

Nupuat



Spring 2022 Edition

www.chugachmiut.org <https://www.facebook.com/ChugachmiutALUTIIQ> <https://www.instagram.com/chugachmiut/>

*Serving the
Chugach Region*

50 years
in
2024

Chugachmiut will be celebrating its 50th Anniversary in 2024. We want to ask our community members to submit photos from 1974 to current for use in our 'Chugachmiut – 50 Years of Service to the Region' publication. You can send these images to media@chugachmiut.org, and we will assist you with the photo release form needed. Please include information identifying the person(s) in the picture and its year.

Help spread the word for World Elder Abuse Awareness Day on June 15th

by Heather Gallatin-Baker, Elder & Vulnerable Adults Coordinator

It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse is a widespread problem. Some instances of elder abuse are intended to exploit the person financially; you've probably heard of scams targeting seniors. In other cases, it's simple negligence: Caregivers don't provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene. If you see something, say something.

World Elder Abuse Awareness Day, or WEAAD, is an annual initiative launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization. In its 66/127 resolution, the United Nations General Assembly designated that date as World Elder Abuse Awareness Day, a day in which the entire world voices its opposition to any form of abuse of the older generation. WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of the abuse older people suffer by raising awareness of the cultural, social, economic, and demographic processes affecting them. Elder abuse is one of the least investigated types of violence and does not get addressed in national action plans as frequently as other key social issues.

The UN International Plan of Action described elder abuse as a public health and human rights issue. Globally we have an aging population, with the number of older people in the world expected to be 1.4 billion by 2030. Research suggests that 4 to 6 percent of the elderly suffer from some kind of abuse, most of which go unreported. This day is to make sure we remain focused on our elders, ensuring they lead a life of high quality and dignity.

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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

Chugachmiut Career Opportunities

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Check out Career Opportunities with Chugachmiut!

Chugachmiut is a rapidly growing 501(3)c Non-profit, Alaska Native Regional Tribal Consortium. We are seeking highly motivated, talented candidates to join us on our journey to excellence! Join a dynamic, team-driven environment that features an abundance of opportunities for growth and development! At Chugachmiut, you not only start a job but a career that truly makes a difference in the lives of others!

Chugachmiut offers its employees a robust and comprehensive benefits package. Including 100% Employee paid benefits (medical, dental, and vision); 50% Dependent coverage; 401(a) Pension Plan with 8% company contribution; 403(b) with Roth option; Generous paid time off; Subsidized gym membership; And more!

Reach out to our Human Resources department at HR@Chugachmiut.org with any questions regarding our hiring process, job opportunities, or benefits! We look forward to speaking with you.

Visit <https://www.vscyperhosting.com/Chugachmiut/> to view full job descriptions and apply today!

Current Open Positions:

Addictions Clinician (Anchorage)
Addictions Counselor Trainee (Nanwalek)
Bear Gut Parka Artist (Cordova)
Behavioral Health Aide (Tatitlek)
Behavioral Health Clinician (Kachemak Bay)
Behavioral Health Quality Assurance Manager (Anchorage)
Certified Medical Assistant (Seward)
CHA II, III, IV or Practitioner (Nanwalek)
CHA Trainee (Chenega, Nanwalek, Tatitlek)
Community Health Aide II, III, IV or Practitioner (Chenega, Tatitlek)
Community Health Aide III, IV or Practitioner Itinerant (Any Regional Community)
Dental Assistant Itinerant (Any Regional Community)
Dental Health Aide Therapist Itinerant (Any Regional Community)
Dentist Itinerant (Any Regional Community)
Education & Community Liason (Any Regional Community)
Family Support Advocate (Any Regional Community)
Grants Administrator (Anchorage)
Head Start Teacher Substitute Aide/Cook/Janitor (Nanwalek, Port Graham)
Health Administrative Assistant I (Chenega)
Health Administrative Assistant Itinerant (Chenega, Nanwalek, Tatitlek)
Medical Assistant (Seward)
Network Administrator (Anchorage)
Nurse Practitioner/Physicians Assistant Itinerant (Any Regional Community)
Nuuciq Qayaq Artist (Any Regional Community)
Nuuciq Qayaq Emerging Artist (Any Regional Community)
Staff Accountant (Anchorage)
Timber Cruiser (Nanwalek, Port Graham)
Timber Cruiser Assistant (Nanwalek, Port Graham)
Village Public Safety Officer (Nanwalek, Port Graham, Tatitlek)
Vocational Rehabilitation Coordinator (Anchorage)
Youth Advocate (Any Regional Community)
Yukon Fire Crew Crewmember (Kenai)
Yukon Fire Crew Squad Boss (Kenai)



or Scan above
with your
phone to
Apply!



Join the Yukon Fire Crew!

Fire Program News

Chugachmiut Village Volunteer Fire Departments Receive Donated Turn-out Gear

Submitted by Melodie Fair, Chugachmiut Tribal Grants Writer

After three unsuccessful years of searching and applying for grant funds to purchase turn-out gear for Chugachmiut village fire departments, the Tribal Grant Writer connected with the Hartville, Ohio Volunteer Fire Department (HVFD) regarding a donation of their used gear. Some Chugach fire departments are using 20, 30, and even 40 years old gear. HVFD asked a local businessman if he would partner with them and pay for the shipping to get the gear to Alaska, and he said, "yes." A team of Hartville Hardware employees got together to sort, package, and ship helmets, boots, shrouds, gloves, coats, and pants, nearly 30 complete sets of gear.

