

Nupuat



Fall 2020 Edition

www.chugachmiut.org

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How to Stay Safe & Healthy this Winter

by Kelley Baker

Here are some tips on keeping your mind and body healthy, including ideas for indoor exercise, managing stress and eating healthy to keep your immune system in top condition.

Do Your Part

Make safe choices and follow proper guidelines can help slow the spread of COVID-19 in your community. Do your part to keep yourself and others healthy:

- Wear a mask (properly)
- Wash your hands
- Stay at least 6 feet away from others
- Stay home if you are sick
- Avoid others who have symptoms of an illness
- Avoid large gatherings
- Limit trips to only medically necessary needs

Stay Active

Exercise can help you stay in shape, improve your mood and even boost your immune system. Here are some ideas:

- **Yoga.** Many studios are offering virtual classes. You can also find low-intensity workout videos, like yoga or Pilates on YouTube. These exercises are a great way to calm the mind and strengthen the body.

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Contact Numbers

Chugachmiut , Anchorage Main Line	562-4155		
.....	Toll Free	1-800-478-4155	
Chugachmiut , Main Fax Number	563-2891		
.....	Toll Free	1-800-793-2891	

CLINICS		PHONE	TOLL FREE	FAX
Cordova	Ilanka Community Health Center	424-3622		
Chenega	Arch Priest Nicholas Kompkoff Clinic	573-5129		573-5148
		573-5142		
Nanwalek	Nanwalek Clinic	281-2250		281-2244
		281-2251		
Port Graham	Anesia Anahonak Moonin Clinic	284-2241		284-2277
		284-2295		
Seward	North Star Health Clinic	224-3490		224-5870
			1-800-224-3076	
Seward	Dental Clinic	224-4925		224-4933
Tatitlek	Tatitlek Clinic	325-2234		325-2350
		325-2235		

RESOURCES FOR SUPPORT		PHONE	TOLL FREE
Alaska Native Health Consortium		729-1900	
Alaska Quit Line			1-800-784-8669
Behavioral Health Crisis Line (24/7)			1-844-891-0444
Careline Crisis Intervention			1-877-266-4357
Chugach Alaska Corporation		563-8866	1-800-858-2768
Chugach Regional Resources Commission		224-5181	
Domestic Violence & Sexual Assault Referral Hotline			1-877-907-8738
Domestic Violence Tribal Advocate, Kachemak Bay			1-877-907-8738
Nanwalek Recovery House		281-2217	
North Pacific Rim Housing Authority		562-1444	1-800-274-1444

BOARD OF DIRECTORS	COUNCIL
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John Kvasnikoff, Treasurer	Nanwalek IRA Council
Arne Hatch, Director	Qutekcak Native Tribe
Pamela Smith, Director	Native Village of Eyak
Rami Paulsen, Director	Tatitlek IRA Council

Alaska Blue & Gold Boardshop 2020 Cammy Awards Winner - Terence Swenning!

by Terence Swenning

I entered a video contest hosted by Blue & Gold Boardshop, a skate shop located in Anchorage. Covid-19 caused them to cancel their regular summer events at local skate parks. Without expecting much, my friends James, Cruz, and I filmed a video one week before the deadline.

I live in the village of Nanwalek. There are only two concrete areas to skate, which forced us to make our own spots using plywood. They ended up extending the deadline, although I decided not to film additional clips.

It turned out that I won 2 of the 5 categories they were judging, including "Best Trick" and "Judges Choice".

I would like to thank Blue & Gold Boardshop for hosting a fun contest and all the contest sponsors for all the clothing and gear I received. It was a great way to keep everyone's spirits up during this pandemic.

