



Nupuat

Spring 2019

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Serving the Native Peoples of the Chugach Region

Chugachmiut Behavioral Health Crisis Line 1-844-891-0444, available 24/7

Yukon Fire Crew Fire Camp Grand Opening

Submitted by Charlie Sink, Trust & Land Management Director

Chugachmiut held a Fire Camp Grand Opening on May 2nd, 2019. Following the ribbon cutting ceremony, there were speeches by Jan Vanderpool, Executive Director, and Charlie Sink, Trust & Land Management Director and a barbecue dinner.

Chugachmiut's Fire Crew Camp began construction on April 18, 2018, and obtained substantial completion by February 26, 2019. There are few things left to be done such as painting the outside of the buildings; that will be done late May or early June 2019 when it gets warm enough to paint.

The fire crew camp was developed to house, train, and station the Yukon Fire Crew a recognized Type 2 Initial Attack fire crew eligible for fire suppression dispatch. The Yukon Fire Crew does pre-fire



From the Grand Opening. Pictured: Yukon Fire crew (background); Fran Norman, Board Chair; Larry Evanoff, Board Vice Chair; Jan Vanderpool, Executive Director; Robert Lacy, Fire Manager

suppression work and fire suppression work. The pre-fire suppression work builds fire breaks and the suppression

work puts out fires.

In Memorandum: Elenore McMullen of Port Graham

Obituary Provided by Deborah McMullen, daughter of Port Graham



Elenore McMullen, 79, passed away on April 5, 2019, at South Peninsula Hospital in Homer, Alaska.

Funeral services were held in Port Graham, Alaska, at Saint Herman's Orthodox Church on Wednesday, April 10, 2019, with Father James Gust officiating. Burial followed at the West End Cemetery, where mom was laid to rest beside her parents. We will have a 40 day pannikhida on her birthday: May

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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: **Rosie Gordon**, Newsletter Editor, 1840 Bragaw Street, Suite 110 Anchorage, AK 99508-3463, (907) 562-4155, media@chugachmiut.org

Healthy Foods for Healthy Teeth and Gums

Submitted by Angela McKinney, RDH

We all know that sugary foods and soda aren't good for our teeth. Here are foods that promote healthy gums and strong teeth.

Variety and moderation are important for healthy teeth. Try for a balanced plate that include options from the five major food groups: fruits, vegetables, grains, protein and dairy. Whole foods provide the vitamins and minerals we need for a healthy mouth.

- **Water** – Nothing hydrates like plain water and it's good for your oral health. It's especially good to drink water after eating sugary foods because it helps rinse food particles from the teeth.
- **Milk** – Milk provides calcium, protein and vitamin D. Calcium is one of the most important minerals for healthy teeth because it strengthens your enamel. Leafy greens, beans and almonds are also a great source of calcium. Vitamin D helps absorb, carry and deposit calcium in the bones that support your teeth.
- **Lean Protein** – Lean cuts of meat, poultry, fish and eggs provide the protein your body needs. And these foods contain the phosphorus that your teeth need. Phosphorus plays a critical role in dental health because it naturally protects and rebuilds tooth enamel. Chicken and fish pro-

vide vitamin B3. Almonds and other nuts offer vitamins B2 and B12 as well as iron. These are important vitamins for healthy teeth and gums.

- **Sweet potatoes** – These root vegetables are rich in nutrients and a great source of vitamin A. Vitamin A helps protect the enamel on your teeth and wards off cavities. Cantaloupe and carrots are also high in Vitamin A.
- **Cheese and other dairy foods** – Cheese is a good choice for healthy teeth because it's rich in both calcium and protein. Protein is an essential building block for growth, and calcium is important for strong teeth. Yogurt is a good choice, just be sure it doesn't have a lot of added sugar.
- **Leafy greens and crunchy produce** – Spinach, kale and other leafy greens offer a healthy dose of nutrients for teeth and gums. Eating a crunchy apple, carrots or celery will promote saliva production, which dilutes acids and helps remove debris from your teeth.
- **Oranges, salmonberries, blueberries, strawberries and other vitamin-C rich fruits** – Vitamin C promotes healthy gums and quick healing of wounds.

