



Serving the Native Peoples of the Chugach Region

Nupuat

Fall 2018

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

Robert Henrichs, Recipient of NIHB Award From ANTHC

The National Indian Health Board recently honored national, regional and local champions in Indian Health for their invaluable service to Indian Country.

Three individuals from the Alaska Tribal Health System were recognized with awards for their impactful work serving Alaska Native and American Indian people in the IHS Alaska Area Robert Henrichs, Native Village of Eyak; Cyrus Harris, Native Village of Kotzebue, Maniilaq Association; and Amy Foote, Alaska Native Medical Center Executive Chef, NANA Management Services.

Robert Henrichs was awarded the Local Impact award, this award recognizes an individual or organization whose work has affected change or impacted health care on the local and or Tribal level.



Andrew Jimmie, Vice Chair ANTHC and Robert Henrichs

Peacemaking Circles and Restorative Justice in Alaska

Submitted by Sharon Whytal, Kachemak Bay Tribal Advocate

After attending an inspiring training last spring and in October 2018, with residents of Port Graham and Nanwalek, on expanding restorative justice in our area; I am grateful to report the opportunities available to develop in our communities.

Peacemaking Circles are built on the tradition of indigenous talking circles, allowing us to balance ancient wisdom about being in community, with modern wisdom about honoring individual needs, interests and differences. They also draw from consensus-building principles; each person has an equal voice, preventing domination by the more talkative few. Peacemaking circles assume that no one has the whole picture. By creating a safe space and respect for each person, "one heart" can emerge and the group can find a good way forward. Circles use storytelling to reveal deeper truths. Clear intentions encourage each person to be at their best.

Peacemaking Circles utilize one or two trained "circle keepers" to create an atmosphere of safety and respect in the circle, but not to control the outcome. A talking piece encourages

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NUPUAT is a quarterly publication of **CHUGACHMIUT**, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region. We welcome submissions from Tribal members, councils, and employees. Please share your comments and suggestions: **Rosie Gordon**, Newsletter Editor, 1840 Bragaw Street, Suite 110 Anchorage, AK 99508-3463, (907) 562-4155, media@chugachmiut.org

Interview with Daniel Smith, Recovery Camp Graduate

Submitted by Eydie Flygare and Tosha Saincome, Addictions Coordinators

Q: What brought you to the Recovery Camp?

I'd had enough with alcohol controlling my life.

Q: What was it like before the recovery Camp?

I was powerless over alcohol, life was a struggle, I did not know my priorities and I was selfish in satisfying my addiction to alcohol. I did not know any healthy ways to cope with stress, depression or anger and I thought alcohol was the cure.

Q: What did you learn?

I learned how to defeat the feeling of entitlement; I can't get everything in life I want. I also learned how to say no to alcohol. I learned how to forgive myself; I learned self-worth and became a stronger person emotionally and mentally. I learned how to go to Dave & Busters and not get a craving and learned how to cope with cravings. If I wasn't a VPSO, I'd consider becoming a counse-

lor.

Q: What had to happen for you to go to camp?

I had to reach bottom in order to go.

Q: What was camp like?

It was awesome, I would defiantly go again, I was treated equally and fair and I was appreciated. It wasn't as easy as I thought it was going to be, but I made it.

Q: What was the staff like?

The staff was helpful, kind and caring.

Q: What's it like being a mentor?

It helps me stay focused and people see that it works if you work it.

Q: What would you to someone that was thinking about going but has reservations?

I would say, like Nike... JUST DO IT. It would be one of the best decisions you could ever make, you will help you



Daniel Smith, Llangarvik Graduate and Mentor

become successful, in recovery.

Q: Do you have any final comments?

Thank you Eydie, Tosha and Jim!

2018 Culture Week in Cordova

Submitted by Barclay Kopchak, LEC

Mt. Eccles Elementary School students enthusiastically participated in Cordova's 6th annual Culture Week October 1st -6th. Monday through Thursday afternoons students carried their Native Culture 'Passports' (schedule of classes) as they traveled around the school to watch and learn and do heritage activities: everything from seal butchering to skin sewing to stick wrestling.