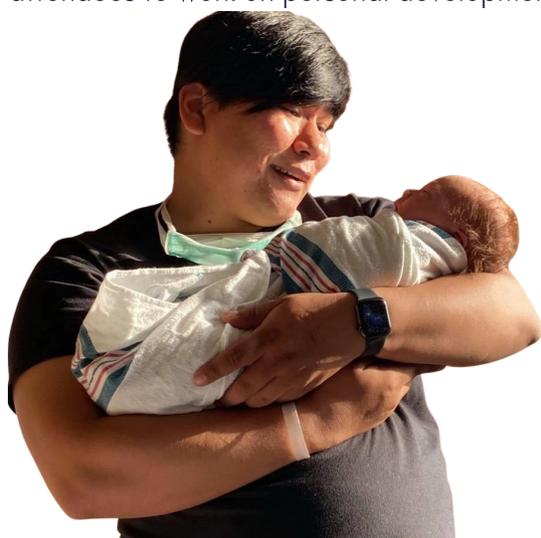
You can watch the Blue & Gold Boardshop Cammy Awards 2020 on the link below:

<https://www.facebook.com/blueandgoldak/videos/344411546763397>



Chugachmiut's Grant Administrator presents an educational session at SRA International virtual conference

As part of a concurrent session, Jennifer Redmond presented on How to Create Proposal Review Ninjas. Jennifer is the Society of Research Administrators International (SRAI) Alaska Chapter President. The Education Offering was part of a month-long Virtual Annual Meeting, which offered a wealth of workshops, educational courses, and social networking opportunities designed to allow attendees to work on personal development virtually.



Chugachmiut's Sugt'stun Language Teacher in Port Graham (Ephimia Moonin-Wilson) would like to share this picture of Father (Michael Kvasnikoff) holding newborn son Marcus Aurelius Kvasnikoff, born July 27, 2020!

Congratulations Ephimia Moonin-Wilson and Michael Kvasnikoff!

Chugachmiut Employment & Education Corner

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Important Date to Remember!

December 10, 2020 is the Chugachmiut Higher Education Scholarship deadline for Spring 2021.

Vocational scholarships do not have a deadline.

Please see Chugachmiut.org for the application.

State of Alaska job alerts

Did you know you can sign up for job alerts through the State of Alaska?

Here is the link:

<https://www.governmentjobs.com/careers/Alaska/jobInterestCards/categories>

For the next 12 months after you sign up and submit the form, you will receive an email notification each time a position opens with State of Alaska whose category matches one of the categories you've chosen. We'll also send you a reminder email in 11 months to give you an opportunity at that time to extend your notifications for another year. It is based on location, so please keep that in mind.



Current Job Opportunities

to obtain application and read full job description go online to: <http://www.chugachmiut.org/jobs/>

HEALTH SERVICES DIVISION:

Advanced Practice Provider-Itinerant – Regional Communities: Anchorage, Cordova, Homer, Seward, Port Graham, Nanwalek, Chenega Bay, Tatitlek, or Valdez, AK

Building Custodian – Port Graham, AK

CHA II or CHA Itinerant – Anchorage, Alaska

Community Health Aide II – Community Health Practitioner – Tatitlek, AK

Community Health Aide Trainee (CHAT) – Community Health Practitioner (CHP) – Tatitlek, AK

Dental Assistant Itinerant – Any Regional Community

Dental Health Aide Therapist Itinerant – Any Regional Community

Health Administrative Assistant – Itinerant – Port Graham, AK

Purchased/Referred Care Coordinator – Seward, AK

FINANCE DIVISION:

Staff Accountant – Anchorage, AK

HUMAN RESOURCES & ADMINISTRATION:

Administrative Assistant (Temporary) – Anchorage, AK

Becoming Aware Sugt'stun Language Teacher – Chenega, AK

Education Administrative Coordinator – Anchorage, AK

Local Cultural Coordinator – Chenega, Port Graham, Seward and Valdez, AK

Head Start Teacher Aide/Cook/Janitor – Nanwalek, AK

Head Start Lead Teacher – Port Graham, AK

Human Resource Director – Anchorage, AK

COMMUNITY & FAMILY SERVICES DIVISION:

Addictions Clinician – Anchorage, AK

Behavioral Health Clinician – Homer, AK

Communities That Care Site Coordinator – Anchorage, AK

TRUST & LAND MANAGEMENT DIVISION:

Village Public Safety Officer (VPSO) – Port Graham, AK

Village Public Safety Officer (VPSO) – Nanwalek, AK

Yukon Fire Crew Crewmember – Soldotna, AK



Cama'i from the Heritage Preservation Department!