Your diet makes a big difference when it comes to a healthy smile!!

Let's Give Our Children a Million Word Head Start!

Submitted by Mary Ellen Fritz, Head Start Director

Young children whose parents read them five books a day enter kindergarten having heard over 1.4 million more words than kids who were never read to, according to a recent study published in the Journal of Developmental and Behavioral Pediatrics.

Parents, we can do this! Reading is a fun pastime, increases bonding and can be a beneficial part of the bedtime routine, in addition to being a vital form of early education.

"Kids who hear more vocabulary words are going to be better prepared to see those words in print when they enter school," said Jessica Logan, lead author of the study and assistant professor of educational studies at The Ohio State University. "They are likely to pick up reading skills more quickly and easily."

The study provides calculations, based on the finding that board books contained an average of 140 words, while picture books contained an average of 228 words, on how many words children would hear by the age of 5 years old:

Never read to: 4,662 words
 Read to 1-2 times per week: 63,570 words
 Read to 3-5 times per week: 169,520 words
 Read to daily: 296,660 words
Read five books a day: 1,483,300 words



See Million Word Head Start, page 11

Employee Spotlight: Barbara Siefert

Submitted by Barbara Siefert, CF&S Administrative Assistant

Q: What is your name and title at Chugachmiut?

My name is Barbara Siefert and I am the Community and Family Services (CF&S) Administrative Assistant for the Chugachmiut Behavioral Health Department.

Q: How long have you been employed at Chugachmiut?

I have been working for about 3 and half years with the Behavioral Health Department.

Q: Tell us about your job

I am responsible for a wide range of duties. I am the glue that keeps CF&S running. I work with the Social Services, Addictions, Tobacco Cessation, Domestic Violence and, Behavioral Health programs. I make sure times sheets get turned in and staff gets paid. Check requests processed, paperwork gets filled out, collected and filled. I train new employees on their department's core skills and other important processes. I answer phone calls and request supplies for the communities that we staff. I process all of the departments billing for services and double check the billing and data

entry. I schedule all of the intervening for new applicants. I am responsible for taking notes for staff and clinical meetings. I help plan the yearly Behavioral Health trainings that the staff has to attend. Multitasking is a must and I get other duties as assigned. I have a very important role for Chugachmiut to help out the communities and beneficiaries.

Q: Did you need any specialized training or education to get to where you are?

Yes I have 17 years of administrative experience. It helps to have an understanding on Behavioral Health, Addictions and Domestic Violence terms and issues.

Q: What is something about you that people would be surprised to know?

I have experienced several challenges that our clients have or are currently experiencing. I have walked a thousand miles their shoes. I have experienced Domestic Violence, Mental and Health issues. Sometimes I feel like giving up but there is that 1% and with the love of God and support from friends and staff I have come out of the darkness. I want



Barbara Seifert, CF&S Admin Assistant

to give back and serve as servant leadership coined by Robert K. Greenleaf. "Make sure that other people's highest priority needs are being served."

Q: What is the hardest part of your job?

Being able to multitask and keep the

See Employee Spotlight, page 10

2019 Chugachmiut Heritage Mini Grants Funded

Submitted by Melodie Fair, Tribal Grants Writer

Each year, Chugachmiut's Board of Directors offers \$12,000 to each eligible tribe in the region to fund cultural or heritage-based projects or activities. Chenega IRA Council and Nanwalek IRA Council have been awarded the Chugachmiut Heritage Mini Grant for 2019.

Chenega IRA Council's project: "Development of Learning How to Make a Chenega Gut-skin Regalia for Traditional Dancing." The goal of the project is to have a five-day class, held in Chenega, to teach the local community how to make a gut-skin coat like the one shown in the book, "The Chugach Eskimo" circa 1933. The project will also incorporate teaching traditional dancing the way the Chugach Eskimos danced in the 1930s. As a community they will make ten gut-skin coats. Ten coats will be used in Chenega School for the students and community members, and an additional ten coats will be sewn and used in the Anchorage area. The teacher, June Pardue, will provide patterns of the coat for future use to Chenega. The patterns will be kept by the

Chenega IRA Council, but before the project ends in September 2019, a hard copy of the patterns will be printed and mailed to members of the Chenega tribe.

