

Nupuat



Summer 2021 Edition

www.chugachmiut.org

www.facebook.com/chugachmiutALUTIQ

Protect Yourself and Others

Together we can slow the spread of COVID-19 and keep our communities safe. If you are interested in receiving the COVID-19 vaccine, don't hesitate to contact your local clinic.

Get Vaccinated



Wear a Mask



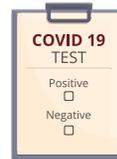
Practice Good Hygiene



Practice Social Distance



Get Tested if Sick



Clinic Contact Numbers:

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

To learn more about the vaccine, please visit covidvax.alaska.gov.

What You Need to Know About the Delta Variant

by Kelley Baker, Health Services Division Director

Learn how to keep yourself and your family safe from the Delta variant of COVID-19

The Alaska State Health Department reports COVID-19 cases and hospitalizations continue to rise in nearly all regions in the state, driven almost entirely by the more infectious Delta variant. The Delta variant is a highly infectious virus causing a surge of cases that require hospitalizations across Alaska. Between these cases, summer activity-related injuries, and other serious medical issues, Alaska's hospital capacity is at a crisis point, and patients are being transferred outside for treatment. This is very serious and can have a devastating impact on you, your loved ones, and our communities if recommended preventive strategies aren't followed.

Since January of this year, 91% of all cases, 92% of all hospitalizations, and 94% of all deaths from COVID-19 were among unvaccinated people. Providing information about this new variant and answering some common questions asked.

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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

Current Open Positions

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

Job Title	Location	FT/PT Status
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	Tatitlek	Regular Full Time
Advanced Practice Provider- NP or PA	Chenega	Regular Full Time
Alaska Native Education Program Manager	Anchorage	Regular Full Time
Assistant Archivist	Anchorage	Temporary
Behavioral Health Clinician (Kachemak Bay)	Homer	Regular Full Time
Behavioral Health Clinician- Prince William Sound	Anchorage	Regular Full Time
Certified Medical Assistant	Seward	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	Any Regional Community	Regular Full Time
Contracts & Policy Officer	Anchorage	Regular Full Time
Dental Assistant Itinerant	Any Regional Community	Itinerant Employee
Dental Health Aide Therapist Itinerant	Any Regional Community	Itinerant Employee
Dentist Itinerant	Any Regional Community	Itinerant Employee
Grant Writer	Anchorage	Regular Full Time
Head Start Teacher Substitute Aide/Cook/Janitor	Port Graham	Seasonal
Head Start Teacher Substitute Aide/Cook/Janitor	Nanwalek	Seasonal
Health Administrative Assistant	Seward	Regular Full Time
Health Administrative Assistant Itinerant	Tatitlek	Itinerant Employee
Health Administrative Assistant Itinerant	Port Graham	Itinerant Employee
Health Administrative Assistant Itinerant	Chenega	Itinerant Employee
Health Services Operations Director	Seward	Regular Full Time
Human Resources Director	Anchorage	Regular Full Time
Inventory Support Specialist	Seward	Regular Full Time
Local Cultural Coordinator	Chenega	Regular Full Time
Local Cultural Coordinator	Cordova	Regular Full Time
Safety & Compliance Manager	Anchorage	Regular Full Time
Social Services Director	Anchorage	Regular Full Time
Sugt'stun Language Teacher	Nanwalek	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
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



(continued from front page)

What is the Delta variant?

The Delta variant of COVID-19 has been called a variant of concern by the World Health Organization (WHO) and Centers for Disease Control (CDC) because of its high transmissibility rate. Where the Delta variant is identified, it quickly and efficiently spreads between people. As of August 10th, this variant has been reported in 142 countries and is expected to continue spreading.

Is the Delta variant more contagious?

Yes. The Delta variant is highly contagious, about twice as contagious as previous variants. However, the same precautions, such as avoiding crowded spaces, keeping your distance from others, and mask-wearing, still work against the Delta variant.

What are the symptoms of the Delta variant?

The symptoms of the Delta variant appear to be the same as the original version of COVID-19 to include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea. However, physicians are seeing people getting sicker quicker. Recent research found that the Delta variant grows more rapidly in the respiratory tract and to much greater levels.

Are the COVID-19 vaccines effective against the Delta variant?

Yes. The COVID-19 vaccines continue to be highly effective at preventing severe illness and death, including against the Delta variant. According to the FDA, the agency responsible for evaluating the safety and effectiveness of the COVID vaccines, people who have been vaccinated are at a significantly lower risk of developing an infection, including mild or severe disease and death due to COVID-19. This is because a fully vaccinated person's immune system is primed to recognize the virus and kill it before it has time to replicate and cause disease. People who are unvaccinated against COVID-19 are most at risk.