Once in Anchorage, a few Chugachmiut employees got together to sort the gear for three villages: Port Graham, Nanwalek, and Chenega. Helpers were Melodie Fair, Kert LaBelle, Robert Lacy, and Nathan Lojewski

Thank you to Chief Mike Lorentz and crew, Hartville, Ohio Volunteer Fire Department, and to the owner, Howard Miller, and team, of Hartville Hardware, for their thoughtfulness and generosity.



Heritage Preservation Program Updates

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Cama'i from the Heritage Preservation Department!



Chugachmiut
HERITAGE PRESERVATION



Alaska Native Education Program
Grant Number: 060419-001

Remembering and Honoring: Language and Culture Bearer, and Elder, Kathy “Maulunga” Brewster

Kathy Brewster, a Respected Elder whose first language was Sugt'stun, was born and raised in Nanwalek. Kathy was always there to share her rich knowledge and experience by participating in Chugachmiut's Heritage Preservation program events for many years to preserve Sugt'stun and the Lower Cook Inlet culture.

Kathy's knowledge of Sugt'stun, through stories or translations from Sugt'stun to English or English to Sugt'stun, helped guide Chugachmiut's Language team to record and document for future material assist with Sugt'stun classes in Head Start, secondary schools, and to increase the Sugt'stun Teacher's language fluency.

Kathy's experience growing up in Nanwalek allowed her to share her skills and knowledge of Lower Cook Inlet culture that showed respect, education, and safety for her family, land, food, and sea. The Culture team collected and included her rich experience in the various Heritage Kits.

We will miss Kathy during our Chugachmiut Heritage Preservation events, yet, we will always be grateful for her valuable time and knowledge that will continue to be shared to preserve the Chugach Region Language and Culture.

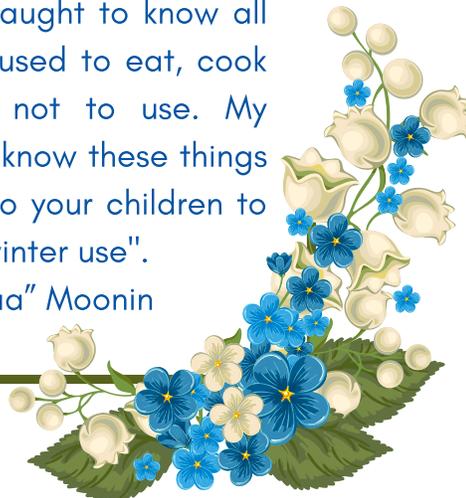


Memory Eternal for Maulunga 1943-2022



“ Growing up we were all taught to know all the plants, how it will be used to eat, cook and which have poison not to use. My mother said, “You have to know these things so you can pass it down to your children to put away and dry for the winter use”.

-Interview by Rhoda “Atakaa” Moonin



Heritage Preservation Program Updates

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Open Archive Workshop

The Archive team continues to provide a weekly workshop to dialogue on various Archive topics.

Please join us every Friday from 9 am to 10 am for this paid stipend opportunity for Elders and Recognized Experts.

Zoom link:

<https://chugachmiut-org.zoom.us/j/85008902651?pwd=Zm1XUHZIY3dtSDJlLbU96eUFTcU9Vdz09>

or dial by phone:

1 877 853 5257

Meeting ID: 850 0890 2651

Passcode: 347431



Chugachmiut Archive presents
OPEN ARCHIVE WORKSHOP
Every Friday! 9am - 10am
Join the Archive team in casual discussion on archive topics

Zoom link: <https://chugachmiut-org.zoom.us/j/85008902651?pwd=Zm1XUHZIY3dtSDJlLbU96eUFTcU9Vdz09>
or dial in by phone: 1 877 853 5257
Meeting ID: 850 0890 2651
Passcode: 347431

Chugachmiut
HERITAGE PRESERVATION

Virtual Elder Tea Discussion

The Culture team has started a Virtual Tea & Tang as a space for elders, youth, and community members to join and discuss preserving traditional knowledge.

Please join us at 10:30 am on Wednesdays bi-monthly. Check the Chugachmiut Heritage Preservation Facebook page for the upcoming days.

Zoom link:

<https://chugachmiut-org.zoom.us/j/85008902651?pwd=Zm1XUHZIY3dtSDJlLbU96eUFTcU9Vdz09>

or dial by phone:

1 877 853 5257

Meeting ID: 850 0890 2651

Passcode: 347431



Chugachmiut
HERITAGE PRESERVATION

**CHUGACH REGION
CUQLLET SARSARWIAT**
"A PLACE WHERE ELDERS DRINK TEA."

**VIRTUAL ELDER TEA
AND DISCUSSION**

DISCUSSION TOPICS:
OPENING
PRESERVING TRADITIONAL KNOWLEDGE
Video, Children's Books, Audio Recordings,
Traditional Story, Websites, YouTube

TUTORIAL OF:
WWW.CHUGACHHERITAGEAK.ORG

Join us bi-monthly to preserve topics of traditional knowledge

Old Treasures

Cama'i, IAXiishuh, and Hello from the Chugachmiut Heritage Archive!

