

Nupuat



Spring 2021 Edition

www.chugachmiut.org

www.facebook.com/chugachmiutALUTIQ

If you are interested in receiving the COVID-19 vaccine, please contact your local clinic.



Clinic Contact Numbers:

| | |
|-------------|----------------|
| Seward | (907) 224-3490 |
| Chenega | (907) 573-5129 |
| Nanwalek | (907) 281-2250 |
| Port Graham | (907) 284-2241 |
| Tatitlek | (907) 325-2235 |

Diabetes: The Importance of Keeping Your Mouth Healthy

by Angela McKinney, Registered Dental Hygienist

People who have diabetes know the disease can harm the eyes, nerves, kidneys, heart, and other important systems in the body. But did you know diabetes can also cause problems in your mouth?

With diabetes, you have a higher chance of having periodontal (gum) disease, an infection of the gum and bone that hold the teeth in place. Periodontal disease can lead to pain, bad breath that doesn't go away, difficulty chewing, and tooth loss.

Dry mouth can also be caused by diabetes. A dry mouth happens when you do not have enough saliva—the fluid that keeps your mouth wet. The lack of saliva from dry mouth means food debris, sugar, acid, and bacteria don't get washed away as easily. A dry mouth can cause soreness, ulcers, infections, and tooth decay.

If your diabetes is not under control, you are more likely to develop problems in your mouth.

Good blood glucose control is key to controlling and preventing mouth problems. People with poor blood glucose control get gum disease more often.

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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 |
|----------------------------|-----------------------------|
| Francis Norman, Chair | Port Graham Village Council |
| Larry Evanoff, Vice Chair | Chenega IRA Council |
| Jim Ujioka, Secretary | Valdez Native Tribe |
| 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 |

Important Date to Remember!

June 30, 2021 is the Chugachmiut Higher Education Scholarship deadline for Fall 2021.

Vocational scholarships do not have a deadline.

Please see Chugachmiut.org to download the application.

Additional questions can be directed to Donna at (907) 562-4155



Current Open Positions

Go online to: <http://www.chugachmiut.org/jobs/> and click on any job title below to view the full job description

| Job Title | Location | FT/PT Status |
|---|------------------------|--------------------|
| Administrative Programs Coordinator | Anchorage | Regular Full Time |
| Advanced Practice Provider Itinerant | Any Regional Community | Itinerant Employee |
| Advanced Practice Provider- NP or PA | Seward | Regular Full Time |
| Advanced Practice Provider- NP or PA | Chenega | Regular Full Time |
| Advanced Practice Provider- NP or PA | Tatitlek | Regular Full Time |
| Alaska Native Education Program Manager | Anchorage | Regular Full Time |
| Behavioral Health Clinician (Kachemak Bay) | Homer | Regular Full Time |
| Behavioral Health Clinician- Prince William Sound | Anchorage | Regular Full Time |
| CHA II, III, IV or Practitioner | Chenega | Regular Full Time |
| CHA II, III, IV or Practitioner | Tatitlek | Regular Full Time |
| CHA III, IV or Practitioner Itinerant | Any Regional Community | Itinerant Employee |
| Communities That Care Coordinator | Anchorage | Regular Full Time |
| Dental Health Aide Therapist Itinerant | Any Regional Community | Itinerant Employee |
| Head Start Family and Health Services Coordinator | Any Regional Community | Regular Part Time |
| Head Start Teacher Substitute Aide/Cook/Janitor | Port Graham | Seasonal |
| Health Administrative Assistant | Seward | Regular Full Time |
| Health Administrative Assistant Itinerant | Chenega | Itinerant Employee |
| Health Administrative Assistant Itinerant | Tatitlek | Itinerant Employee |
| Health Administrative Assistant Itinerant | Port Graham | Itinerant Employee |
| Human Resources Director | Anchorage | Regular Full Time |
| Inventory Support Specialist | Seward | Regular Full Time |
| Local Cultural Coordinator | Cordova | Regular Full Time |
| Local Cultural Coordinator | Chenega | Regular Full Time |
| Parent Liaison | Nanwalek | Seasonal |
| Parent Liaison | Port Graham | Seasonal |
| Parent Liaison | Tatitlek | Seasonal |
| Parent Liaison | Valdez | Seasonal |
| Pharmacist Itinerant | Seward | Itinerant Employee |
| Registered Nurse (RN) | Seward | Regular Full Time |
| Sugt'stun Language Teacher | Chenega | Regular Full Time |
| Village Public Safety Officer | Port Graham | Regular Full Time |
| Village Public Safety Officer | Nanwalek | Regular Full Time |
| Wildland Fire and Fuels Intern | Anchorage | Temporary |
| Yukon Fire Crew Assistant Superintendent | Kenai | Seasonal |
| Yukon Fire Crew Crewmember | Kenai | Seasonal |
| Yukon Fire Crew Squad Boss | Kenai | Seasonal |
| Yukon Fire Crew Superintendent | Kenai | Seasonal |