Brooke Johnson, Cultural Director for the Native Village of Eyak, the event coordinator, explained that for the first time a particular theme for the week had been chosen: Regalia. This inspired such classes as making devil's club beads, leather sewing, and potlatch hats. Students' 'passports' and the work of many Elders,



Bob Ladd reads 'Chuga, Chuga' legend



Third grade girls show off their puppets



Shyla Krukoff and Dance Troupe

Congratulations to Charles Moonin, AMYA Graduate

Submitted by Kimber Moonin, LEC

Charles Moonin, brother of Kimber Moonin, Sugi's student Language Teacher Tatitlek AK, son of Polly Moonin, grandson of Ephim Moonin Sr. and Vera Meganack; graduated from Alaska Military Youth Academy (AMYA) on August 24th 2018.

Charles was able to get certified in iron work welding, plumbing, pipe fitting, framing, 10 hours of construction safety, certified in CPR and scaffold user/fall protection, in addition to graduating. All in 22 weeks.

Charles says, "AMYA, it really sucked at first like the first 2 weeks because every

time one person did something wrong everyone had to pay. Plus we slept on the floor. Honestly once the 4th week came up, that's when academics start, time just went by a lot faster. Like week 14, I think it was, is when CWP (Cadet to Work Program) is and that's where I got most of my certificates that made time fly a lot faster too and when graduation came I couldn't believe it. But AMYA was not that bad. It made me fit, more disciplined, 'cocky' (lol) and more confident AMYA is just a mental game honestly. If I were to go back, I would it's a nice place AMYA was actually a pretty good place to be."



Help for the Holidays

Submitted by Tosha Saincome, Regional Addictions Coordinator

Tips for cutting back or staying sober during the holidays:

1. **Make a plan....** Someone once told me "If you fail to plan- you are basically planning to fail." While that might sound daunting... having sober strategies doesn't sound so bad. Protect your sobriety by developing a plan ahead of the holiday events. You may want to avoid events with alcohol or attend with your sponsor or a sober supportive friend. Attend an AA meeting or hold a sober event instead. Remember to build your support system up if
2. **Adjust your perspective....** Get into a positive head-space. Instead of telling yourself "I'm not allowed to drink;" tell yourself "I'm making healthier choices for my life." And be proud of yourself!
3. **Reach out/ Volunteer!....** The holidays are a great opportunity to do nice things for others- to get out of your own funk and feel good in kind deeds. Look for ways to be of service to others and spend time with your commu-

the holidays are a triggering time for you.

See **Holiday Help**, Page 4

Why Head Start Works - We Support Parents as Partners in the Head Start Experience!

Submitted by Caroline Wolkoff-Harvey, Head Start Family & Health Services Coordinator

Head Start knows that parents are the most important teacher in their child's life—parents know their child the best! We aim to partner with parents to support and encourage your vital role in your child's life! There are many ways for parents to be involved at school and at home with their child's learning and activities. It is proven that parent involvement not only increases a child's motivation to learn but also increases their academic achievement and success in school. We support active involvement in the education of your child—through communicating, volunteering and participating in decision making for your Head Start Program!

One way to be involved and provide helpful feedback is to answer parent surveys. We send out 3 a year to track progress and improvement. The surveys are a valuable tool to understand your perspective. Previous survey data has allowed us to make changes to best serve you and your child. The results let us understand how best to present family activities/events. We lis-



Sebastian Demas reading to Nanwalek Head Start students

See **Parents as Partners**, page 7

Shingrix – A New, More Effective Shingles Vaccine

Submitted by Kelley Baker, Health Services Division Director

Shingles is caused by the varicella zoster virus, which is the same virus that causes the chickenpox. Once a person has had the chickenpox, the varicella zoster virus remains inactive in our nerve cells. Later on this virus can reactivate causing the person to get shingles. It is estimated that 1 out of every 3 people will get shingles during their lifetime and there are approximately 1 million cases of shingles each year. The varicella zoster virus can be transmitted to other people but it is unlikely that a person with shingles can give it to someone else. This is because 99% of people over the age of 50 already have the virus that causes shingles. Since the virus can be transmitted, someone with shingles can give a child (who has not been exposed or vaccinated) the chickenpox.