Chugachmiut Munartat (Artists)

The Archive is so excited to announce that we are in Seward with talented artists Joe Tabios, Kris Tabios, and Jonathon Sawden, building a traditional qayaq that will display at the National Park Service office; here in Seward! Outekcak Native Tribe was gracious enough to allow us to use their facility for the build, and it has been so wonderful to be in one of our tribal communities revitalizing this beautiful art form. Indie Alaska, a PBS conglomerate, will also be making a short documentary about the build and highlighting emerging qayaq builder Jonathon Sawden. In July, we will also be making another qayaq at Nuuciq Spirit Camp that will become a part of the Chugachmiut Archive collection!

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In June, we are excited to head to Cordova to revitalize the practice of making a bear gut raincoat as well! The artists on this project will be Diane Selanoff, June Pardue, Joyce Kompkoff, Patience Andersen Faulkner, and Brooke Mallory. Once completed, the gut parka will be housed in the Anchorage office, and a short film will be made that will be available on the archive website!

Designing for the Future

We are so thrilled to start sharing photographs of the significant changes at Chugachmiut's Anchorage office. Months of hard work, organization and determination have created a space that can adequately preserve the Chugachmiut collection to make it accessible to community members in perpetuity. There's still lots of work to be done, but we are elated to share this space with community members and continue documenting and sharing community voices and stories.



Collaborative Projects

We are so thankful to the Qutekcaq Native Tribe and the Native Village of Eyak for partnering with us to make the artist retreats (described above) such a success! As we look towards the Fall, we are thrilled to share that seven Elders (one from each community) will have the opportunity to go on a fully paid trip to Berlin, Germany, to engage with the collection of Sugpiaq artifacts housed at the Berlin Ethnologisches Museum. The travel dates are October 15th - 31st, and each community's leadership will be asked to nominate an Elder from their community. We have also started to receive photographs of the artifacts to share on our website and have talked about the artifacts during several Open Archive Friday workshops - let us know if you want to be involved in this project; we'd love to have you!

We also continue to seek Sugt'stun recordings through our Port Graham Living Language grant. If you have recordings or videos that you would like safely digitized, would like to translate historic Sugt'stun recordings, or if you have stories to share with us in Sugt'stun, please feel free to reach out to us!

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Expanding the Historical Record

Last summer, we began to digitize Chugachmiut's extensive collection of audio and video recordings from around the Chugach region. We are thrilled to share that this project was completed in late April! Five hundred fifty unique audio/video materials have been entirely digitized and backed up in multiple locations to ensure preservation and stability. Over the summer, we will import these recordings into our database for community members to access and enjoy! To access this database, visit <http://www.chugachmiutheritagearchive.org/>.

Community Outreach

The **Open Archive** has been a highlight of the past several months - every Friday from 9:00 - 10:00 AM, we meet over zoom to workshop different archive collections or projects in a casual social environment. Among many activities, we have designed the Chugachmiut storytelling room, fine-tuned the goals and objectives with the Berlin collaboration, spotlighted our qayaq builders here in Seward, and translated Sugt'stun stories; with Sperry Ash! Please reach out to Andrea or Dawn if you are interested in joining us! We'd love to have you join us any Friday you can.

Andrea and Dawn have also connected with other archivists around Alaska and the Pacific Northwest. They co-presented together at the Northwest Archivists Conference about the vital need for community-owned Indigenous archives and the lessons they have learned through their work. The summer bears additional connections for each of them - Dawn was selected as an American Philosophical Society Digital Knowledge Sharing Fellow. She will travel to Philadelphia to develop a project in collaboration with other fellows to promote Indigenous storytelling and knowledge sharing with the aid of technology. Andrea was elected Secretary of the Northwest Archivists Board and looks forward to supporting Chugachmiut's work on a regional level and strengthening ties with other archives around the region.

Join Us!

Are you interested in getting involved? Join us any Friday morning from 9:00 - 10:00 AM, or reach out to us individually! We can be reached at andrea@chugachmiut.org (443-912-8068) or dawn@chugachmiut.org (907-952-7178) -- we'd love to hear from you!

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Language Team Beam When There's a Theme

Heritage wants to thank the regional Sugt'stun Speakers from this past quarter, who are always ready and willing to share their valuable time and knowledge: Lillian Elvsaas, Pauline Demas, Susan LaBelle, Stella Meganack, Leona Olsen, Pete Kompkoff, Derenty Tabios, Anesia Metcalf, Johnny Moonin, Richard Moonin, Stella Meganack, Jennie Kamluck, Elias Anahonak, Dan Anahonak, Sally Ash, Alma Moonin, Karen "Dean" Katelnikoff, Emilie Swenning, Sperry Ash, Ivana Ash, and the late Kathy Brewster. They have been beneficial in translations and sharing stories from the Chugach Region that include traditions and values from our seven communities. We are looking forward to having you join us again at the end of June 2022 for the next Quarterly Meeting.