Nanwalek IRA Council's project is focused on preserving the history and traditions of Nanwalek's New Year program. Focusing on the music and costumes of the program, they will have new, longer lasting costumes. They would like to have CDs printed of the celebration music (previously recorded). They will move forward with production once they obtain copyrights for the song on the CD.

Nanwalek will also hire a videographer to record a Starring event so that it can be preserved. All recordings will be assessed by village elders to make sure traditions are being kept. Elders will be interviewed regarding the fidelity of the celebrations and the interviews will be transcribed and housed in Village records.



**YOU CAN HELP Chugachmiut EARN DONATIONS
JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!**

Fred Meyer donates over \$2 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Chugachmiut at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number EN900.
- Then, every time you shop and use your Rewards Card, you are helping Chugachmiut earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.

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You can search for us by our name or by our non-profit number EN900.

- Then, every time you shop and use your Rewards Card, you are helping Chugachmiut earn a donation! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit www.fredmeyer.com/communityrewards.

Make Your Wishes Known

Submitted by Kelley Baker, Health Services Director

Make health care decisions now in case you can't later.

End-of-life planning is not an easy topic to talk about. We don't want to die, but we also don't want to suffer. To make an advance care plan, think about what kind of health care you'd want if you could not talk or write.

Advance care planning helps you:

- Think about and discuss treatment options with your family and health care providers.
- Make treatment decisions based on your goals and values. What's important to you in life? How do your religious beliefs and cultural traditions impact your medical decisions? What treatments would you want or not want?
- Select someone you can trust to make decisions on your behalf if you are unable to do so.
- Document and communicate your decisions to those who need to know. An advance directive, living will or health care power of attorney all identifies the person who would speak for you and express your health care wishes.

Advance care planning helps bring peace of mind to you and those who may be making your decisions. Contact your local health clinic for an Advanced Health Care Directive Packet. Or you can download an Advanced Health Care Directive Packet from the State of Alaska's Department of Health & Human Services website:

<http://dhss.alaska.gov/dph/Director/Pages/LivingWill.aspx>

Alaska Comfort One Program

Some individuals who are terminally ill do not wish to have life-saving measures, such as cardiopulmonary resuscitation (CPR) performed on them when their breathing or heartbeat stops. The Comfort One Program was established in 1996 to help health care providers identify terminally-ill people who have expressed these wishes.

A patient may obtain enrollment forms and an optional bracelet from his or her physician. All local clinics also have additional Comfort One information available.

"LLANGARWIK" A PLACE OF AWAKENING RECOVERY CAMP

Llangarwik is a unique, alternative, residential treatment program that is designed from the ground up specifically for rural Alaska Natives. We use "two worlds" approach—Western and Traditional, our treatment of alcoholism, chemical dependency and related family issues can be considered holistic, natural and traditional. Whenever possible we include family members in the educational and healing process. Our participants are actively engaged in the development of a healthy, functional "family" environment that is based on honor, respect, communication and cooperation. Llangarwik is not a "correctional model" and is not confrontational.

Llangarwik provides 14 days of wellness to the people of Chugach Region. This residential program focuses on personal development. The program will be using modern & traditional techniques to assist personal growth. Our mission is "We seek to empower individuals and families to live sober healthy lives to prepare us to be powerful, influential teachers and healers in our own communities."

Program Highlights

Traditional

Historical Trauma, Traditional Healing Practices, The Role of Ceremony and Ritual, Canning, Gardening, Art & Crafts, and Harvesting.

Substance Use Education

Relapse Prevention, Coping Skills, Recovery Family Effects, Sober Activities, How chemical dependency affects our health and Sober Support.

Aftercare

Continuing Care Planning, 12 Step Model of Recovery, Community Activities. Keeping in mind we get sober so that we have a chance to recover.

Next session: June 17th – July 1st, 2019

WWW.CHUGACHMIUT.ORG 907-334-0157

Update on the Chugachmiut Heritage Sugt'stun Program

By Mark Hiratsuka, Regional Education Coordinator

Between 2015-2019, the Chugachmiut Heritage Preservation “Llangarklluku: Becoming Aware” Program has become renowned for the focus on Sugt'stun language revitalization and heritage education. This program was made possible through an Alaska Native Education (ANE) Proposal (Grant Number S365A150066). The premise of Llangarklluku was to develop or improve student fluency in Sugt'stun, the language of the Sugpiat, by providing training to semi-fluent adults to increase their own fluency and support them in gaining an endorsement to teach the language.