We recommend that everyone aged 12 years and older get vaccinated as soon as possible to have the best protection against COVID-19, including the Delta variant.

The vaccines protect most people from getting sick, but no vaccine is 100% effective. People who have been vaccinated have gotten infected; this is called a breakthrough infection, but they are likely to have milder symptoms. Alaska currently is on high alert status due to increased rates of infection. This is why we recommend everyone to take action and implement all preventive strategies available to protect themselves, their loved ones, and the community from infection. People infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit the virus to others. If you are experiencing any symptoms regardless of vaccination status, we recommend testing at the first sign of any symptoms.

Are children more likely to contract the Delta variant?

The Delta variant does not specifically target children. There are increased rates of infection across all age groups. However, the Delta variant is more contagious than other strains, and people who are mixing socially, especially unmasked and unvaccinated, are more susceptible to contracting the Delta variant. Children remain the least protected age group since none of the vaccines are authorized for children under 12.

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Cama'i from the Heritage Preservation Department!

The Heritage team is excited to share all of our kiak (summer) happenings! Our team is continuing to grow! We want to introduce you to our new staff member:

Alex Lyle, Administrative Program Coordinator

Cama'i and Greetings. My name is Alex Lyle, and I joined the Chugachmiut Heritage Preservation Department as Administrative Program Coordinator in July 2021. I was honored to receive my Sugt'stun name of Saaska when I started with Chugachmiut as well. I was born and raised in Anchorage, having graduated from East High School in 2004 and Pacific Lutheran University in 2008, where I received my BA in History and Psychology. I was then able to receive my Masters of Arts in Teaching from UAA in 2010. I previously worked in the Anchorage School District with Indian Education. I spent two years in Sweden working at an English school while also spending time with my wife's extended family while she pursued her higher education. We returned to Alaska in 2013, where I was eventually hired at Cook Inlet Tribal Council and coordinated grants for the past seven years.



Alex Lyle
Administrative Program Coordinator

I have a wonderful family with two kids: one of whom will be starting Kindergarten (which she is very excited about), and one who has decided that being two and a half years old is the perfect time to try his outside voice inside more often. A few of my varied interests include cooking and baking, reading (fiction, non-fiction, comic books), and tabletop games. I look forward to getting to know more about the different programs that Chugachmiut provides and continue working to support the staff of the Heritage Preservation Department in their programmatic goals.

We're Hiring!

Do you or someone you know want to invest in preserving the culture and language of the Chugach Region? We are recruiting for the following positions:

- [Assistant Archivist, Anchorage](#)
- [Local Cultural Coordinator, Chenega](#)
- [Local Cultural Coordinator, Cordova](#)
- [Sugt'stun Language Teacher, Chenega](#)
- [Sugt'stun Language Teacher, Nanwalek](#)

Program Updates

The Heritage Preservation team enjoyed partnering with Chugach Heritage Foundation in this year's Virtual Nuuciq Spirit Camp!

Some of the highlights of Nuuciq Camp included Sugt'stun Language Lunch hour and Household Items with the Language team. In contrast, the Culture team led Painting a Memory and Legend Stories with Elders.



Heritage Preservation Program Updates

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Teachers Beam When There's a Theme

This summer, Atakarpiq (Rhoda Moonin) invited Recognized Expert Sperry Ash to our daily Sugt'stun lesson with Regional Sugt'stun Teachers.

Sperry reviewed Orthography and Classroom Grammar with our Language team. He holds a Masters in Linguistics and is currently working at Kodiak District creating curriculum.

Sperry began sharing how to change a noun into a verb by using the post base "(l)luku," which loosely translates to "use it as a," and Atakarpiq created example sentences:

"LLuku" - "Use it as a"

		
Piki'un - Present	Caskaq- cup	Mayaciik - Ball
		
Piki'utekluku. - Use it as a present	Caskaqlluku. - Use it as a cup	Mayaciikluku. - Use it as a ball

"(q)a" - My	"gka" - My two	"nka" - "My (3+)"
		