Atakaa (Rhoda Moonin), Regional Lead Speaker, Nanwalek, has been continuing to add to the current curriculum, with editing assistance from Emilie Swenning and from our Regional Elders for the Seasonal Themes curriculum, with quotes and pluralization and some sentences, and then "Sugt'stun Hour with Atakaa" to maintain and increase the Teachers Sugt'stun Fluency. Atakaa is continuing to gather/research for materials/resources to assist in learning the Sugt'stun Language. We are so grateful for her motivation and dedication to recording and sharing the Sugt'stun Language.

This past quarter, the Language Teachers have been involved with multiple Spring-time events by utilizing the Sugt'stun quotes, vocabulary, and material from the Sugt'stun Seasonal Themes, including cultural and seasonal events, such as "Daylight Savings Time," "Low Tide, Seafood from the Reef," "Easter," "Easter Bread," "Aleut Baseball," "Carved out wooden boats," "Sea Week," and many more. They are diligently working on their Sugt'stun fluency through "Sugt'stun Hour with Atakaa" through the material, recordings, and guidance from Atakaa and the Elders from our Region. The Sugt'stun Teachers are continually working with their Community Schools and community leaders to promote Sugt'stun preservation.



If you have more questions of what the teachers shared and the types of activities they did, or upcoming Sugt'stun activities please contact that Sugt'stun Teacher in your community:

- Katiilinguasaq (Brandon Moonin), Tatitlek and Chenega Bay.
- Tegluñaliq (Shyla Krukoff), Cordova, and assists with Tatitlek and Chenega Bay.
- Apamia (Ephimia Moonin), Port Graham, and assists with Tatitlek and Chenega Bay when available.

If you are unsure who to contact or have any questions about the Sugt'stun Language information, please get in touch with Kalunka/Saltaataq (Angelina Roehl) at Angelina@Chugachmiut.org or call my work number at 907-334-0119.

Elder Quote from the Seasonal Theme, "Maqaiyaqan Makut Anlartut - When It Gets Warm These Things Come Out":

Iciwaq, awa maqaiyaqan, makut cacaiqinaq, iqallut/amartut kingut, taumi tengulrit kingut illiwimegg'tnek kiaglalluten, taumi piturkamegg'tnek, taumi nigg'tamegg'tnek angluten. -Springtime, when it's getting warm, all kinds of things come out to look for food and nest, and the fish come in, and animals come out of bear caves as well. By Rhoda Moonin

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Heritage Preservation Program Updates

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Sentences from, the Seasonal Theme, "Tanqik - Moon":

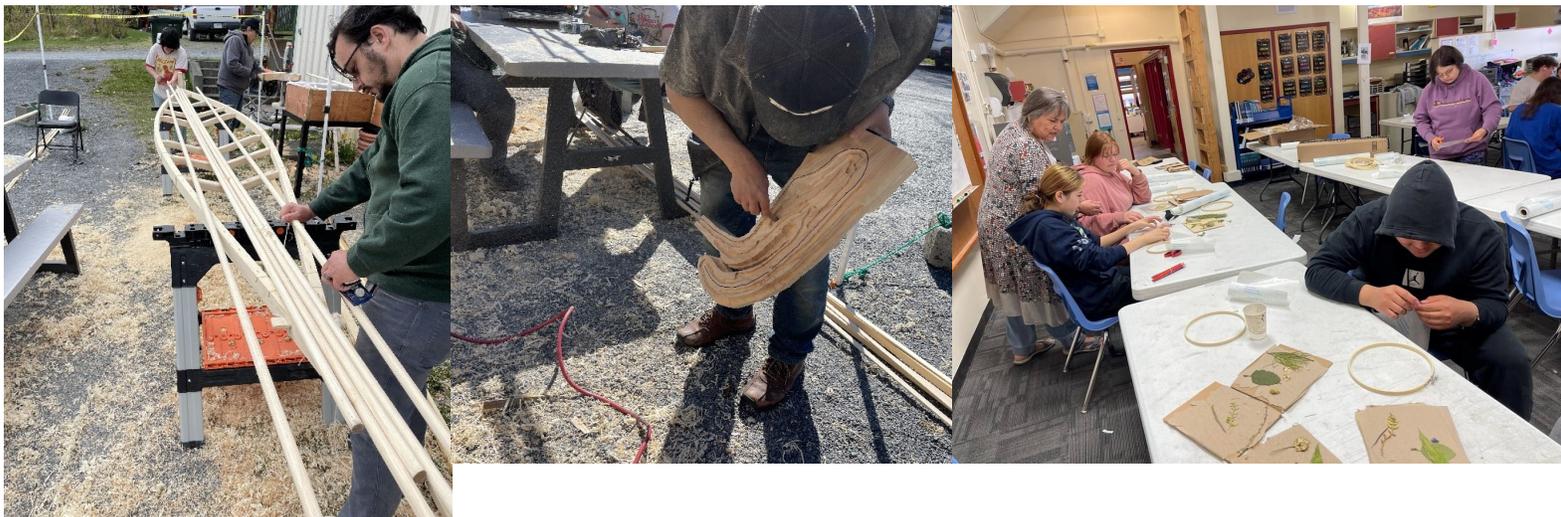
- Tanqik anumauq. The Moon is out. (Tan - qik) (a - nu -mauq.)
- Tanqik puguq. The moon is rising. (Tan - qik) (pu - guq)
- Tanqik Akikcagtuq. The moon is so bright. (Tan - qik) (A - kik - cag - tuq)

Cultural Corner

The Culture team has been very busy throughout the region, participating in cultural activities, camps, training, and lesson development.