During the 2017-2018 and 2018-2019 school years Chugachmiut Heritage Preservation provided Sugt'stun language classes to approximately 245 students within the region. These classes were provided to all preschool to twelfth grade students in Nanwalek, Port Graham, and Tatitlek, where Alaska Native Students are in the majority. In Cordova, language is offered to kindergarten through second grades. Our goal was to have a robust Sugt'stun program available to each of the four school districts serving the Chugachmiut service area. The school districts within the Chugachmiut service area are Cordova, Valdez, Chugach, and Kenai Peninsula Borough School Districts. We are pleased to have a Memorandum of Agreement with each of these district partners to provide for heritage education in the schools through 2022.

By the end of the program which was scheduled for August 31, 2018, two very strategic goals for the language program were successfully completed which included the following:

1. Creating Fluency

Objective was to create fluency among semi-fluent tribal members and support their development into trained teachers to provide language instruction in Chugach Region Schools. Loss of language continues to be a burning issue among tribal members and scholars. Eyak, one of the languages of the Chugach Region, lost its last fluent speaker in 2008, and is now considered an extinct language. With fewer than 50 speakers, Sugt'stun may soon come to the same end. Therefore, the hiring of six Sugt'stun teachers was a pivotal move to change the course of where we were heading. These six young Sugpiat teachers were enrolled in the Kodiak College Alutiiq Language Occupational Endorsement Credential (OEC), a yearlong certification program. A total of 16

undergraduate credits were required to earn the OEC, and students were expected to pass the language assessment at the intermediate level in conversational fluency as measured by the American Council of Teachers of Foreign Languages (ACTFL) 2012 proficiency. We were very pleased to have five of the six enrolled Sugt'stun language teachers formally receive their OEC in May of 2018. These “graduates” were Brandon Moonin (Tatitlek), Ephimia Moonin-Wilson (Port Graham), Antone Ukatish (Nanwalek), Shyla Krukoff (Cordova) and Vladimir Moonin (Nanwalek). A sixth teacher, Kimber Moonin (Tatitlek) has started her OEC with her first three hour class and is on her way to receiving her OEC.

Two of our OEC graduates are working to attain their Associates of Arts Degree within the next year, with the goal of obtaining a baccalaureate graduates with a major in education with a focus on bilingual/bicultural education. We wish them well on their pathway to becoming certified teachers!

2. Weekly sessions with Master Speaker, Rhoda Moonin

Our Sugt'stun “students” meet weekly, via Skype with the Regional Master Speaker, Rhoda Moonin of our Nanwalek Heritage Office. Rhoda oversees the progress made by our language teachers to ensure they are progressing toward proficiency in the Chugach dialect of Sugt'stun, as well as doing online instruction and demonstrations using the Chugachmiut curriculum for second language instruction.



Continued on next page

Continued from previous page

During the course of the development of the language program, language curriculum and instructional materials was developed to include Levels 1-5. Materials developed include teacher guides, student books, language materials and resources for every grade level. During the course of the year, the Director of Heritage Programs developed language materials that included, republishing translated books/stories, as well as reconstructing existing curriculum materials for grades pre-k through fourth. During two teacher work sessions participants developed materials for their daily language lessons. Of particular benefit was the opportunity to have the support of Elders as Recognized Experts to provide guidance and support to both regular classroom teachers as well as the language instructors. Elders were eager to share their traditional ecological knowledge through story times, song and dance instruction and working with students in the learning environment in language related activities. The Elder's Council met on a quarterly basis to provide support to Chugachmiut staff and were always included and consulted in training events.