Piugteqa - My dog	Kuskaa - My cat	Iqallua - My fish
		
Piugtegka - My two dogs	Kuskagka - My two cats	Iqalluqka - My (3+) fish
		
Piugtenka - My (3+) dogs	Kuskanka. - My (3+) cats	Iqallunka - My (3 +) fish

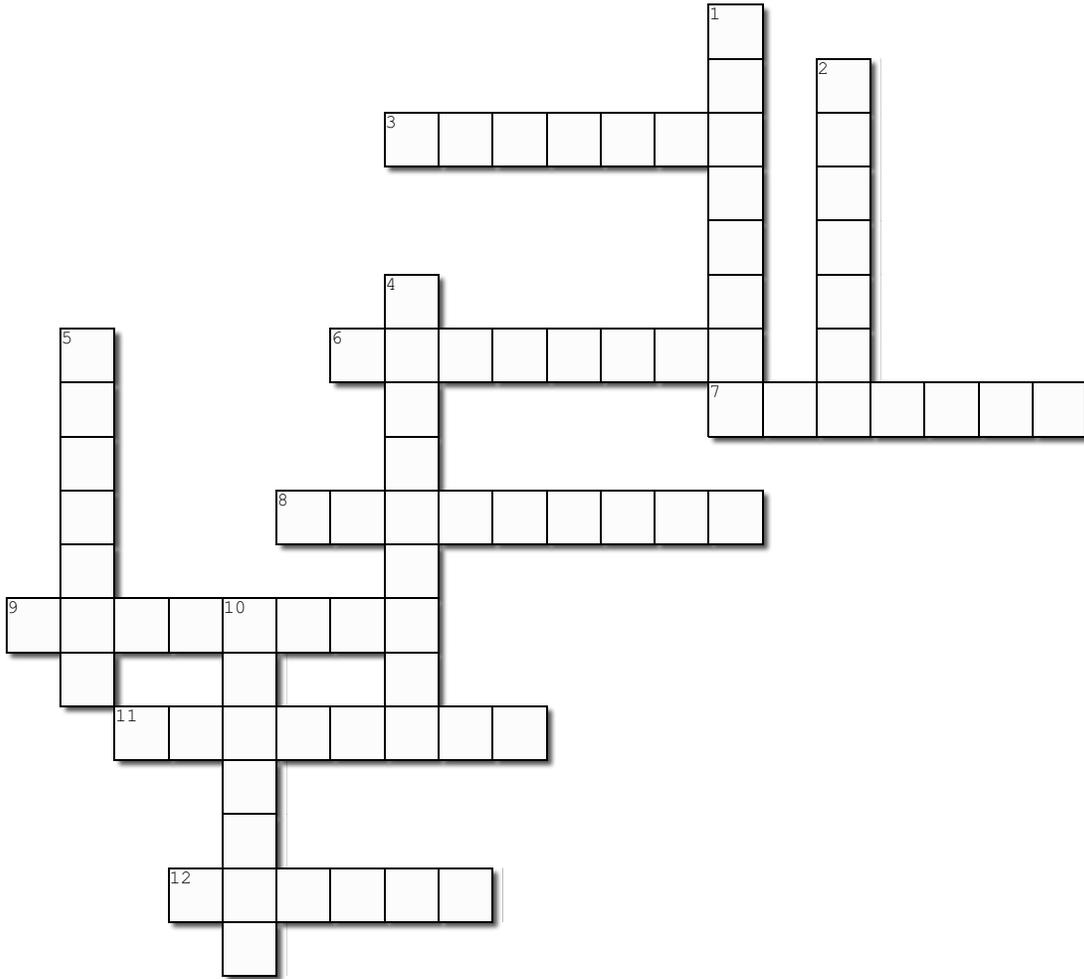
Test yourself with this Sugt'stun crossword puzzle on the next page! (Answers are located on page 11)

(continued on page 7)

(continued from page 6)

Nupet Ikugtaruat (Crossword Puzzle)

Complete the crossword puzzle below for the Sugt'stun words.



Across

- 3. Present
- 6. My dog
- 7. fish (root)
- 8. My two fish
- 9. Ball
- 11. My three (3+) cats
- 12. to see (root)

Down

- 1. She saw them
- 2. I eat it
- 4. I hear you
- 5. He hunted it
- 10. Cup

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Heritage Preservation Program Updates

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Old Treasures

The Chugachmiut Heritage Archive has been quite busy this summer! Over 350 items have been digitized and published on the Chugachmiut Heritage Archive website, with preservation copies of digital materials backed up into Chugachmiut's Proficio account.

Are you interested in exploring the records we have from your community? We encourage you to visit our site and let us know what you think!

Major changes are in the works at the Anchorage office. With the aid of our consultant, we have finished floor plans for four spaces at the Anchorage building.