We were very fortunate to have the ability to send two additional Local Cultural Coordinators (LCCs) to Peksulineq: Cultural Heritage Week in Tatitlek. Camille Parry (Chenega) and Cheryl Eleshansky (Cordova) joined Brandon Moonin (Sugt'stun Language Teacher) and Jemerson Anahonak (Tatitlek LCC) to share Chugach cultural traditions, language, and activities. Our Heritage staff partnered with instructing lessons, infusing Sugt'stun Language, and filling in where needed. This was also a great testing ground for the lessons LCCs have been working on. As Camille stated, "This event also gave me the opportunity to see our kits in action...basically I discovered that kits should be activity-rich." A small sampling of lessons include: Pictograph Storytelling, Aleut Baseball, Ggwii ___ kinaq ellpet? (I am ___, who are you?), and a Sugt'stun scavenger hunt. Cheryl has shared, "Although the number of participants was limited, we still came from everywhere in Alaska. The pride that you saw in the youth while engaging in their culture/language was incredible to witness. The Cultural Healing that happens during gatherings is by far the best medicine. Those who attended found out they had more family than they knew..." We are so happy that four staff from the Heritage Preservation Department could attend Peksulineq this year and provide amazing activities and create lasting memories.

In Seward, a Traditional Qayaq is being built by Master builder Joe Tabios, and emerging artists Johnathon Sawden and Kris Tabios. This has been a fantastic experience watching the process of local spruce from Seward be turned into a qayaq. This project will conclude with the qayaq staying in Seward and being housed at the Kenai Fjords National Park Interpretive Center in the Seward boat harbor. Additionally, Carol Conant (Seward LCC) has been working in the classrooms teaching lessons and developing Cultural Tourism presentations for the local qayaq tour companies to help increase their knowledge base and to help present correct information about the Chugach region and traditions while showing visitors throughout our region.



In Port Graham and Nanwalek, Michelle and Nancy participated in Sea Week in partnership with the schools. Michelle helped create recipes and cooking foods with students to share and enjoy. The beach walks during Sea Week are always an exciting time, collecting foods and learning about the intertidal zone. Nancy has also been teaching lessons on plants and creating window hangings of dried plants and flowers for students to take home.

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Please join our elders, community members, and our culture team every first and third Wednesday for **Cuqllit Sarsaqwiat** (“**A Place Where Elders Drink Tea**”) **Virtual Tea and Tang** to share stories on a wide variety of topics about the Chugach Region. We encourage all ages from around the Chugach region to join us. Please check the Chugachmiut Heritage Preservation Facebook page for the Zoom link and topics.

Finally, Quyanaa Michelle Moonin for working as our Local Cultural Coordinator for the past year and a half in Port Graham. Thank you for being so willing to learn, connect with Elders, and develop lessons that will be meaningful to the Chugach Region for years to come. Best of luck on your next adventures!

Quyanaa, AwA’ahdah.

Game App Project

FableVision Studios is excited to continue working with Chugachmiut on an early childhood Sugpiaq Culture and Heritage Game. This game app is designed for children ages 3-5 and will be available on phones, tablets, and computers. Tapping into children’s natural love of interactive experiences, the app engages kids in game-based adventures to prepare them for school while making them excited about better understanding their community, the Sugt’stun language, and the cultural heritage and values of the Sugpiaq people.

Fablevision is working through the design process, along with prototyping 2D to 3D, user interactions, discussions about the use of language, and other essential steps in the game design process.

We are grateful for all of the input we continue to receive from the community and staff throughout game development. We are looking forward to further collaboration as we bring this project to life. Quyanaa!

FableVision Team



Jordan Bach
Technical Director



Bob Flynn
Art Director



Jonah Gaynor
Production Assistant



Gary Goldberger
Executive Creative Director
Game Design



Leigh Hallisey
Creative Director



Christina Kelly
Lead Artist



Anne Richards
Producer
Game Design



Audrey Spencer
User Experience Design



Concept Art in Development

Stay Connected with Us!

Check out our [website](#), where we store valuable content and resources. Check out the [Archive website](#) for digital archive materials, heritage kits, and more!

Please follow us on [Facebook](#) to receive all of our program updates.

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Heritage Preservation Program Updates

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Accessing Choices in Education



Chugachmiut Education
Litnaurwik – A Place
of Learning



Choices in Education (CIE) Education Assistance

Scholarship Opportunity for Middle and High School Students

each year varies, with a cap of \$5,100 per student per year.