3. Seal of Biliteracy

Planning has begun in the early phase of implementing a long-range vision that includes high school students gaining a *Seal of Biliteracy* upon reaching high levels of oral and written fluency in both the heritage language and English. Our vision is to have this incorporated in schools that are offering a Pre-K through High School Sugt'stun Language Program. *Seal of Biliteracy* certifications for every qualifying high school graduate would have this seal affixed to their Diploma and recorded in their permanent transcript. Ultimately this will be based on best practices stated by the Indigenous Language Institute and ACTFUL assessment levels. This is an exciting opportunity for potential Sugt'stun Heritage language gains for the Chugachmiut region.

4. Program Partners

We are very fortunate to add another partner to our program. Chugachmiut has become a Sponsoring Agency with Alaska Pacific University. As a Sponsoring Agency, Chugachmiut will be able to design and present for credit, college level courses tailored to meet the needs of various projects. In addition, two members of the Heritage Department staff have been recognized as adjunct faculty and therefore able to teach the courses.

Litnautukut Sugt'stu (We are learning Sugt'stun)



Photo credits, starting on page 6, clockwise: Vladimir Moonin, OEC; Brandon Moonin, Ephimia Moonin-Wilson and Rhoda Moonin; Ephimia Moonin-Wilson and Shyla Krukoff at OEC graduation; Ephimia Moonin-Wilson, training; Elders Council with Regional Master Speaker and Staff

Chugachmiut Welcomes New VPSO's; Bids Farewell to Another

Submitted by Leonard Wallner, VPSO Coordinator

Chugachmiut is proud to welcome the recent hire of two new Village Public Safety Officers (VPSO), Andrew Jonda and Michael Paulsen. Jonda was hired on December 18th for the community of Chenega, and Paulsen was hired on February 5th for the community of Tatitlek. Both officers are presently attending sixteen weeks of training at the Department of Public Safety Academy in Sitka, with graduation scheduled for June 14th. The academy provides instruction in criminal investigation, police procedure, laws, and physical skills. The program meets the requirements of the Alaska Police Standards Council which certifies officers in Alaska. Students receive twelve semester credit hours from the University of Alaska Southeast.

Jonda is single, originally from Arizona, and moved to Alaska in 2018, intent upon becoming a Village Public Safety Officer. He is in the process of relocating to Chenega. Jonda attended two years of college at the University of Arizona, studied abroad in Moldova and Egypt as a foreign exchange student, speaks both Russian and Arabic, and has a personal goal to learn ten languages during the course of life.

Paulsen is married, and has always referred to the Chugach region as home. He and wife Rami are looking forward to returning to Tatitlek. Paulsen attended four years of college at the University of Alaska Anchorage, and has a degree in electrical engineering.

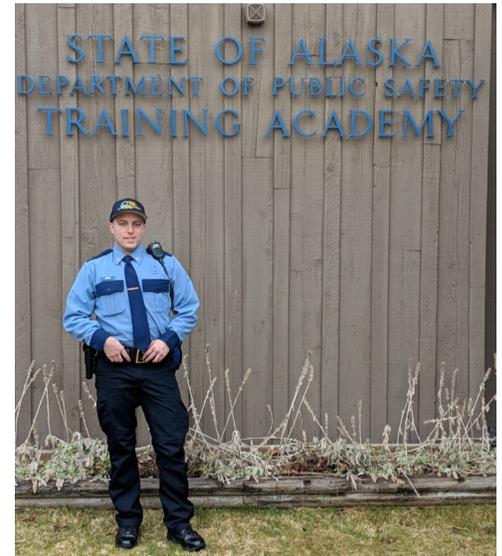
Chugachmiut and Port Graham bid farewell and good luck to VPSO Daniel Smith, who resigned on January 31st in order to move back to western Alaska.

Chugachmiut is currently recruiting for VPSO's in Nanwalek and Port Graham. You can apply at www.chugachmiut.org/jobs or give us a call at 907-562-4155 if you have questions about the positions. VPSO's provide public safety services including the enforcement of local ordinances and state laws, while working closely with the local Village Council and the Alaska State Troopers.

Michael Paulsen, at the Academy in Sitka, AK



Andrew Jonda, at the Academy in Sitka, AK



Congratulations to Jim Miller & Danielle Larsgaard (pictured left) for completing The Rural Human Service (RHS) Program, a certificate program offered through UAF.

Congratulations to Brandon Moonin (pictured right) on graduating from the Community Health Aide Program Training Session IV!