By the time the Alaska Native Education Program grant is over, Chugachmiut will have a state-of-the-art archive, a Chugachmiut Heritage community space, a recording studio, and an exhibit room to display art and artifacts from the region. We are thrilled to keep you posted on these exciting developments!

Chugachmiut has also begun to digitize its collection of audio/video recordings. Nearly 100 recordings have been digitized and will soon be accessible on the Chugachmiut Archive website. Many of these recordings are entirely in Sugt'stun. Are you a fluent speaker and would like to assist with translations? We would love to hear from you!

Partners have also invited Chugachmiut to use our digital archive to share Sugpiaq and Eyak artifacts that have ended up at institutions around the world. Chugachmiut is working with Chugach Alaska Corporation and the Berlin Ethnologisches Museum to digitally share Chugach artifacts housed in Berlin on the digital site. Chugach Elders hand-picked 43 specific artifacts housed at the Berlin Ethnologisches Museum and nine artifact categories to prioritize the digitization effort. We are excited to use our digital platform to help implement this first step in making the region's rich heritage and history more accessible to today's inheritors.

More details will be shared at the September Quarterly Meeting for Elders and Recognized Experts. If you would like to be involved or have suggestions for the Archive Program, please reach out to Andrea Floersheimer (Atsaq) at andrea@chugachmiut.org - we'd love to hear from you!

Elder Moments

Elders play very significant roles in our preservation of culture and language.

Currently, we are working on creating a beautiful Elder calendar that will feature and honor many of the Elders within the Chugach region based on Elder interviews conducted by Heritage staff. Stay tuned!



2022 Calendar

Anesia "Kuku" Metcalf | Paluwik (Port Graham)



I had asked her what the change about visiting the Sugt'stun language and she said, "I think it is good." Then she recalled how her great-grandmother, Metcalf, when he came over, he told her he could "speak in Sugt'stun" and he wanted to help planning how to build a house in Sugt'stun. Anesia learned and learned from the Elders and continues to share her knowledge with anyone who asks her about Sugt'stun words in Chugach. She said, "I learned the language from Elders. I did not read a dictionary." "From Sugt'stun would come get me and say, 'Let's go visit Metcalf MakLund or Mary Metcalf for words.' She shared her traditional knowledge to the best and, to this day, she has been working with Chugachmiut to preserve the Sugt'stun language and culture."
- Interview by Angella Buehl

CUQLLRPAAQ TANQIK / ALASISTUAM TANQIA (JANUARY)
LOWER COOK INLET / PRINCE WILLIAM SOUND

Sugt'stun Month	Atsaq Month						
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	

Month's Address to Young People Today



Chugachmiut

1840 Bragaw St., Ste. 110
Anchorage, AK 99508-3463
Phone: 907-562-4155
Toll Free: 1-800-478-4155
Fax: 907-563-2891

A TRIBAL ORGANIZATION
SERVING THE CHUGACH NATIVE
PEOPLES OF ALASKA

Copyright Chugachmiut Heritage
Preservation Department

Organizations Provided Through
LanguageLine Interpreting Service
800.URN.777.6666

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Elder Spotlight: Pete Kompkoff

In Chenega, there is this one bird called 'Agayuq' it's a long neck like a loon. A blackbird, a pretty blackbird, with a long neck.

My brother said if you hear a loon out in the water, you are supposed to say 'Majumit abouqluk' 'Make the sun come out and shine.'

This excerpt is from an elder interview with Pete Kompkoff. Local Cultural Coordinator Taliya - Carol Conant recently interviewed Pete Kompkoff, and he shared amazing stories of his life in Prince William Sound.

Our LCC staff is collaborating with Elders to record Traditional Ecological Knowledge across the Region and preparing engaging lessons, interactive how-to videos, stories read aloud, and more resources that share our amazing Elder stories.

Chugachmiut Heritage Staff is open to your ideas, and if you are an Elder who would like to participate, please get in touch with us! We would love to hear your story.

Quyana
AwA'ahdah



Our Local Cultural Coordinators are earnestly working to revise many of the cultural heritage kits. Gathering Plants to Eat is a vibrant heritage kit that Nancy Yeaton of Nanwalek has been revamping.

