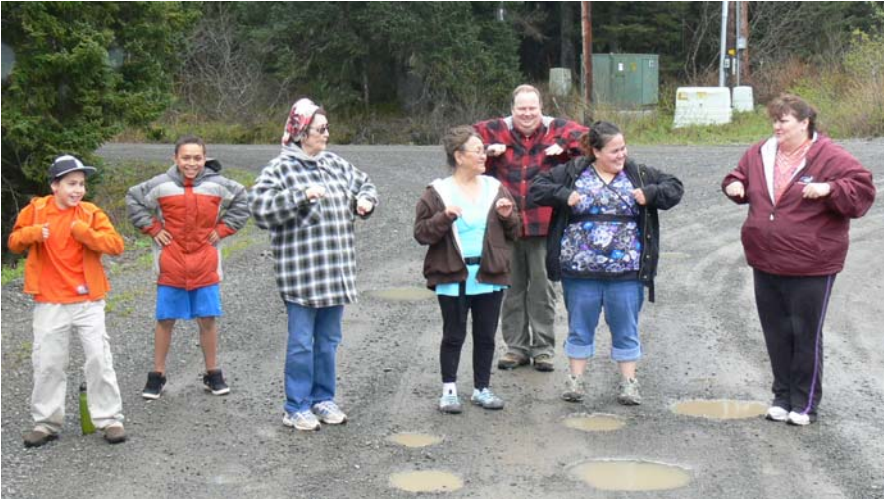
“A rich account of the long history of human habitation and its impact on the coastal marine ecosystem of south-central Alaska. By joining hands in a common research endeavor that brings together deep local knowledge and detailed instrumentation provided by marine scientists, we come to better understand the effects of the changes under way in the region.”—Ray Barnhardt, University of Alaska Fairbanks

Funding to print this book was provided by a grant from the Rasmuson Foundation to the Port Graham Village Council. Additional support was provided by the Alaska Sea Grant College Program, Chugach Alaska Corporation, Chugach Heritage Foundation, University of Alaska Press, and Pratt Museum. Sales proceeds will benefit the Port Graham Environmental Program and the Nanwalek Resource and Fisheries Program.

Aleesha Towns-Bain of the Rasmuson Foundation posted a blog about this book that includes interviews with Anne Salomon and Violet Yeaton, environmental planner for the Port Graham Village Council. Go to <http://ww.rasmuson.org/blog/?p=2401>

Chugachmiut, in association with the State of Alaska's Tobacco Prevention and Control Program (TPC), recently filmed TV commercials for Homer's Salty Dawg Saloon and the Seward Alehouse as part of the statewide *Great for Business* smokefree educational campaign. Chugachmiut funded the commercials as a way to celebrate the recent success of businesses in their region voluntarily going smokefree in an effort to protect customers and employees from the dangers of secondhand smoke.

The nationally recognized campaign works to debunk the myth that businesses experience a profit loss when going smokefree, and illustrates the expanse and diversity of business owners in communities across the state who support smokefree workplace policy. The focus is on bars and restaurants, as these businesses are the most common areas of exposure to secondhand smoke.



The Fun Walk in Port Graham featured the Chicken Dance. Left to right: Ricky Jager, Charles Moonin, Harrietta McGhan, Jean Huntsman, Dr. David Zetterman, Tania McMullen and Sue Steward.



Mike Angaiak of Chenega Bay with pharmacist Glenn Schiff.

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importance of staying current with annual influenza vaccinations. He also addressed the lack of vaccine from the state for adults, how we are addressing adult vaccinations, what is happening with H1N1, and the new guidelines for pneumonia vaccinations. Teresa, Karen and Sue spoke about mask fitting and what folks should expect when they make an appointment to get fitted.

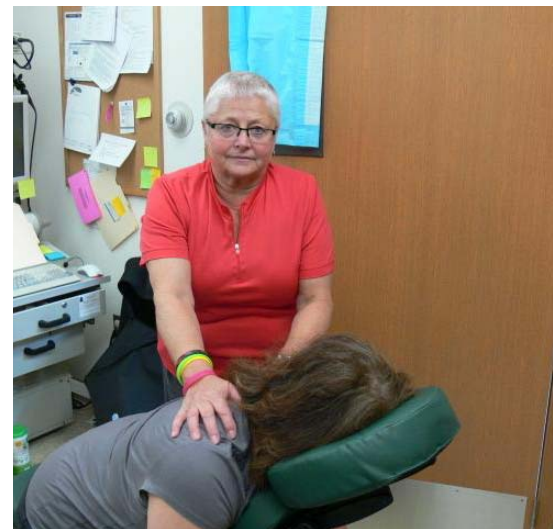
Each village clinic also had its own staff on hand to help out. In Port Graham: Agnes Miller, CHP; Darlene Anahonak, CHP; Tania McMullen, CHA II; and Health Administrative Assistant Lisa Kvasnikoff. In Nanwalek: Elias Kvasnikoff, CHA I and Christine Seville, Health Administrative Assistant. In Chenega Bay: Andy McLaughlin, CHP and Betty Howard, CHP. In Tatitlek: Thelma Vlasoff, CHP; Kyla Morrisett, CHP Itinerant; and Brandon Moonin, CHA I.