On October 20, 2017 the FDA approved a new vaccine to help prevent

herpes zoster commonly known as shingles for adults aged 50 years and older. If you have received the previous shingles vaccine (Zostavax), it is still recommended that you get the new shingles vaccine (Shingrix). This is because Shingrix is more effective against shingles across all age ranges. The previous shingles vaccine's efficacy diminishes with age and at age 80+ it is only around 18% effective. Shingrix is 90%+ effective for all ages including those over 80 years old. Shingrix is a series of 2 shots – the second shot will need to be administered between two and six months after the initial vaccination. If you have already had shingles it is still recommended to get Shingrix because it is possible to get a shingles outbreak more than once. The most common side effects after vaccination with Shingrix include: Injection site reactions, headache, fever, and upset stomach.



Shingrix is available to all community members upon request. There is no cost for beneficiaries. Non-beneficiaries will be responsible for any charges not covered by their insurance. Individual vaccines will be sent to the villages after they are requested by a community member. If you are interested in receiving the new shingles vaccine please contact the clinic so a vaccine can be sent to the clinic for you!

If you have any additional questions regarding Shingrix, please contact your local health clinic.

Recovery Camp: Next Session Coming Soon

“Llangarwik” A place of awakening
Next Session: November 26- December 8, 2018

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

Llangarwik provides 14 days of wellness to the people of the Chugach Region. This residential program focuses on personal development. The

program will be using modern & traditional techniques to assist personal growth. Our mission is “We seek to empower individuals and families to live sober healthy lives to prepare us to be powerful, influential teachers and healers in our own communities.”

Program Highlights:

- Traditional: Historical Trauma, Traditional Healing Practices, The Role of Ceremony and Ritual, Canning, Gardening, Art & Crafts, and Harvesting.
- Substance Use Education: Relapse Prevention, Coping Skills, Recovery Family Effects, Sober Activities, How chemical dependency has affected on our health and Sober Support.
- Aftercare: Continuing Care Planning, 12 Step Model of Recovery, Community Activities. Keeping in mind we get sober so that we have a chance to recover.

Call 907-334-0157 or 907-562-4155 and ask for Eydie with any questions.

Realty Update

Submitted by Wanda Kvasnikoff, Realty Officer

ONGOING PROJECTS:

Port Graham/Nanwalek Airport Project: The Department of Transportation (DOT) is in their 2nd phase. Currently DOT is contracting with Electric Power Systems (EPS) to work with our office on this project. On October 12, 2018 EPS sent a packet that had the Revocable Use Permit, along with other documents that are needed to make payments to the landowners. If you received one of these packets and need more information please do not hesitate to call. If you feel like you were entitled to get a packet, and for some reason you were left out, please do not hesitate to call. We will review and see why you were left out and get a packet to you, if you were supposed to get one.

LAND OWNERS Missing Info:

- Matthew Anahonak
- Precious Faith McGee
- Harrietta McGhan
- Roger Wallin Jr

Call Wanda at 907-562-4155 to update your contact information.



Christmas Card Contest Rules

1. Contest is open to all ages. Minors must have a parent or guardian's approval.
2. Special consideration may be given to entrants that reside in or are a member of one of the seven (7) tribes Chugachmiut serves: Chenega, Eyak, Nanwalek, Port Graham, Qutekcak, Tatitlek, or Valdez.
3. Only electronic submissions will be accepted. Submissions can be emailed to media@chugachmiut.org and should include Christmas Card Contest as the subject.
4. All submissions must include a copyright release form. Minors will need a parent or guardian to sign the form.
5. You must be the creator of the art you submit. Artwork is not limited to a specific media as long as it can be submitted electronically.
6. Artwork must be able to fit on a 5x7 card.
7. Artwork should reflect the theme.
8. Lower quality images can be entered for the contest as long as a high quality image can be provided, upon request of winning.
9. There will be 3 prizes. 1 grand prize: The grand prize winner will be featured on our 2018 Christmas card and receive a cash prize of \$150; there will be 2 runner ups that receive a cash prize of \$25 and acknowledgment in Chugachmiut media outlets.