Elenore, continued from front page

11th with a dinner; everyone is invited to come and join us!

She was married to Bobby McMullen and last year celebrated their 60th anniversary. Elenore Elizabeth was born in Port Graham to Harry and Barbara Norman on May 11, 1939. She was aptly named after Eleanor Roosevelt and Queen Elizabeth. Mom attended school in Port Graham and Seldovia, Alaska. After graduating with a GED, she attended Mount Edgecumbe and became a Licensed Practical Nurse. She made nursing her lifetime career, and loved it! She worked at Alaska Native Medical Center and at elder facilities in Iowa. She spent many years here in Port Graham as a Health Aide, starting as a volunteer. She encouraged and trained individuals to become Health Aides both here and at the Skill Center in Seward, Alaska.

After having lived in Iowa for several years, our family moved back to Port Graham in 1972, much to mom's delight! She worked for the cannery Whitney Fidalgo and in their store as a clerk. During this time, she realized the community was in need of many services and began volunteering to help improve the quality of life here. Mom was later hired as the first Community Health Representative, developing her own job description. That was the beginning of 30-plus years of service. She was on the Village Council for many years, and then from 1990-2002 she served as "Tuyuq" village chief. Mom served on many boards and committees securing much needed services such as an office for a clinic and later on its own building, naming it after her grandmother, who was a "healer/midwife." She worked to secure EMS services, mental health, fire department, alcoholism services, environmental program, Port Graham/Nanwalek watershed program and was instrumental in securing housing, a new school, an Orthodox church building, the development of the fish hatchery, multi-use facility and more. Mom did a lot of traveling for our community and enjoyed meeting people from all over the country.

In 1989, during the Exxon Valdez oil spill she took a presentation to Washington, D.C., on behalf of the late Chief Walter Meganack Sr. to the Oiled Mayors called "The Day the Waters Died," and also represented the people of the Chugach Region by speaking of our concerns and witnessing on the oil spill. She worked tirelessly, not only for the benefit of the people of Port Graham, but also for Nanwalek, Seldovia and even Homer.

Mom received many awards for her efforts over the years, such as the Della Keats Helping Hands award, Chugach Alaska Shareholder of the year, Women of Distinction Haven House, etc. She loved the Orthodox religion that she was raised in, participating and serving on the church council for many years. Mom was an avid subsistence user. She was passionate about any type of fishing. She said that being out on the water fishing was therapy for her soul and she was able to work out anything that was bothering her. Mom loved planting flowers in her yard, taking maqi, enjoying the outdoors and many other things. But most of all, she loved spending time with family and friends. Her grandkids, and then great-grandkids, were always a high priority.

Mom loved all of her siblings, Marvin Norman, Christine Saracoff and Harrietta McGahn, nieces, nephews and their children - some of whom she delivered herself! She just really loved to visit with people!

In recent years mom has suffered from dementia/Alzheimer. For the past 11 months, she was a resident at the Long-Term Care Facility in Homer. We will always be grateful to Dr. Eneboe and the fabulous staff for all their love and tenderness shown to mom while under their care. Quyanakcak! A big thank you!

She is survived by her husband, Bob; children, Robert, Barbara, Deborah, Jeff and Greg; 15 grandchildren; 28 great-grandchildren; many godchildren; and lots of relatives. Memory Eternal.

List of Sugt'stun phrases that are used in Classroom by Teachers**Cam'ai/ Camaqa Ellpet Asertuten/**

Aserluten. – Hello/ Like saying

"Are you ok"

Awa 'ai- see you later

Cacaq ai? What do you want?

Cinmii? – Why?

Asertuten?- Are you ok?

Quyana/ Quyanakcak- Thank you

Quyaniatuten- Your welcome

Naklleng- Please

Cacaq una- What is this

Taigut- Come here

Itraa- come in

Anii- Go out

Aqumi- sit down

Nicugniluten- listen

Uluteglua- look at me

Ililernga- Help me

Ililernga naklleng- Help me please

Una- this one

Atren- Your name

Kinaq Ellpet? – Who are you?