Back to school season has arrived! Alaska Native Education (ANE) Language staff have adapted to distance delivery platforms to provide Sugt'stun lessons for our students working from home as a result of COVID-19.

We have been sharing our updates on our [Facebook page](#). Please follow us and share with your friends!

Our Heritage Preservation Department team is continuing to grow! We'd like to introduce you to our new staff:

We welcomed Angelina Roehl as the Regional Language Coordinator and Nancy Yeaton as a Local Cultural Coordinator for the community of Nanwalek!

We also welcomed Andrea Floersheimer as our new Archivist/Heritage Cultural Collection Coordinator!

Angelina Roehl, Anchorage

Cama'i! My Sugt'stun name is Kalunka. I am originally from Port Graham, and my parents are Thomas and Feona Sawden. I grew up hearing our Sugt'stun language, during our family gatherings, village gatherings, and at Sugt'stun classes. I learned a lot from the Sugt'stun classes that were taught by my two Sugt'stun teachers during this time: Feona Sawden and Lydia Robart. To this day, I use any phrase, Sugt'stun names, and Sugt'stun words whenever I can. I still have all my language resources that my mom shared with me as they were developed and I still look through them for Sugt'stun references of words or phrases. I'm excited to be a part of the Language team.



Angelina Roehl
Regional Language Coordinator

Nancy Yeaton, Nanwalek

Ggwi Nancy Martha Anastasia, Liita, Ngaqngaq, Maqu, Yartuliq Yeaton, I was born in 1954 here in English Bay, left at the age of 8, speaking Sugt'stun and returned 13 years later speaking no Sugt'stun! I have two daughters, 11 grandchildren and 8 great grandchildren; they do not speak Sugt'stun. My Sugt'stun language contains very little of what I hear. I'm so thankful for all the Ancestors who spoke when I left and returned; little did I know when I returned to the village, how soothing it would be to listen as stories were told in Sugt'stun: the lovely tones, the clicks, the back of the throat sounds, so musical. As I look around now, I hear less of the language so it is wonderful to hear our young adults (Sugt'stun Teachers) speaking in our language. We are the stewards of our land and language; it is up to our speakers to help perpetuate the language of our communities. I love this program; there many amazing professors/teachers in our communities to share their knowledge; we need to capture what they are willing to share.



Nancy Yeaton
Local Cultural Coordinator, Nanwalek

Heritage Preservation Program Updates

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We have three big projects underway: One is to develop an Orthography/Grammar that will be published at the end of the grant. Our teachers will be taking a college course to help develop the Sugt'stun orthography and receive credit at the same time!

Another project is to revise the Sugt'stun Language Curriculum and have it available on the Chugachmiut Heritage Preservation's website, which can be found at this link: <https://chugachheritageak.org/home>

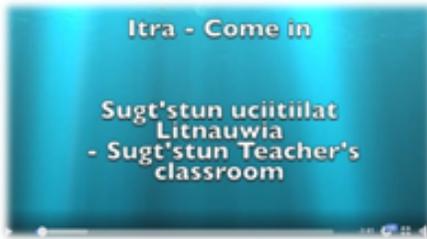
Lastly, we plan to develop a compiled talking Sugt'stun Dictionary of the different dialects and subdialects and again hopefully have it available online.

We're Hiring!

Do you or someone you know want to invest in the continuation of culture of the Chugach region? We are hiring for Local Cultural Coordinators in each of the communities of Chenega, Cordova, Nanwalek, Port Graham, Seward, and Valdez. For more information and to apply, please check out on our job posting on the [Chugachmiut website](#).

Teachers Beam When There's a Theme

Our Sugt'stun Language Teachers and staff have been working on weekly thematic Sugt'stun Language Lessons for our communities to view on our [Facebook page](#) or our [YouTube channel](#). Click on the pictures below to view the corresponding video lessons!



Our teachers also frequently publish individual video lessons that are shared on our [Facebook page](#), and can also be viewed on our [YouTube Channel](#)!