Holiday Help, *continued from page 3*

- nity. Visit an elder! Take trash out for someone that's ill. Bake some cookies and deliver the joy.
4. **Know your own stinking thinking...** Be mindful of ways you will allow yourself to relapse. Thoughts like, "It won't hurt to have just one." Can cause a very terrible chain of events. If you start to feel this way, talk with someone who understands recovery.
 5. **Self-care, Self-care, Self-care....** Take care of yourself physically, mentally, and spiritually. The holidays can be a very chaotic and draining time. Do activities that nourish your soul and leave you feeling refreshed.
 6. **If you don't have a good support system or believe that you may not be able to do it alone- consider going to treatment for the holidays. Chugachmiut Recovery Camp has a start date of Nov. 26th and we would love to support you and be there for you! Call 562-4155 and ask for Eydie or Tosha.**

Protect the Circle of Life- GET YOUR FLU SHOT NOW

Submitted by Matt Nielsen, Chugachmiut Pharmacist

2017-2018 was a high severity flu season with record breaking levels of influenza illness, hospitalization rates and reported pediatric deaths. The best protection against flu is getting a flu vaccine. Each year, millions of children get sick, thousands are hospitalized, and some die from flu. The CDC recommends everyone 6 months and older get an annual flu vaccine.

Chugachmiut clinics will be receiving flu shots beginning in October. The clinics will have two different flu shots available. The brand name of the flu vaccine that will be stocked is Fluarix and it can be given to anyone older than 6 months old. This year the clinics will also be stocking Fluzone HD which is a high

dose version of the flu shot that people 65 years old and older can get if they wish. The high dose flu shot has 4 times the antigen in it compared to the regular flu shot. The higher amount of antigen produces a greater immune response which better prepares your body in case it encounters the influenza virus. Both of these flu shots come in pre-filled syringes which contains no preservatives (thimerosal).

While the timing of flu season is unpredictable, seasonal flu activity often begins to increase in October, and most commonly peaks between December and February, but can last as late as May. It takes about two weeks after vaccination for antibodies to develop in the

body to protect against the flu virus. You have the power to fight flu. Get yourself and your loved ones a flu vaccine today.



FIGHT FLU

Get your family vaccinated against flu this season. It's the best way to protect you and your loved ones from getting the flu.

 www.cdc.gov/fightflu

Culture Week, *continued from page 2*

teachers, and volunteers enabled a voyage to discover how traditional skills are being preserved and made use of today.

Chugachmiut Local Education Coordinator Mary Babic, currently working on a Traditional Clothing heritage kit, organized a week long puppet project for the combined third and fourth grade classes. Through an original puppet show she introduced students to the components of traditional dress for both Sugpiat and Eyak men and women. The students were thrilled to personalize their very own puppets. The boys made Hunter visors and vests for their puppets under the supervision of Barclay Kopchak (Chugachmiut) and Jackie Ladd while girls worked with beaded head bands and tattoos under the direction of Mary and her sister Peggy McDaniel.

Peacemaking Circles, *continued from front page*

members to listen to each person, to share responsibility addressing any conflict that may arise, and to develop a positive outcome. Anyone involved in the issue is invited to participate if they wish, and together the group creates shared guidelines that act as a covenant. A circle can meet more than one time over a difficult issue, and can function as a “parole officer” even, if it is a formal tribal court proceeding.

On October 2, RuralCap gathered together over 40 people from around rural Alaska to practice and train for Circle Peacemaking. The mission of RuralCap’s Resource Basket is to “help rural communities to support healthy, resilient and culturally connected Alaska Native Youth.” I’d add that it supports whole communities, all ages. Facilitators included those with success in leading native tribal courts, a school district program, a tribal-funded community group as well as several elders who offered their indigenous wisdom. We participated in mock circles, based on community issues each small group chose to use as an example, so participants could take on a community role in the process. Several communities sent at least three members to this training. Four people from Nanwalek attended the RuralCap training, and I was honored to participate with them. Each group is now considering how to best introduce and cultivate circles in their communities as a tool to increase positive outcomes for a variety of community situations, from school discipline to drug and alcohol problems to improved outcomes for people returning from completed jail sentences— or whatever a community decides going forward.

Restorative Justice uses circles to focus beyond what rules or laws have been broken, to heal relationships when harm has been done. Using the “5 specific Restorative Justice questions,” students in the San Francisco School District who made a choice to bully another student, instead of being suspended, participated in their own best way forward. After a

The final assembly was the hottest event in town. Proud parents, interested community members, and the Anchorage East high volley ball team filled the Mt. Eccles gym. Kindergartners paraded happily in their potlatch hats and mountain goat capes. Shyla Krukoff’s (Chugachmiut) daily dance classes paid off as every grade level entertained the crowd with their coordinated movement and Sugt’stun chants. Third and fourth graders showed off their puppets as they greeted the audience in both Sugt’stun and Eyak. Bob Ladd retold the story of how the Chugach mountains got their name thousands of years ago, a story his uncle born early in Nuchek in 1906 had passed down to him. Darrel Olsen (Chugachmiut) organized a grand tasting menu to round out the week with everything from moose heart to pickled fish to akutag.