Kinaq Una- Who is this one

Mermek- Water

Neryaq- Lunch

Piturtua- I'm eating

Tugu- take it

Tarru- give it

Ucitalaq- Teacher

Ucineq – Student

Lligu ggut- put it down

Milkilluten- Be quiet

Employee Spotlight, *continued from page 3*

department running.

Q: What is the most rewarding part?

I'm working with paperwork and staff all day but behind that paperwork and staff are human beings that have a need. Being able to provide support and skills to our client's and communities to help them grow, prosper, and succeed through life's challenges. "Everyone has a story! We each have a wealth of life experiences that can benefit those who hear about them. Even if you think your story doesn't matter, it does!" (lifey.org)

When we share our stories we heal!

Q: What has been your biggest accomplishment?

I lived on Adak, AK for 6 years with my Mother a Special Education Teacher, brother and sister. While living on Adak my family and I toured a nuclear submarine, a Chilean 4 massed ship and a Coast Guard Cutter. I also have done a lot of hiking and saw a salmon run in Finger Bay. I worked in my mother's class room during my senior year helping out the elementary special educations students with their studies. I graduated from Bob Reeve High School in 1990. I worked fulltime at the Navy Exchange Deli, and stocked groceries at the Mini Mart. I also attended college classes at night. My first college class was Mammals of Alaska & World. I got to see a sea otter autopsy and did a field study. I was hooked on Alaska. When Adak was closed I moved to Anchorage, AK and went to college at UAA. While living in University Housing I was a Resident Advisor for 2 years and was involved with the Residence Hall Association. I graduated with a Bachelors of Art Emphasis Graphic Design. I graduated from University of Alaska Anchorage with a high academic standing even

though I had struggled to academic success due to learning challenges. I not only did well in my studies overcoming obstacles but exceeding in areas that had appeared impossible during school years. I stayed in Anchorage and have worked with several non-profits. I feel that my calling was to work with social services area in Alaska. I live in Wasilla, AK towards Hatchers Pass and I commute daily to Anchorage.

I rescued and adopted a dog named Adak and she is a Corgi mix. I found out that she was from Chevak. Adak is a very lovable, sensitive, and high energetic dog in which she thinks that she is a cat.

**Q: If you could travel anywhere in the world, all expenses paid, where would you go?**

I would like to travel to Ireland, Scotland and Norway. I have interest in Celtic art, music and culture.

Q: What are your hobbies?

I am a very avid book reader (audiobook listener) and artist. I like to learn new things and meet new people. I love to drink coffee and Pepsi. And I love a good potluck when we all share a simple dish.

Reminder:

**Chugachmiut Fall
Scholarship Applications
are due on June 10th!**

There is no deadline for Vocational Scholarships
The application for Services can be found on the
Chugachmiut website

Additional questions can be
directed to

Donna at (907) 562-4155

**Grand Opening**, *continued from front page*

The State of Alaska Department of Forestry has entered into a compacted agreement with Chugachmiut to sponsor the Yukon Fire Crew. The crew serves the Kenai Peninsula as the only organized standing wildland fire crew on the peninsula. Such arrangements serve the state, the borough, Chugachmiut, and the people who participate on the fire crew.

Obtaining a permanent home, the Yukon Fire Crew will give up living in hand-me-down trailers surplused from the BIA Roads Department. The crew has been living in these trailers for about 12-years without running water, sewer, or heat. The trailer camp site was located opposite the Sterling Highway from the Kenai Borough dump site. It was doable for the crew but they have been waiting a long time for decent housing. Let's celebrate this momentous event with Chugachmiut's Yukon Fire Crew!

Million Word Head Start, *continued from page 2*

"The word gap of more than 1 million words between children raised in a literacy-rich environment and those who were never read to is striking," Logan said.

How can we start reading books to our children every day? Why, by getting free books! There are numerous resources for free books, here are some to help meet our daily book reading goals:

1. Imagination Library

Dolly Parton, beloved country singing icon, loves reading so much, she wants every child to have the opportunity. In 1995, Ms. Parton started the Imagination Library to give free books to children. She wanted to help preschool-aged children develop a love of reading, even if their families couldn't afford books. Each month, her organization mails a book to all registered children, addressed to them, so kids would look forward to their special delivery and "feel the magic that books can create," according to the website.