Supporting Native youth in school or careers is our goal. The CIE scholarship can help pay for classes and educational materials for students. Classes or training can include career, art, technology, language or cultural goals. We can cover costs for services such as:

- ◆ Frontier Tutoring: tutoring, SAT/ACT preparation, and college admissions
- ◆ Upstream Academy
- ◆ Voyage to Excellence
- ◆ Alaska EXCEL
- ◆ Technology equipment for 11th and 12th graders
- ◆ Sugt'stun and Eyak Language and Culture classes
- ◆ School supplies
- ◆ Other academic, artistic, technology, and career classes and/or training

CIE scholarship can cover most, if not all, costs and fees. We accept applications year-round. The number of scholarships given

Eligibility Requirements

The scholarship application must be submitted at least 3 weeks before the start of your desired program. To be eligible:

- ◆ Be an enrolled member of a Tribe, or be an Alaska Native/American Indian.
- ◆ Living within the Chugachmiut service area.
- ◆ Submit a copy of your BIA Certificate, Tribal enrollment card, or any Tribal affiliation documentation.
- ◆ Registered in grades 8-12.
- ◆ Provide parent or caregiver contact information. We will parents/caregiver's approval for participation in the program and services.
- ◆ A FERPA release of information form will need to be submitted if enrolling in a formal education program (college class, vo-tech).
- ◆ Submit a certification of completion.
- ◆ Submit a short report how the class/program benefited you or your goals.

For the complete program requirements, please visit ww.chugachmiuteducation.org.



Chugachmiut Education Department Staff

Mark Hiratsuka, Director
markh@chugachmiut.org

Laura Revels, Manager
laurar@chugachmiut.org

Alex Lyle, Education Administrator Coordinator
alexl@chugachmiut.org

Tell Us Your Quit Story!

Submitted by Jason Opheim, Chugachmiut Tobacco Prevention & Intervention Coordinator

Quitting smoking can be a difficult period of life. It can also be lonely. Surrounding yourself with supportive family members and friends is essential, but sometimes they can't relate to what you're going through. Stories, such as the one below, generously shared by Alma Callis, help us realize that even an addiction as strong as nicotine can be conquered and sheds light on tips in each experience that can help us address our tobacco use.

Alma's Story

"I can't remember the exact date I quit, but I smoked for at least 25 years. I smoked when I was stressed or on the phone and after eating. I had help from Chugachmiut's quit smoking program. Debbie Meganack, along with Heather Davis, was helping with it. Without their encouragement and support, I think I wouldn't have quit. I remember them telling me to keep busy for the first 15 minutes of craving nicotine. To change my routine, I would drive to and from work going different routes, carry gum and cinnamon sticks that they gave me to help with cravings, and use nicotine patches to help me quit. I remember planning it out to help make it easier. I quit in the springtime so I could keep busy. Walking, yard work and bike riding helped me out quite a bit. I haven't started up since then! It was difficult! But I was able to get through it! To say the least, around that time, I had the cleanest walls around, haha!

It was worth it! I don't regret quitting."

From Alma's story, we can glean several helpful points:

- Smoking and stress go hand-in-hand.
- Having support when addressing tobacco use is very important.
- Understanding how nicotine affects the body and mind helps to manage cravings.
- Putting yourself in non-smoking situations will help immensely.
- Having a quit plan will prepare you for challenges during this transition.
- This experience demonstrates what most studies show, that the essential ingredients of cessation success stories are personal determination and a strong support network.

Each story is intricate and shows us that people are stubborn and unable to face facts – that smoking kills them and those around them – even in the face of serious medical issues. But they are also a testament to the power of determination! People cave in but can pick themselves up and start over again. Use their story as a reminder that it's failing – once or several times – doesn't mean you can't eventually succeed. Every time you try to quit, you learn something new about yourself and prepare yourself for your next attempt. The day you will finally succeed is close – don't give up!

Great American Smoke Out (GASO) Year Long Event

Have you successfully quit tobacco recently or in the past?

- What challenges did you face/currently face?
- What helped you to succeed, ex; Quit Lines, BH help for anxiety/stress, Step Challenge, etc.?
- How do you feel, what positive changes have you noticed since your transition?

Share your tobacco-quit story and you are entered to win a \$25 gift card and to be entered into a drawing next GASO '22' on November 17th, 2022 for a Grand Prize!

Email your story to jasono@chugachmiut.org to participate

Good health to you ©

Katherine Sandra Brewster

October 15, 1943 – May 1, 2022

Maulunga Katherine Sandra Brewster born October 15, 1943, to Juanita Melsheimer & Sarjus Kvasnikoff in Nanwalek, Alaska. She was known by many as Kathy or Katya. She passed away at the Prestige Care & Rehabilitation Center on May 1, 2022, surrounded by her loving family.

Kathy was a community health aid in Nanwalek for 20 plus years, and then a Community Health Representative for 10 years; Through the time that she was a health aid and community health representative she was also a traditional healer and practiced healing using traditional herbs. She dedicated the rest of her life after her retirement to teaching the Sugt'stun language and teaching the traditional way of making salves and medicine. She learned this process from her mother Juanita Melsheimer and her aunts Anesia Ukatish and Helen Romanoff. Kathy was a member of the Saint Sergius & Herman of Valaam Sisterhood. She was the first Ms. Nanwalek. She loved fishing, knitting, sewing, painting, gathering herbs, and teaching to pass on her knowledge, she loved sharing her knowledge with anyone who was willing to learn.