**APPLY
ONLINE**



Alaska Native Allotment News and Updates

Did you receive a letter from the Bureau of Land Management (BLM) concerning the AK Native Veterans Land Allotment Program?

We wanted to let you know that the Final Rules were published in the Federal Register, meaning the application period has opened and will remain open for the next five years (December 28, 2020, thru December 29, 2025).

We want to help with any of the following issues you are having regarding this allotment:

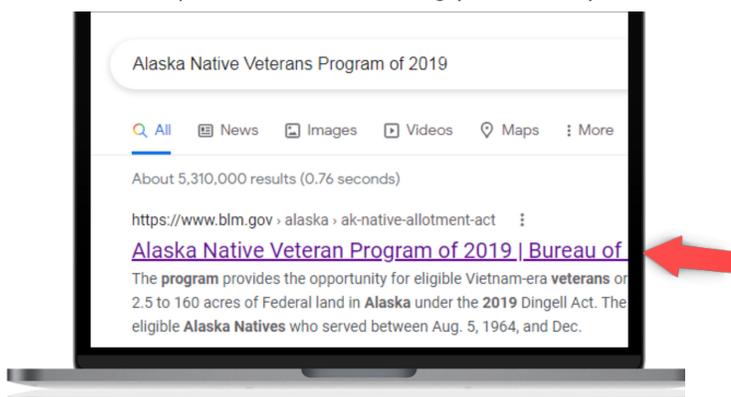
- Did you receive the letter but misplaced the included application?
- You think you or your loved one's estate qualifies, but you didn't get a letter because the BLM doesn't have the correct address.

Contact Sabrina Savo at Chugachmiut Realty. You can get in touch with her by either email: Sabrina@Chugachmiut.org or Realty@Chugachmiut.org. You can also reach her by phone at 907-562-4155 or her direct line 907-334-0122.

For more information, you can search online:

🔍 Alaska Native Veterans Program of 2019 - Google Search

- Type in: **Alaska Native Veterans Program of 2019**
- Click the first option, and it will bring you directly to the BLM Alaska page.



Direct Link: [Alaska Native Veterans Program of 2019](https://www.blm.gov/ALASKA/2019AKNativeVetsLand)

Click to Download Application

Alaska Native Vietnam-era Veterans Land Allotment Program of 2019 Application Process

Eligible veterans and heirs can select up to 160 acres of land until Dec. 29, 2025 under the Dingell Act's 5-year-long Alaska Native Veterans Land Allotment Program of 2019.

Here's the process for applications we receive:

6 Steps | application to Certificate of Allotment

- 1 Application Received & Reviewed**
If application is incomplete, then the applicant is notified of missing information. The application processed when missing information is received.
- 2 Selection Recorded & Applicant Notified**
 - ▶ Applicant's allotment selection is noted on the live Available Lands Map, Master Title Plat & Historical Record
 - ▶ Applicant is notified that selection is noted to the record
- 3 Draft Survey Conducted & Applicant Notified**
 - ▶ A survey plan is drafted based on the applicant's allotment selection.
 - ▶ The draft survey and a Notice of Plan to Survey are sent to applicant, who has 60 days to disagree or change the original selection in writing.
 - ▶ This is the last opportunity applicants have to change the original selection.
- 4 Survey requested after 60 days if no change or response from applicant**
 - ▶ The survey is ordered automatically after 60 days if no change request or response is received from the applicant.
 - ▶ Land selection cannot be changed after survey is ordered.
 - ▶ Surveying can take some time based on Alaska's limited field season and roads, but BLM anticipates the first surveys beginning by late 2021.
- 5 Survey completed and Notice of Survey sent to applicant.**
 The applicant has 60 days to agree or disagree in writing.
- 6 Certificate of Allotment issued**
 A certificate is issued to the applicant 60 days after the Notice of Survey if no response or change request is received.