Gathering Plants to Eat: Edible Plants



Caqallqaq
Spring seaweed in a hall



Toxic Arrow
Asilngut Yatalet Weget



Drying plants; Dulse,
Rockweed, Sea
Lettuce, Oyster leaf,



Sel'aq and Kapuustaaruaq
Dulse (reddish brown) Sea
Lettuce (green)



"I watched how they picked them and cooked them, goose tongues on the side of potatoes, 'pitruuskaa' for red salmon soup, need to pick them early in the spring... (I asked who taught him), my Dad and others who picked." Charles Moonin

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Heritage Preservation Program Updates

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Edible Plants Activity!



Caqallqaaq
Spring seaweed in a ball



Toxic Arrow
Asilngut Yatalet Weget



Drying plants; Dulse,
Rockweed, Sea
Lettuce, Oyster leaf,



Se'aaq and Kapuustaaruaq
Dulse (reddish brown) Sea
Lettuce (green)

Grade level: 10 - 12 grade

In this activity, students will learn from an invited local Elder/Recognized Expert (if possible speakers in Sugt'stun/Prince William Sound/Eyak) who will share their knowledge about identifying and gathering tasting plants to compare and contrast Westernized and Traditional Ecological Knowledge on a Venn diagram.

Students and teacher will have a discussion and answer the following questions about learning something new: Is it through hearing? Is it through seeing? Experiments? Effective learning will occur by touching, reading independently, collaboratively or by observation.

Our Language and Culture staff are committed to safe teaching practices this year.

Apamia, Sugt'stun Language Teacher of Port Graham, is also dedicated to ensuring her students can see her smile!



Naklleng Maskapet Aturluki Cilla Agkumta
Sugyarkanun. Cali Qenataiayaq Er'uq
Please Wear Masks Always When Going to
Public Places While Covid-19 is Here



Quiqut - If you
have a cough



Maqaqaqut - If
you have a fever

Ellpekugki
ukut nallunitaten

Symptoms when you
feel and sense these,
you'll know

Ellpekunaku suriqut -
If you have trouble
tasting

Kaiyagniukut
anertaqanermek - If you
have trouble breathing



Chugachmiut
HERITAGE PRESERVATION



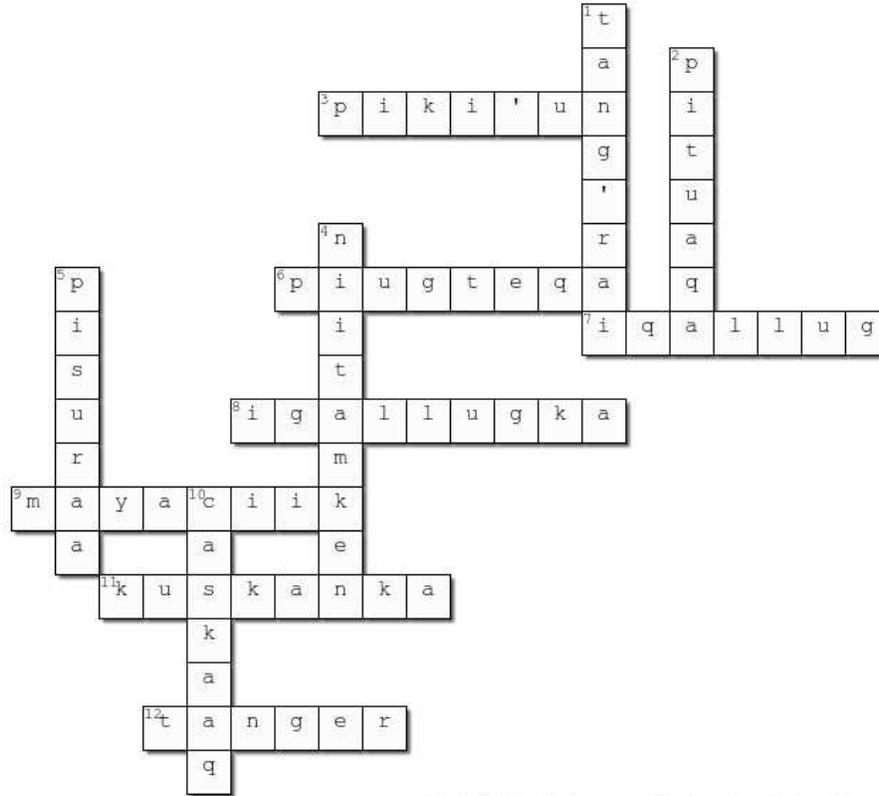
Alaska Native Education Program
Grant number: 060419-001

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Answers to the Crossword Puzzle from page 7

Nupet Ikugtaruat (Crossword Puzzle)

Complete the crossword puzzle below for the Sugt'stun words.