A viewing was held in Anchorage at the Witzleben Funeral Home on Thursday, May 5th officiated by Father Daniel Charles; and her burial was Saturday, May 7th in Nanwalek Alaska at the Saint Sergius & Herman of Valaam officiated by Father James Gust. Her Pall Bearers were Jeremy Cook, Sebastian Demas, Justus Evans, Keith Seville III, Nicholai Norman, Brian Hetrick, and Nathan Cook.

Kathy is survived by her daughter Emilie Swenning & husband Paul Swenning; son Gordon Kvasnikoff & wife Wanda Kvasnikoff; sons Anthony Brewster, Dale J Brewster & Quannah Brewster; grandchildren: Tara Swenning & partner Adrian Tanape, Desiree Swenning & partner Conan Kvasnikoff, Barbara Swenning & partner Nicholai Norman, Samuel Swenning & wife Daria Swenning, Terence Swenning; Martin Kvasnikoff, Jessie Kvasnikoff, Vladimer Kvasnikoff & wife Lucia Kvasnikoff; Zahliya Sophia Acovak; great-grandchildren: Malaika Swenning-Phillips, Trayvonne Swenning-Phillips, Logan Swenning; Tavarius Swenning, Keyonte Swenning, Kenji Simmons, Dayzeemae Swenning; Titan Norman, Oblivian Norman, Malania Swenning, Lauralie Swenning; brothers: Wallace Kvasnikoff & wife Nina Kvasnikoff, John Kvasnikoff & wife Gwen Kvasnikoff; sisters: Pauline Demas & husband Jerry Demas; Sally Ash & husband Marlon Ash, Rhoda Moonin & husband Johnny Moonin, Alma Moonin & husband Ephim Moonin Sr., godchildren: Tammy Kvasnikoff, Gloria Kvasnikoff, Anastasia Killbear, Jeremy Cook, Thomas Evans, Anita Evans, and Vincent Evans; and many nieces and nephews, she loved them all oh so much!

She is preceded in death by her husband Dale M Brewster, daughter Tammy Kvasnikoff, mother Juanita Melsheimer, father Sarjus Kvasnikoff, stepfather Arnold Melsheimer; brothers Vincent Kvasnikoff Sr, Mack Kvasnikoff Sr; Robert Kvasnikoff; sisters Teresa Wilson, Alice Greene and Irene Tanape.

New Team Member Announcement- Emma Chambers Chugachmiut Human Resources, HRIS Coordinator



We are excited to announce and welcome Emma Chambers to Chugachmiut as our new HRIS Coordinator.

Emma is brand new to Alaska and just arrived during Winter. Emma moved here due to her husband's job relocation with her 10-month-old Husky. Emma is excited to experience many firsts in Alaska, such as an Alaskan summer with an abundance of planned camping trips and hiking adventures. She also hopes to do some wildlife spotting as she is eager to enjoy the plentiful Alaskan outdoors.

Emma is originally from Seattle Area and was pleased to explore what Anchorage has to offer regarding the Restaurant and coffee scene. In her spare time, she likes to read and bake.

We are excited that Emma decided to join our team and will bring great insight to the organization.

Chugachmiut is working with Forest Carbon Works <https://forestcarbonworks.org/> to revitalize the carbon project effort on Native allotments.

If you are interested or know someone, please fill out our survey using the link <https://tinyurl.com/CCSURVCM> or QR code below.



If you have questions, please contact Nathan Lojewski at 907-562-4155 with Chugachmiut or Sandy Letzing at (971) 297-1229 with Forest Carbon Works to learn more.

Forest Carbon Offset Project Update

Submitted by Nathan Lojewski, Chugachmiut Forestry Manager and Sandy Letzing, PNW Regional Forester, FCW

We have been working for several years to develop a forest carbon offset project on the Native Allotment in the Chugach Region. We have been trying to create a project for the California Compliance markets similar to projects developed by Native corporations like Chugach Alaska Corporation, Port Graham Corporation, and English Bay corporation.

Unfortunately, these projects have required involvement from the Bureau of Indian Affairs, and they have not been willing to work with us on this project, and the project has been on hold for many years.

Recent developments in forest inventory technology and new voluntary forest carbon offset markets have led to a unique opportunity for carbon offsets on the Native Allotments.

Chugachmiut Forestry is actively working on investigating these opportunities, and we have found a potential partner to develop a project. I want to introduce Sandy Letzing, a Forester with Forest Carbon Works. Forest Carbon Works has developed a method for small individual landowners to sign up for carbon projects and receive income from the sales of carbon offsets generated from their land.

My name is Sandy, and I am the Northwest Forester at Forest Carbon Works.

We help develop and manage forest carbon offset projects on private properties. We develop projects to generate carbon credits from a landowner's property, which would pay the landowner. These payments are made in (\$) per acre per year payments. The Chugachmiut Native allotments have a great potential to benefit from this opportunity, as this is revenue from simply letting the forest grow while also providing the co-benefit of protecting the legacy of the land and its ecological value for generations to come. It also remains compatible with harvesting wood for firewood, building, or crafting.