Always get current information, points of contact, a link to the available lands map, applications, instructions and more at www.blm.gov/ALASKA/2019AKNativeVetsLand.

Are You an Alaska Native Vietnam-era Vet?

You may be entitled to a Native allotment selection, if you:

- are an Alaska Native Vietnam veteran who served between 1964 and 1971
- and have not received a Native allotment
- or are an heir to someone who meets the above criteria

Photo: Zachariah Hughes - Alaska Public Media

Cama'i from the Heritage Preservation Department!

The Heritage team is excited to share all of our iciwaq (spring) happenings! Our team is continuing to grow! We'd like to introduce you to the new staff:

Carol Conant, Local Cultural Coordinator, Seward

Camai! My name is Carol Conant. I believe that an investment in our young people, Elders, and families is vital to a healthy community. I grew up in Seward and now raise my family here. I love this community and intend to continue to support our beautiful families for many generations.

I have an Alaska State Teaching K-8 Certificate that has allowed me to work with many families and educators within the Chugach Region. I look forward to broadening my career with more cultural knowledge from our Elders and experts of the Chugach Region. I am excited to share this knowledge with all of our students in this region through curriculum development and other resources.

I enjoy activities outside all year round in Alaska with my family. We can be found on the trails hiking or skiing. We also love to ice skate and paddle on the lakes in our area. Growing and preserving food along with subsistence traditions are important to our family. We like to dip net on the Kenai River for red salmon, pick local berries to last the winter, make jam, smoke/can fish, ferment vegetables, and dry herbs to make tea. I am always willing to learn new ways to preserve and prepare our food.

When I am not outside I do enjoy reading, cooking, and making art. I really enjoy time with my family telling stories, eating and being together on special holidays.

I believe we all have a story to tell. I hope to listen to YOUR STORY someday.

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 and Cordova.

For more information and to apply, please check out on the job posting on the [Chugachmiut website](#).



Carol Conant
Local Cultural Coordinator, Seward



Heritage staff would like to extend a heartfelt congratulations to the graduating classes of 2021 within the Chugach region. Recently, we had the honor to publish our first book for this grant period as a graduation gift for students in Tatitlek: Tangrraqa Taatiilaq (I See Tatitlek). The book is a compilation of student made drawings with Sug'tstun captions.

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Heritage Preservation Program Updates

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The Sugt'stun Language Teachers would like to offer personal remarks to students within their respective communities.

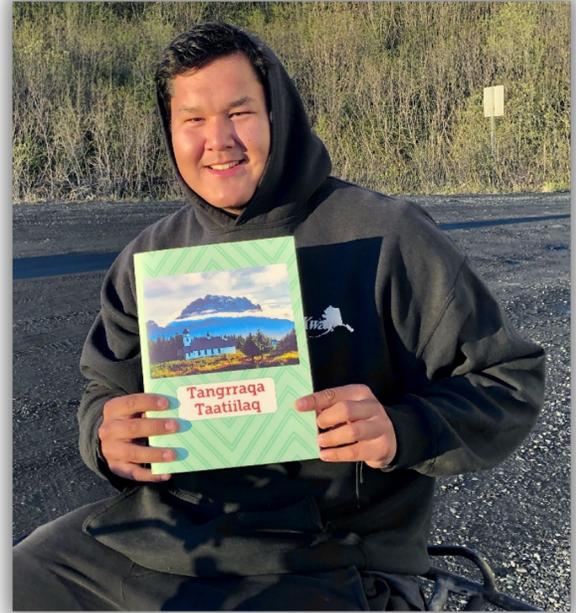
To the 2021 graduating students James "Qaacaq" Cook and Arianna "Kusqaq" Moonin of Port Graham: "Sulikamci! I am proud of you both!"

Ephimia "Apamia" Moonin-Wilson, Sugt'stun Language Teacher

To the 2021 graduating students of Tatitlek: "Quyanakcak Laq Lankuk Megtarpak-llu, Sulikamtek! Ukuk pingakllagka skuulniik, ellin litcumirlartuk!"