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. Present (**piki'un**)
6. My dog (**piugteqa**)
7. fish (root) (**iqallug**)
8. My two fish (**igallugka**)
9. Ball (**mayaciik**)
11. My three (3+) cats (**kuskanka**)
12. to see (root) (**tanger**)

Down

1. She saw them (**tang'rai**)
2. I eat it (**pituaqa**)
4. I hear you (**niitamken**)
5. He hunted it (**pisuraa**)
10. Cup (**caskaaq**)

Upcoming Events and Projects

Our next ANEP Quarterly Meeting will be September 13 - 17!

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

If you have a Chugachmiut Heritage staff member based in your community, please get in touch with them and let them know that you are interested in participating.

Their contact information is on the following page.

Heritage Preservation Program Updates

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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! You may also call us at 907-562-4155.

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

Alex Lyle, Administrative Programs Coordinator - AlexL@chugachmiut.org

Katrina Tysinger, Program Coordinator - KatrinaT@chugachmiut.org

Carol Conant, Local Cultural Coordinator, Seward - Carolc@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

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

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

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



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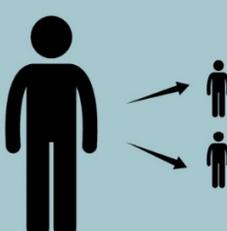
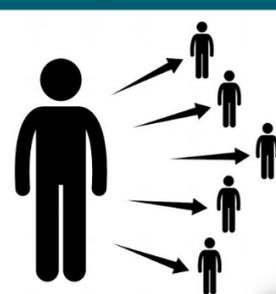
How can I protect myself and my family against the Delta variant?

Keep updated on the level of COVID-19 transmission in your community and follow local guidance. In general, the higher the transmission rate, the higher the risk of potential exposure is in public settings. Here are some key ways to protect yourself and your loved ones:

- Avoid crowded spaces and keep your distance from others.
- Keep all indoor spaces well ventilated (this can be as simple as opening a window).
- Wear a mask when in public places.
- Wash your hands regularly with soap and water or an alcohol-based hand rub.
- Get vaccinated ASAP! Being fully vaccinated:
 - Protects you from the virus
 - Lessens severity of disease if infected
 - Protects those who are not yet eligible to get vaccinated
 - Protects those who may not be able to mount a robust immune response to the vaccines
 - Best way to stop the spread of the Delta variant

LET'S GET VACCINATED

The Delta variant spreads more easily than previous variants—it may cause more than 2x as many infections

ORIGINAL COVID-19 STRAIN	DELTA VARIANT
	

Vaccines protect you from hospitalization, severe infections, and death



cdc.gov/coronavirus

CS 322041-4A 08/21

COVID-19 HOSPITALIZATIONS IN ALASKA

JANUARY 1, 2021- AUGUST 14, 2021

FULLY VACCINATED	NOT FULLY VACCINATED
	
62	683

91% OF ALL CASES, 92% OF ALL HOSPITALIZATIONS, AND 94% OF DEATHS AMONG ALASKA RESIDENTS FROM JANUARY 1 THROUGH AUGUST 14, 2021 WERE IN PEOPLE WHO WERE NOT FULLY VACCINATED.

FIND A CLINIC NEAR YOU AT: ANCHORAGECOVIDVACCINE.ORG 

FOR MORE INFORMATION: MUNI.ORG/COVID19 

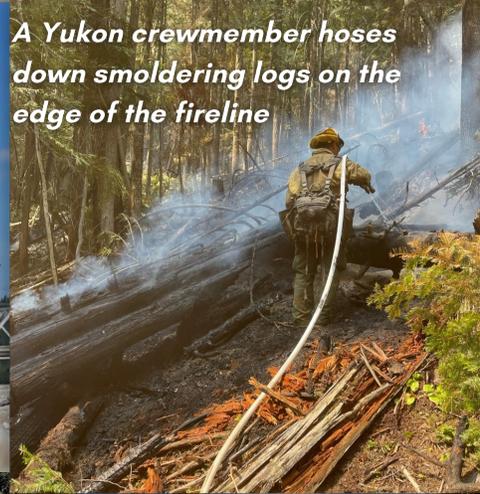


Yukon Fire Crew

The Yukon Fire Crew 2021 Season



A Yukon crewmember hoses down smoldering logs on the edge of the fireline



Helicopter Trip to the Fireline!



A Yukon crew member uses a torch to light a controlled fire



Yukon Crew sets up a remote fire camp, Alaska style!