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Cultural Corner

The Chugachmiut Heritage Department is looking for a community member from the Chugach Region who is willing to be audio recorded to aid with a heritage project for our website.

We are planning to record stories and books from the Chugach Region. If you are interested or would like to know more, please inquire with Nick Jordan (Pakiun) at NicholasJ@chugachmiut.org.

Need help in navigating the abundance of resources stored on our Chugach Heritage website? Check out our Heritage website video, where Pakiun provides guidance on maneuvering the website and all it has to offer, including the check-out process for heritage kits and where to find online and video resources! We are always interested in interviewing our Elders and Experts from throughout Region for stories and history. If you would like to be interviewed or have a resource to share, please contact the Heritage Department.

Elder Moments

Elders play a very significant role in our preservation of culture and language. We recently had the opportunity to present at First Alaskans Institute 37th Annual Elder and Youth Conference!



We were honored to present our Sugt'stun Language lesson and cultural activity, along with cultural and language resources. If you missed it live, please check out the [recorded session](#)!



We are thankful for all of you and hope you enjoy this holiday season!

Upcoming Events and Projects

We are excited to announce our Quarterly Meeting, which will take place on December 14 - 18. Be on the lookout for more information on our [Facebook page](#) as our planning unfolds!

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Heritage Preservation Program Updates

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Stay Connected with Us!

Check out our website at chugachheritageak.org, where we have valuable content, resources, heritage kits, and more! Please follow us on Facebook to receive all of our program updates!

To reach staff directly, please email us:

Mark Hiratsuka, Heritage Programs Director - MarkHeChugachmiut.org

Kari Brookover, Alaska Native Education Program Manager - Kari@Chugachmiut.org

Rhoda Moonin, Regional Master Speaker - RhodaM@Chugachmiut.org

Andrea Floersheimer, Archivist/Heritage Cultural Collection Coordinator - AndreaF@chugachmiut.org

Katrina Tysinger, Program Coordinator - KatrinaT@chugachmiut.org

Nicholas Jordan, Regional Education Coordinator - NicholasJeChugachmiut.org

Jemerson Anahonak, Local Cultural Coordinator, Tatitlek - Jemerson@chugachmiut.org

Nancy Yeaton, Local Cultural Coordinator, Nanwalek - NancyY@chugachmiut.org

Angelina Roehl, Regional Language Coordinator - Angelina@chugachmiut.org

Brandon Moonin, Sugt'stun Language Teacher, Tatitlek - BrandonM@Chugachmiut.org

Shyla Krukoff, Sugt'stun Language Teacher, Cordova - Shyla@Chugachmiut.org

Ephimia Moonin-Wilson, Sugt'stun Language Teacher, Port Graham - Ephimia@chugachmiut.org

Samuel Swenning, Sugt'stun Language Teacher, Nanwalek - SamuelS@Chugachmiut.org



(continued from cover page)

- **Weight Training (at home).** Invest in some resistance bands or small hand weights for an effective workout.
- **Exercise with Friends Virtually.** Get a group of friends to log into Zoom and do a workout together. Try a YouTube video or get creative coming up with exercises that challenge your body.

Manage Stress and Anxiety

Many months into the COVID-19 pandemic and adjusting to changes in our environment can be stressful. Try one of these proven approaches to help ease your mind:

- Exercise
- Meditate
- Practice Yoga
- Call a Friend
- Read a Book
- Start a Gratitude Journal

Eat Healthy

Eating healthy helps power your body, supports your immune system, and can even improve your mental health. If you need a little motivation to stay on track, try one of these tips:

- **Stick to a Schedule.** Eating at a regular time can reduce the chance you'll graze all day on empty calories. Instead, plan to eat breakfast, lunch, dinner, and snacks around the same time each day.
- **Eat in Season.** There are great fruits and veggies to be found in the fall and winter.
- **Experiment in the Kitchen.** Try new healthy recipes and make it a family affair to teach kids important life skills in the kitchen.
- **Keep Healthy Ingredients On Hand.** Fill your pantry and freezer with nutritious staples like beans, quinoa, pasta, frozen vegetables, and frozen salmon filets. Healthy ingredients make it easy to whip up quick and healthy meals.