Big thank you to Marvin and Ayla, I am proud of you two. These two are my favorite students, because they always want to learn!"

Brandon Moonin, Sugt'stun Language Teacher



Marvin "Laq Laq" Vlasoff of Tatitlek with his copy of *Tangrraqa Taatiilaq*

Teachers Beam When There's a Theme

During these past few months of iciwaq (spring), the Language team has been involved in projects and events to support program goals.

Aside from taking Sugt'stun Orthography courses, the teachers, Picuuqaq (Brandon Moonin) in Tatitlek (PWS), Apamia (Ephimia Moonin-Wilson) in Port Graham (LCI), Ataaka (Samuel Swenning) in Nanwalek (LCI), and Teglundaliq (Shyla Krukoff) in Cordova (PWS) have been developing lesson plans based on seasonal themes, as well as teaching Zoom classes on Mondays and Wednesdays.

The Language team has been inviting our Elders to share their Sugt'stun knowledge as part of our routine staff meetings, which includes specific lesson themes on Sugt'stun Immersion, Hunting and Gathering, and Herring Eggs on the Beach.

Herring Egg Recipe

Ingredients:

- 2 cups herring eggs, cleaned
- Couple of dashes of soy sauce
- Couple of dashes of sesame oil or Wesson oil
- Couple dashes of garlic powder



Mix together in a Ziploc bag and pour into a bowl to serve.

Optional: Add mixture to 4 cups of mixed greens, then serve

Recipe courtesy of Diane Selanoff of Valdez

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Heritage Preservation Program Updates

Spring 2021 Edition

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Prince William Sound

Lower Cook Inlet

Herring Eggs
Bed of kelp
Low Tide
High Tide

Yikalugpam Llurrait
Sulugpauq
Kentuq
Tungirtuq

Iqalluapi't Qaryait
Qangurpakat
Kentuq
Tungirtuq



Tatitlek Herring
Pictures courtesy of Brandon Moonin

Cultural Corner

Sea Week in Nanwalek



Gather



Clean



Prepare



Local Cultural Coordinators, Nancy Yeaton and Michelle Moonin engaged in Sea Week in Nanwalek and Port Graham

The Chugachmiut Heritage Department Culture group continues to work on developing the cultural curriculum which focuses primarily on the Chugach Region, Sugt'stun language and culture. We have been very busy meeting with partner agencies such as our schools, Chugach Alaska Corporation, Chugach Regional Resources Commission, Alaska Coastal Studies, Seward Chamber of Commerce, the Anchorage Museum, and many more. Each organization is vital in sharing the rich history, culture, and language of our region.

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Heritage Preservation Program Updates

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Nancy Yeaton of Nanwalek is continuing to revise the “Gathering Plants We Eat” heritage kit and making progress on revised lessons and Zoom interviews. Nancy participated with Nanwalek School staff during Sea Week to share a lesson on local plants gathered by students.

Jemerson Anahonak of Tatitlek has created a variety of new lessons for “Wamluk, Let’s Play” heritage kit to share the traditional games described in the Chugach Eskimo text and Indians of the Copper River Delta. We look forward to sharing the games and lessons soon.

Michelle Moonin of Port Graham has been revising the “Driftwood” heritage kit. Our Elders shared feedback that they wanted to see the kit encompass all the wood they use; the kit name has been revised to “The Wood We Use.” Michelle also participated with Port Graham School staff during Sea Week in teaching students about making driftwood wind chimes.

Daniel Wiley of Valdez has jumped right in and is working hard on the “Traditional Storytelling” heritage kit. He is gathering input from Elders, researching Chugach based stories, and revising lessons which will soon make an appearance on the Chugach Heritage website.

Carol Conant of Seward is the newest member of the LCC team. Carol has worked in early childhood education as a certified teacher and has a background in cultural curriculum design with the Qutekcak Native Tribe. We are very excited that she has joined us.

Old Treasures

The Chugachmiut Heritage Archive is developing in leaps and bounds! We have inventoried over 400 collection items and digitized nearly 250 records onto the Chugachmiut Heritage Archive website (under construction). These efforts are part of a broader focus to make the Archive more accessible – both to community members and to educators who seek to incorporate traditional knowledge and culture into classroom lessons.