Yukon Crewmembers mopping up heat!



Looking for smoke from a nice outlook



A Yukon saw team clears logs for the diggers to construct fire line



Yukon ships south to fight fire in the Rocky Mountains!



Fire Flashback:
Jaylon Lacy monitoring a fire in 2016



Yvonne Tanape : New Director of IRB

Congratulate Yvonne on her new role at ANTHC as Director of IRB (Institutional Review Board). She transitioned over to her new position on August 15th.

Yvonne is a member of the Port Graham Village Council and Chugach Alaska Corporation. As a Sugpiaq woman, Yvonne has always strived to better herself for her family and her people. She persevered through working on her degree, being a full-time parent, and working full-time to ensure she could be a leader and advocate for our people. Yvonne started her career at ANTHC with entry-level jobs and moving forward through several positions over the years that gave her a wide variety of knowledge and skills of our Alaska Tribal health system. Her dedication to excellence and caring for the Alaska Native and American Indian's we serve is a testament to what we all want of a leader in our Tribal health system.

Congratulations Yvonne, we are proud you will be serving our people as Director of IRB!



Michael Paulsen : First Responder Award Recipient 2021

Michael Paulsen was hired as the Village Public Safety Officer for Tatitlek in February 2019. During this short period of time, he has successfully organized and registered the local Fire Department with the State of Alaska for the first time. As Fire Chief, he is subsequently coordinating regularly scheduled meetings and training. He further did labor tediously to maintain the mechanical integrity of the antiquated village ambulance, was instrumental in applying for and being awarded grant funding for a replacement ambulance and related equipment, and has actively been involved in yet another grant award for renovation of the Public Safety building.

The former ambulance was old, in marginal mechanical condition, and unreliable at best. VPSO Paulsen accepted the responsibility to address, troubleshoot, repair routinely, and maintain its operational status to serve the community's residents best. In the meantime,

recognizing this ongoing dilemma, grant funding was awarded to purchase a replacement ambulance for the community, fully equipped, with VPSO Paulsen conducting a majority of the workload. As a result, community members now have the peace of mind of dependable emergency medical response.

VPSO Paulsen further is certified as an Emergency Trauma Technician (ETT) by the State of Alaska and intends to maintain this certification well into the foreseeable future. He not only is an active member of the village emergency medical response team but has assumed the leadership role while also providing oversight and monitoring the inventory of all corresponding equipment and supplies. Paulsen has roots in the community and intends to remain the Village Public Safety Officer for years to come. As the VPSO, Paulsen is an integral member of the community, has a genuine concern for the well-being of all community members, and is earnestly striving to transform Tatitlek into a 'world-class' community for patient treatment and care.



Nurturing Healthy Sleep Habits: Helping our Children Get Enough Sleep

by MaryEllen Fritz, Head Start Director



Are our children getting enough sleep? Have we placed them on a regular bedtime routine? How many hours of sleep are recommended? The number of sleep hours per age group of children can vary widely- but there are some great science-based articles available to parents as they determine the amount of sleep each child in their family needs. You can determine if your child is getting enough sleep to ensure they have what they need to grow, learn, and play.

Childhood Sleep Guidelines

Look at the table below from The American Academy of Sleep Medicine (AASM). This table provides some helpful guidelines regarding just how much sleep children need at different stages in their development. The numbers in the chart below include nap hours, so if your child takes a nap, include those hours in the recommended sleep hours recommended in this chart.

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
 Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

How About Our Adults? Are We Taking Care of Ourselves Too?

Many parents get by on less than 8 hours of sleep a night, out of habit or necessity. Did you know that not getting enough sleep may be impacting your health and well-being?

The American Academy of Pediatrics (AAP) agrees with the AASM guidelines, encouraging parents to help their children develop good sleep habits right from the start.

Guidelines Are:

- Understand the importance of getting enough sleep and how sleep affects the overall health of you and your children. Are we modeling good sleep habits, or are we staying up all night and not prioritizing and modeling getting the sleep we need? Making sleep a priority for yourself shows your children that it's part of living a healthy lifestyle.
- **Keep to a regular daily routine.** The same waking time, meal times, nap time, and play times will help your child feel secure and comfortable and help with a smooth bedtime. After dinner, make sure clothes, boots, and jackets are lined up by the door and ready for the morning after dinner. Take a bath early and get into pajamas. Read a book together and get ready for sleep, turning off the TV and electronics at the same time at night, with a little bit of wiggle room on the weekends, but start Sunday evening again.