Community members were invited to receive health screenings which included blood work, foot exams and basic height and weight measurements. Blood sugar levels, obesity and foot problems (numbness, dryness, calluses, poor circulation) are all early indicators of a possibility for diabetes. Dr. Zetterman will follow up with patients as necessary via Polycom video conferencing equipment.

Fitness information was also available including tai chi videos and yoga handouts. A nutritional breakfast of oatmeal, yogurt, hard-boiled eggs, fruit and turkey sausage greeted attendees at each clinic. Cheri Hample provided 19 chair massages and healing touch sessions in the communities of Chenega Bay and Tatitlek.

In the evenings, the health team provided a meal of broccoli salad, quinoa tabouli, salad greens, ham and fruit salad, as well as a game of diabetes bingo. The team also provided information about emergency preparedness and raffled such prizes as volley balls, soccer balls, resistance bands and "sack packs."

SEE HEALTHY RECIPES ON PAGE 7



Division Director Cheri Hample offered healing touch and chair massage.



CHA Trainee Karen Swearingen with Carl Moonin of Port Graham.

Healthy recipes from dishes you enjoyed at the Spring Health Events

Teresa Swartz's Tabouli Salad

2 C cooked quinoa (see instructions at right)
 1 C chopped parsley or cilantro
 1/2 C chopped onions or scallions
 1/2 C chopped tomato
 2 Tbsp fresh mint or 1 Tbsp dried mint (optional)
 1 clove of garlic, pressed
 1/2 C olives sliced
 1/2 Tbsp basil (optional)
 1/2 C juice of lemon/lime or both (dressing)
 1/4 C olive oil (dressing)
 Salt and pepper to taste

Place all ingredients in mixing bowl and toss lightly with dressing. Chill and serve. You may also add black beans, chick peas, chopped cucumber.

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.

Quinoa is available at most grocery stores in Anchorage.

Low Fat Broccoli Salad

6 C chopped broccoli
 3 Tbsp red onion, chopped
 1/4 C sunflower seeds
 1/4 C cooked bacon pieces
 1/4 C raisins

Combine chopped broccoli, sunflower seeds, onion, bacon and raisins in large bowl and refrigerate. Mix remaining ingredients in a little bowl, refrigerate for at least one hour, then pour over broccoli mixture and serve.

Dressing:

1/4 C Best Foods light mayo with olive oil
 2 Tbsp apple cider vinegar
 5 packets of sugar substitute

Low Fat Carrot Cake

Cake:

1 20-oz can crushed pineapple
 2 C whole-wheat pastry flour
 2 tsp baking soda
 1/2 tsp salt
 2 tsp ground cinnamon or pumpkin spice
 3 large eggs
 3/4 C granulated Splenda (sugar)
 3/4 C nonfat buttermilk (see Tip)
 1/4 C canola or olive oil
 1/4 C applesauce
 1 tsp vanilla extract
 3 C grated carrots (about 6 medium carrots)
 1/4 C unsweetened flaked coconut

Frosting:

12 oz reduced fat cream cheese, softened
 1/4 C Splenda (powder)
 1 1/2 tsp vanilla extract
 1/2 C flaked coconut, toasted (see Tip)

Preparation:

1. Preheat oven to 350°F. Coat a 9 x 13 inch baking pan with cooking spray.
2. Drain pineapple in a sieve set over a bowl, pressing on the solids. Reserve the drained pineapple and a 1/4 C of the juice.
3. Whisk flour, baking soda, salt and cinnamon in medium mixing bowl. Whisk eggs, sugar, buttermilk, oil,



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CARROT CAKE, from page 7

vanilla, and the 1/4 C pineapple juice in a large bowl until blended. Stir in pineapple, carrots and 1/4 C coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Scrape the batter into baking pan and spread evenly.

4. Bake until the top springs back when touched lightly and a skewer inserted in the center comes out clean, 40-45 minutes. Let cool completely on a wire rack.

5. To prepare frosting a complete cake: beat cream

cheese, powdered Splenda and vanilla in a mixing bowl with an electric mixer until smooth and creamy. Spread the frosting over the cake and sprinkle with toasted coconut.

Tip: No buttermilk? You can use buttermilk powder or make “sour milk”: mix 1 Tbs lemon juice or vinegar to 1 C milk.

To toast coconut flakes, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2-5 minutes.

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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Valdez

Benna Hughey, *Secretary*

Tatitlek

David Totemoff, *Director*

Nanwalek

James Kvasnikoff, *Vice Chair*

Qutekcak

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