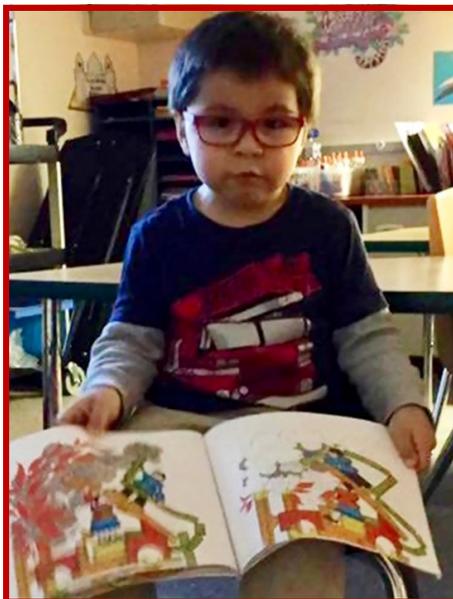
To get free books for your child, register online at imaginationlibrary.com, search for your local affiliate and follow the instructions.

2. Free Kids Books

Download free PDFs from this online library of kids' books at this site: <https://freekidsbooks.org>

With picture books for toddlers, books with pictures and words for bigger kids and chapter books for young adults, this site has something for everyone. You can even get coloring books.

The site recommends printing the PDFs and stapling the pages together — or reading them on a tablet or other electronic device.

3. Reading is Fundamental

Reading is Fundamental partnered with Ustyme to allow free access to 50 classic eBooks.

These classic books include "Goldilocks," "Little Red Riding Hood" and "The Three Little Pigs," and some are also available in Spanish. Ustyme (pronounced "us time") is a FREE video-call platform for desktops/laptops via Chrome that gives families and friends the opportunity to truly engage with each other and build connections that just aren't possible through simple phone calls.

4. Amazon Free Books

Amazon has a ton of free kids' books available for Kindle downloads. Just search for "children's books, Kindle edition" and sort price "low to high" to see all the freebies.

Plenty of books are available to download, from "Wiggly the Worm" to "The Rabbit Ate My Homework."

5. Amazon Prime Kindle Owners' Lending Library

Amazon Prime members can borrow books for free through the Kindle Owners' Lending Library, which allows users to borrow one book each calendar month.

The program offers a wide range of kids' books to pick from, but you'll need a Kindle (and a Prime membership) to read them.

6. Exchanging books or lending libraries

Parents can also work together to exchange books to minimize the cost of buying new books or check to see if there is a local lending library you can use.

By reading to our children every day, we provide them with the best head start in developing a love of reading, resulting in a lifelong love of learning and school success!

CHUGACHMIUT BOARD OF DIRECTORS

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CHUGACHMIUT

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Contact Numbers

Chugachmiut, Anchorage
(907) 562-4155 or 1-800-478-4155

**Health Services Division, Seward
(Northstar Health Clinic)**
(907) 224-3490 or 1-800-224-3076

Homer Field Office
(907) 226-2006

Chugachmiut Crisis Line
(907) 891-0444 or 1-844-0444

**Arch Priest Nicholas Kompkoff Clinic,
Chenega**
(907) 573-5129

**Ilanka Community Health Center,
Cordova**
(907) 424-3622

**Kachemak Bay Domestic Violence
Tribal Advocate**
1-877-907-8738

Nanwalek Clinic
(907) 281-2250 or (907) 281-2251

**Anesia Anahonak Moonin Clinic, Port
Graham**
(907) 284-2241 or (907) 284-2295

Northstar Health Clinic, Seward
(907) 224-3490 or 1-800-224-3076

Tatitlek Clinic
(907) 325-2234 or (907) 325-2235

Alaska Native Health Consortium
(907) 729-1900

Alaska Quitline
1-800-784-8669

Careline Crisis Intervention
1-877-266-4357

Chugach Alaska Corporation
(907) 563-8866 or 1-800-858-2768

**Chugach Regional Resources
Commission**
(907) 224-5181 or (907) 562-4155

**Domestic Violence & Sexual Assault
Referral Hotline**
1-877-907-8738

North Pacific Rim Housing Authority
(907) 562-1444 or 1-800-274-1444

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.