Everyone 6 months and older should receive a flu vaccine.

People who get the flu vaccine protect themselves, and they also reduce their risk of spreading flu to others. By getting the flu shot you protect yourself, your family, and your community.

healthy
• BODY •
healthy
• LIFE •

American Indians and Alaska Natives (AI/ANs) are at higher risk of developing serious complications from flu

A yearly flu vaccine can help protect you and others around you from flu

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for American Indians and Alaska Natives.

American Indians and Alaska Natives are more likely to die from pneumonia and flu than are US residents of other races.¹

Across the U.S., flu causes hundreds of thousands of hospitalizations each season.

American Indians and Alaska Natives are at **higher** risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

Flu poses an even greater risk to American Indians and Alaska Natives who:

- are young children or elders
- are pregnant women
- have diabetes, severe obesity, heart disease, or asthma and other lung problems

Flu symptoms can include:

FATIGUE* (FEELING VERY TIRED)
HEADACHE
MUSCLE ACHES OR BODY ACHES
Runny or stuffy nose
CHILLS
COUGH **SORE THROAT** **FEVER**

*Not everyone with flu will have a fever

The 7 Habits of Highly Effective People

contribution by Donna Malchoff

Sarah Moriarty - Brand Marketing Lead at Blinkist. "The 7 Habits of Highly Effective People in 3 Minutes." Blinkist Magazine RSS, Blinkist, 19 Nov. 2019, www.blinkist.com/magazine/posts/read-seven-habits-highly-effective-people-3-minutes.

Here are the key insights from The 7 Habits of Highly Effective People :

1. **Sharpen the saw.** Don't work yourself to death. Strive for a sustainable lifestyle that affords you time to recuperate, recharge and be effective in the long-term.
2. **Be proactive.** You have a natural need to wield influence on the world around you so don't spend your time just reacting to external events and circumstances. Take charge and assume responsibility for your life.
3. **Begin with an end in mind.** Don't spend your life working aimlessly, tackling whatever job is at hand. Have a vision for the future and align your actions accordingly to make it into a reality.
4. **Put first things first.** To prioritize your work, focus on what's important, meaning the things that bring you closer to your vision of the future. Don't get distracted by urgent but unimportant tasks.
5. **Think win-win.** When negotiating with other, don't try to get the biggest slice of the cake, but rather find a division that is acceptable to all parties. You will still get your fair share, and build strong positive relationships in the process.
6. **Seek first to understand, then to be understood.** When someone presents us with a problem, we often jump right to giving a solution. This is a mistake. We should first take time to really listen to the other person and only then make recommendations.
7. **Synergize.** Adopt the guiding principle that in a group, the contributions of many will far exceed those of any individual. This will help you achieve goals you could never have reached on your own.

Read more at:

https://www.blinkist.com/magazine/posts/read-seven-habits-highly-effective-people-3-minutes?utm_source=cpp

Introducing new staff from Family and Community Services Division



Employee Spotlight: Eleanor Pollo

Tribal Victims Service Coordinator - Anchorage Office

Hello! My name is Eleanor and I'm so excited to join Chugachmiut as the Tribal Victims Service Coordinator. I moved to Alaska from Texas for this opportunity and am grateful to learn more about the organization and the state. My background is in the anti-human trafficking field and I hope to be able to share with you what I've learned along the way. Thank you!





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WE WANT TO HEAR FROM YOU!

Help promote us and the newsletter by helping to keep it relevant and up to date. We want to share what's going on in your community. Please share your upcoming events, Community-based programs, or how our programs have helped you.

To submit ideas, articles, stories and/or pictures for use in the Nupuat, contact us:

Facebook : [www. Facebook.com/ChugachmiutALUTIIQ/](http://www.Facebook.com/ChugachmiutALUTIIQ/)

or by

Email: Media@Chugachmiut.org

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:

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If you would prefer to receive your newsletter by email rather than a print copy, please let us know at media@chugachmiut.org or (907) 562-4155.