We will be reaching out to Allotment owners over the next few months to gauge their interest in a carbon offset project. At this time, we do not have estimated payments to landowners. If there is enough interest for a project, we would like to hire local forest inventory staff based in Port Graham and Nanwalek to measure carbon stored in trees on individual Native allotments. This data would assist us in providing estimated payments to landowners and deciding whether to develop or not to develop a forest offset project.

If you have questions, please feel free to reach out to Nathan at 907-562-4155 or Nathan@Chugachmiut.org or check out Forest Carbon Works website <https://forestcarbonworks.org/>



Aprun Aswigmen: Pathway Toward Healing program

Submitted by Danielle Larsgaard, Chugachmiut Domestic Violence Regional Coordinator

Chugachmiut's Aprun Asiwigmen- A Pathway Toward Healing team has begun traveling to support and offer education and outreach to our communities this Spring. Starting in early April, staff attended the Seward Health Fair alongside Dr. Adam Grove, N.D. Dr. Grove is a Naturopathic Physician practicing family medicine specializing in children and adults with brain challenges. He is part of "The Alaska Brain Bus" that travels within the state of Alaska, serving those with brain injuries.

Staff attending the Seward Health Fair provided outreach and networking to enhance support to Chugachmiut's communities served. On May 5th, 2022, Chugachmiut's Domestic Violence Program hosted the first MMIW (Murdered And Missing Indigenous Women/Girls) virtual 5K run in honor of our MMIW/MMIG. This event had participation from Tatitlek, Seward, Nikiski, and Anchorage. Some individuals walked the airports, the beaches, and some through town. All participants wore red as we honored our MMIW/MMIG near and far. Additionally, the Chugachmiut Domestic Violence program held a candlelight vigil at Lowell Point Beach in Seward, calling the names of our MMIW women and girl's home.

During that same weekend, staff provided education and outreach for the Traumatic Brain Injury Program. This event occurred at The Alaska Vocational Technical Center School, where our team fitted helmets for community members to promote safe biking practices.

Our efforts are geared to spread the word that indigenous women are disappearing and being murdered at alarming rates throughout the United States and Canada. Alaska continues to have one of the highest loss rates for our treasured female family members. These losses are devastating for our communities and our families. Our prayer:

"Let us stand together to end the violence against our people. May our missing mothers, daughters, sisters, aunties, nieces, and friends feel our breaths on our faces and the love from our hearts wherever they might be. May they inhale our love, capture our strength and find their way back home. May the ones in the spirit world watch over us and know that they are truly missed. May 5th is our annual day of remembering our murdered and missing indigenous women and girls. And, every day, we are hoping, grieving, and loving them until they are returned to us."



We are currently accepting scholarship applications for Fall 2022.

The deadline to apply is June 30th.

There is no deadline for Vocational scholarships.

Apply Now!

Questions?

Contact Donna at (907) 562-4155

Scholarship

Housing Improvement Program News

18 Spring 2022 Edition

What is the Housing Improvement Program?

Submitted by Kert LaBelle, Chugachmiut Facilities & Quality Improvement Manager

The HIP is an extremely low-income grant program administered by BIA that offers housing assistance to disadvantaged Native American and Alaskan Native families who live in substandard housing, are homeless, or have no other resources for housing assistance. Priority is extended to the elderly, disabled, low-income families with dependent children, veterans, or individuals living in overcrowded and unsafe conditions.

How do you qualify?

1. Be a member of a Federally Recognized Tribe
2. Reside within the Tribal Service area
3. Meet whole household income requirements
4. Be able to show the need for housing
5. Have no other resources available for housing
6. Has not already gotten HIP funds for housing
7. Did not acquire housing from Federal Programs in the past 20 years

What you need to be considered:

1. Application
2. Document verifying Tribal Membership
3. Documents verifying the income of all household members
4. Proof of land ownership or right to use
5. Proof of disability if claiming disability

Categories of Service (what services you can get):

- A. Minor Repairs (up to \$7500)
- B. Major Repairs or Renovation (up to \$60,00)
- C. Replacement Home or New Housing (for a modest home)
- D. Down Payment Assistance (up to \$75,000)

The applications will be due in November, but it is important to collect the necessary documents and fill out the forms as early as possible. I am available to answer questions; you can e-mail me at KerteChugachmiut.org or by calling 1-800-478-4155 and asking for Kert.



HOME
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presents

Money Mondays



A weekly newsletter with relevant grant opportunities



EMAIL
GRANTS@CHUGACHMIUT.ORG

Please email the [Grants Team](#) if you would like to be added to the Money Monday newsletter!

We are here to support you in your grant endeavors.



Welcome



Katrina Tysinger is excited to join the Grants Team as the **Grant Writer Trainee.**

Katrina is Yupik from the Bristol Bay region and has transferred from the Heritage Preservation program, where she was given the Sugt'stun name "Saralaaq" which translates to "sweet." She enjoyed developing relationships with community members, learning some Sugpiaq, and distinguishing the similarities in language between Sugpiaq and Yupik.

She is very excited to learn the framework of grant writing and serving the Chugach region communities in this new role. Previously, Katrina's experience includes working at Cook Inlet Tribal Council for the Health Profession Opportunity Grants program. Investing in the success and well-being of Alaska Natives is a passion of hers.





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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/

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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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