As we inventory each item, we are adding detailed metadata to the individual records entrusted to our care. In addition to identifying basic information such as creator, date, and community of origin, we are also working with community members and Chugachmiut Heritage staff to add cultural and community context on an item-level. It is our hope that this approach will capture and communicate the story behind each record and donation -- thereby better documenting each community’s history and amplifying community voices in the historical record.

Preservation has also been a top priority. The Chugachmiut Heritage Archive is partnering with leading museum and archival experts to care for our physical and digital collections. Chugachmiut has contracted a former Archivist from the Anchorage Museum to design the floor plans for several rooms in the Anchorage office building to safely house and display Archive collection materials. Additionally, Chugachmiut is contracting local digital preservation experts to convert the recordings from cassette tapes, VHS tapes, and other physical mediums to file formats that are more easily accessed and preserved.

Opportunities to get involved in the Archive abound! We are seeking a temporary Archive Assistant to help inventory and digitize Archival materials at the Anchorage office this summer. We are also seeking fluent Sugt’sun speakers who are interested in translating historic audio materials into English. More details will be shared at the June Quarterly Meeting for Elders and Recognized Experts. If you would like to be involved, please reach out to Andrea Floersheimer (Atsaq) at andrea@chugachmiut.org – we’d love to hear from you!

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Elder Spotlight: Anesia Metcalf

Anesia Metcalf, from Port Graham, allowed me to interview her over the phone. Listening to her, I realize that she has been naturally practicing the way of the Elders all her life through sharing of the Sugt'stun language and culture, through traditional names, songs, traditional food and participating in cultural events in the community and Chugach region.

Anesia Metcalf, said her Sugt'stun name, growing up, was "Kuku" and her other nickname, from Simeon (Kvasnikoff), "Doll." Anesia continues using traditional names, with her grandchildren and great grandchildren and she listens when they share their own experience with learning the Sugt'stun language. She also shared stories about creating songs for her son, grandkids and great grandkids.

I had asked her what she thought about reviving the Sugt'stun language and she said, "I think it is good." Then she recalled how her great grandson Martusii, when he came over, he told her he could count in Sugt'stun." and "He sounded so happy sharing how he could count in Sugt'stun."

Anesia listened and learned from the Elders and continues to share her knowledge with anyone who asks her about Sugt'stun words or culture. She said, "I learned the language from Elders. I did not need a dictionary." "Feona (Sawden) would come get me and say, "Let's go visit Malania Malchoff or Mary Moonin for stories."

She shared her traditional knowledge in the past and to this day, she has been working with Chugachmiut to preserve the Sugt'stun language and culture.

Anesia enjoys share her traditional ways including food. She said, "Come home and I will feed you Sugtanek. If I come up to Anchorage, I will bring you Sugtanek and take you out for dinner". Before I got off the phone with her, she reminded me, that if I needed help with Sugt'stun words to call her anytime.

Interviewed by phone April, 28, 2021

Written by Angelina Roehl, Regional Language Coordinator



"Anesia always helps without hurting or humiliating me when I'm stuck and can't pronounce certain words. She is very patient and helps with humor in correcting me when I am off on pronouncing words."

Lydia McMullen of Port Graham

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Cama'i /Camaqa Ai,

Quyanaryumiaqa una cuqllirpet Kuku, Anesia Metcalf, Chugacarmiu ililerluki nupugnemnek taumi quliyanguarpenek. Nitnirlartut tamakut piica'klluki taumi quliyantuanen. Ililiqut makut kalikaitnek taumi pektarkaitnek ucitilat lligkuluki aturqenait cutmi.Quyakekcamken.

Hello,

Would like to thank our regional Elder Kuku, Anesia Metcalf for helping our Chugachmiut Language Program with Sugt'stun words and stories. We enjoy listening with respect. You have helped with the materials that have been developed and used for teacher's future lessons. Grateful Always.

Rhoda Moonin of Nanwalek

Heritage Preservation Program Updates

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Letter from the Director's Desk: Mark Hiratsuka

A time of rebirth and renewal...the sights and sounds of spring are everywhere. I hope that you have taken some time to find a spot where you can be by yourself and spend a few moments listening to the stillness and the sounds of nature all around you.