These things will help you and your family get the quality sleep needed to be healthy and ready for school! For more information on sleep, please visit the American Academy of Sleep Medicine at <https://aasm.org/>.

Back to School Tips and Scholarship Information to guide your path to success

by Donna Malchoff, Social Services Coordinator

Back to school season is upon us! Whether you are a college student, high school, or learning virtually, check out these tips from Opportunity International, a 501(c)3 nonprofit. <https://opportunity.org/learn/lists/10-habits-of-successful-students#.YS-6p45KiUk>

10 Habits of Successful Students

1. **Get Organized.** Making a plan for what you're going to do and when you're going to do it will make sure you're always ahead of the curve - literally.
2. **Don't multitask.** Studies have shown that multitasking is physically impossible.
3. **Divide it up.** Studying isn't fun to begin with, and forcing yourself through a study marathon will only make it worse. Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying (more) fun.
4. **Sleep.** Don't underestimate the importance of those eight hours of zzz's every night! Getting a good night's rest will sharpen your focus and improve your working memory.
5. **Set a schedule.** Do you work better right after school or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you, and stick to it.
6. **Take notes.** Taking notes will not only keep you more engaged during class, but will also help you narrow down what you need to study when exam time rolls around. It's much easier to reread your notes than to reread your entire textbook!
7. **Study.** This one might be obvious, but did you know that there's a right and a wrong way to study? Review your material several days ahead of time, in small chunks, and in different manners (for example, write flashcards one day and take practice tests the next). In other words, don't cram.
8. **Manage your study space.** Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it's your local library or just the desk in your bedroom, set aside a study space that you'll want to spend time in.
9. **Find a study group.** Sitting down with a group of people who are learning the same things as you is a great way to go over confusing class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.
10. **Ask questions.** You're in school to learn, so don't be afraid to do just that! Asking for help - from a teacher, a tutor or your friends - is a surefire way to make sure you truly understand the material.

Important deadlines to keep in mind for Chugachmiut: Submit applications for Higher Education Scholarships before December 31, 2021, for the Spring 2022 semester. Scholarships for full-time students are \$1,000.00 and \$500.00 for part-time students.

Vocational scholarships have no deadline.

Visit <https://www.chugachheritagefoundation.org/> for additional resources and view their important upcoming dates.

Please feel free to contact **Donna Malchoff** at **907-562-4155** for any questions. You can also email donnam@chugachmiut.org.

October is Domestic Violence Awareness Month

by Danielle Larsgaard , Domestic Violence Regional Coordinator

If you or someone you know has been affected by domestic violence, contact the Chugachmiut Domestic Violence team at the following:

Danielle Larsgaard - Domestic Violence Regional Coordinator

Phone: (907) 562-4155

Gail Evanoff - Prince William Sound Domestic Violence Advocate

Phone: (907) 573-5127

Sharon Whytal - Kachemak Bay Domestic Violence Advocate

Phone: (907) 226-2006



Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" held in October 1981 and conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation to end violence against women and their children. The Day of Unity soon became an entire week devoted to various local, state, and national activities. The activities conducted were as varied and diverse as the program sponsors but had common themes:

- Mourning those who have died because of domestic violence
- Celebrating those who have survived
- Connecting those who work to end violence

These three themes remain a key focus of DVAM events today. In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989, the U.S. Congress passed Public Law 101-112, designating October as National Domestic Violence Awareness Month. Such legislation has passed every year since, with National Coalition Against Domestic Violence providing key leadership in this effort. Each year, the Day of Unity is celebrated on the first Monday of Domestic Violence Awareness Month.

Join us this October as we bring awareness to Domestic Violence.

**Wear purple Thursday, Oct. 21st, in observation of
Domestic Violence Awareness Day**



LOVE SHOULDN'T HURT
HELP US END DOMESTIC VIOLENCE

WOMEN'S ADVISORY COUNCIL

*Chugachmiut Domestic
Violence Program*

**Contact Danielle Larsgaard
to sign up and be a part of
the movement to end
violence against women!
DanielleL@Chugachmiut.org**

The Council's purpose is to advocate for the needs of Sugpiaq Women Survivors in the Chugachmiut region, brainstorm and plan the next Women Healing Ourselves Retreat, promote the expansion of opportunities available to women, and to promote the representation of women in region.



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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. Would you 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/

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:

Jessica Smirnoff, Newsletter Editor, 1840 Bragaw Street, Suite 110
Anchorage, AK 99508-3463, (907) 562-4155, media@chugachmiut.org

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