Many years ago, an Elder was asked what she missed about the past. Her answer was, "I miss the quietness. So quiet, we could listen to all kinds of sounds!" After a brief pause, she began to tell me a story.

Her story is not part of the message I would like to share with you today. On the other hand, what she said has always stuck with me over the years. I believe that our new generation of young people have missed out on so much knowledge and the joy of having stories told to us by our elders. In their quiet reflection, words were shared that have been silenced by so much new man-made sounds and activities that we have lost the opportunity to hear their voices and the stories that they have to tell.

In the next phase of our heritage program activities, we will be focusing on how we can "bring back the voices of our elders" through their stories and the wisdom they have to share with us. The focus will include developing learning materials that will allow us to share their stories in picture, word and sound that present and future generations can appreciate and learn from.

I look forward to the opportunities that our staff will be planning to develop a program that brings back the voices of our past Elders, and capture the voices of those that we are presently blessed to have with us now for the future generations to remember.

Thank you for your enthusiastic support of our efforts to engage with so many of you over the past year; though challenged by the pandemic, we were able to engage with so many of you through ZOOM at our quarterly meetings.

Summer is here...the salmon are returning...subsistence activities are being planned...family gatherings...all that is important to you, may you and your loved ones enjoy it all with good health, safety and the joyfulness of being able to be together.



Upcoming Events and Projects



A snapshot of our last virtual Quarterly Meeting held in March

Our next Quarterly Meeting will be June 7 - 11!

If you are a Fluent Sugt'stun Speaker and/or have the ability to read or write the Sugt'stun language, please contact Angelina Roehl, Regional Language Coordinator at Angelina@chugachmiut.org or call her at 907-562-4155.

If you have a Sugt'stun Language Teacher or Local Cultural Coordinator based in your community, please contact them and let them know that you are interested in participating.

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Stay Connected with Us!

Check out our [website](#) where we store 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 - MarkH@Chugachmiut.org

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

Nicholas Jordan, Regional Education Coordinator - NicholasJ@Chugachmiut.org

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

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

Katrina Tysinger, Program Coordinator - KatrinaT@chugachmiut.org

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

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

Daniel Wiley, Local Cultural Coordinator, Valdez - Danielwiley@chugachmiut.org

Michelle Moonin, Local Cultural Coordinator, Port Graham - Michellem@chugachmiut.org

Carol Conant, Local Cultural Coordinator, Seward - Carolc@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



YOUR HEALTH SHOULD **NOT** WAIT

TO ENSURE YOUR SAFETY, COVID-19 PROTOCOLS ARE IN PLACE

Pre-appointment PHONE SCREENINGS of all patients

UNIVERSAL MASKING of patients and clinical staff

SOCIAL DISTANCING modifications in waiting area

FREQUENT CLEANING & DISINFECTING of all patient areas

CALL YOUR PROVIDER TODAY IF YOU HAVE BEEN DELAYING YOUR HEALTH CARE OR ARE EXPERIENCING NEW SYMPTOMS



www.cdc.gov/coronavirus

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If you have diabetes, be sure to:

- control your blood glucose
- brush twice a day and floss regularly
- visit the dentist for routine check-ups
- get your teeth cleaned by the dental hygienist at least twice a year
- quit smoking. Smoking makes gum disease worse.



Having diabetes does not mean you will lose your teeth or have gum infections. But it does mean, you must be diligent on a daily basis by caring for your mouth and controlling your blood sugar.



BURNING THE MIDNIGHT SUN FITNESS CHALLENGE



Get your body moving with endless sunshine.
Own your journey, join the Movespring activity challenge.

Please sign up by downloading the Movespring APP at
app.movespring.com

Enter Organization code: E5DGV5 and
Group code: MZ266N if needed

Fitness Challenge Dates: June 7th–July 5th.

Chugachmiut Develops a New Tool to Combat Bark Beetle

by Clay Hoyt , Forestry

Chugachmiut forestry staff and Yukon fire crew play a key role in combating the spruce bark beetle outbreak on the Kenai Peninsula. Currently, clouds of bark beetle are sweeping south across the peninsula, leaving the chewed-up spruce forest in its wake. This outbreak has introduced various challenges to the Yukon fire crew's ongoing project work. Maybe the team's most significant challenge is the ability to quickly assess the extent of beetle-caused damage at a worksite and then successfully remove the dying trees. Choosing the correct trees to remove is a challenge because bark beetles kill trees relatively slowly. Dying, beetle attacked trees can remain green for two or three seasons before fading to yellow or orange. So, how do we know which trees to cut down? Chugachmiut foresters and Yukon firefighters currently walk around project sites to every tree and make a judgment call by looking at tree trunks.

"Attacked by spruce beetle? Cut it down!" "No sign of attack? Leave it!"

This process can take an immense amount of time and still yield mixed results. Given this challenge, Chugachmiut foresters Clay Hoyt and Nathan Lojewski have embarked on a mission to develop a new set of eyes for the Yukon crew. Starting in the summer of 2020, Chugachmiut procured BIA funding to develop a drone-based tool intended to map spruce trees that beetles have attacked. The drone is equipped with six special cameras that collect color information that human eyes cannot see. In other words, these cameras essentially see more than just reflected color, but also information about water content and structure inside the needles or leaves of vegetation.

This technology presents an opportunity to develop the drone and camera system into a tool that may tell us information on tree health from aerial pictures! In short, we may be able to collect photos of the forested worksite and process them into a usable map that can aid in forest treatments. The aim is that this map informs crewmembers on the proportions of trees that are dead, dying, and healthy on the worksite and significantly improves the efficiency and effectiveness of the tree removal effort. Test flights will resume this summer on the Kenai Peninsula. By the summer of 2022, Chugachmiut hopes to integrate this tool into the Yukon crew's already vast arsenal of fuel reduction tools.

From the forestry fire program, I wish everyone a great summer and look forward to a day when we can all get together in person. Keep tuned for the end-of-season update in the following newsletter!



Yukon crewmembers remove beetle killed slash from a project worksite



Forester Clay Hoyt prepares the new drone for data collection

Rising Star Award

Behavioral Health Aide Nanci Robart of Tatitlek was presented with the Rising Star Award at the recent Interdisciplinary Forum put on by the Alaska Native Tribal Health Consortium.

The nomination recognized her for her ability to combine her job responsibilities with her role as village chief. At the same time, always multi-tasking, she distributes the packages of elder food delivered regularly to the village, attends community and staff meetings, and tends to emerging issues. She is also a second-year RHS student. Nanci is married and has three teenage children, 13, 16, and 19.

A caring wife and mother, she returned to her home village, so her children could grow up within the Sug'piaq culture. Her family has known tragedy and loss and, though years have passed -- hurt remains. Sometimes loss transforms into love and strength. We see this in Nanci, and it was a pleasure to see her receive this award.



Introducing new staff from Community and Family Services Division



Employee Spotlight: Shelly Keene

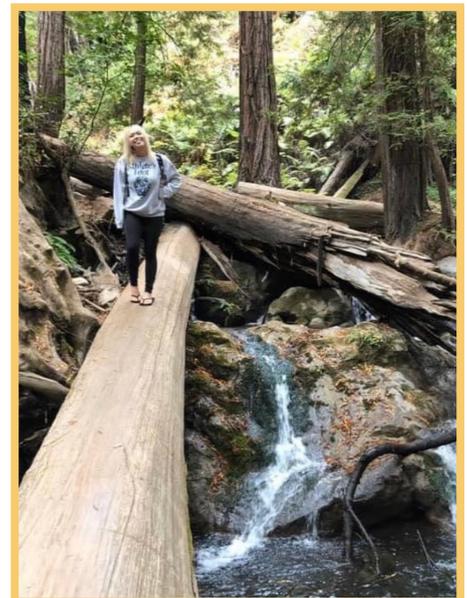
Regional Addictions Clinician - Anchorage Office

Welcome!

Shelly Keene joined our staff in April as our Regional Addictions Clinician, and she will soon be traveling to all of our village communities. She lived in Alaska until she was eleven and returns now to reconnect with the state she loves. Her degree is in Marital and Family Therapy, and she likes to work with people whose lives are impacted by addiction and domestic violence.

On June 7, 2021, she will be traveling to Nanwalek.

Shelly says, "It's been a short time working with you all; however, I've really enjoyed it thus far and look forward to extending my work to the villages!"





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We welcome submissions from Tribal members, councils, and employees.

Please share your comments and suggestions:

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