cool-down period, the victim and any others impacted, participate with them to determine a resolution that restores the relationship and school sense of safety. Drop-out rates have fallen since the district began using this method about ten years ago. These questions can become a community-wide focus for reflecting back on harm done and restoring community; parents begin to use the questions with their children and co-workers and other community groups, and it can generate positive new processes throughout the community. The Kenai Peninsula School District at Homer Flex School initiated this practice last spring, and after 2 semesters is happy with the results.

The 5 questions are:

- ⇒ What were you thinking/feeling at the time?
- ⇒ What are you thinking/feeling about it now?
- ⇒ Who else was impacted by this situation/event?
- ⇒ What was the hardest thing about it for you?
- ⇒ What do you think needs to happen to heal these relationships?

When people are offered the chance to reflect within and to listen to each other in a safe space, there can be a good way forward, which can then ripple throughout the community to promote resilience and inclusivity that aligns with Native values.

Stay tuned for Peacemaking Circles in Nanwalek - and more trainings if you are interested in becoming a Circlekeeper yourself.

References

- Family Group Conferences, edited by Buford and Hudson.
- Conversation with Kerri Berkowitz, Restorative Justice trainer at her one-day workshop in Homer, AK, Feb. 2018
- Conversation with Ingrid Harrald, Flex School counselor, Homer AK, Sept. 2018

Parents as Partners, *Continued from page 3*

tened to your feedback and beginning this year, provide child-care for parenting workshops. Survey results indicated there was a need for more family events, so we added evening events for families—watch for announcements on upcoming events, including: Paint Night with Danielle Larsgaard, Celebration of Culture, Literacy and Father Involvement Events!

Head Start’s goal is to have a successful school-family-community partnership. One way to link our families with community partners/providers is to provide a monthly Lunch & Learn for parents. We provide parents an opportunity to meet, share, and learn, while enjoying a yummy lunch together. The monthly Lunch & Learn serves as our informal Parent Center Committee. We will always provide program information with you and hope you will also share your ideas/suggestions with us.

The topics covered this year were “Healthy Children are Ready to Learn,” with Alivia Erickson and Suzanne Daly, PHN’s and “Safe Touches” with Chugachmiut’s own Sandra Kleven and Sharon Whytal. In November, plan to attend the Lunch & Learn with Sharon Whytal she will focus on the topic of Family Resilience. In December, Cora Roberts, Chugachmiut Dental Health Aide will present on Oral Health. Parents received a copy of the 2018-2019 Lunch & Learn calendar, if you need another copy, please let us know—we will also post on Facebook. Plan to have lunch with fellow parents and meet a new presenter every month. It’s a wonderful opportunity for parents to support and learn, while enjoying a free lunch!

A key component of the program is working with parents to complete their Family Partnership Agreement. The agreement is completed during the first home visit and helps families set goals, big and small. Every family is different, goals may be academically focused or they may be personal; a goal may be as little as “read every night” and as big as “learn to cook a meal as a family.” We are here to support your dreams and goals by helping you find strategies and solutions to fulfill your Family Partnership Agreement. Let’s work together as you reach and complete your goals—together we can do so



Cybil Berestoff serves lunch at the October Lunch & Learn

much more than apart! Parent involvement is important to the overall success of the program and Chugachmiut Head Start offers many family engagement opportunities such as:

- Parent Surveys
- Home Visits
- Family Partnership Agreements (Goal Setting)
- Parent/Teacher Conferences
- Volunteering
- Engage on Facebook: Like and Share Posts & Pictures
- Parent Workshops
- Family Event Nights
- Parent Center Committee (PCC) and/or Lunch & Learns (meet once a month)
- Policy Council Meetings (elected members make decisions for the program)

Join us for any/all of the wonderful opportunities for parent involvement. We strive to be your partner in your child’s education and look forward to providing your family an excellent Head Start Experience!

“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents.” Jane D. Hull

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CHUGACHMIUT

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(907) 562-4155 or 1-800-478-4155

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

Homer Field Office
(907) 226-2006

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

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

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

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

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

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

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

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

Alaska Native Health Consortium
(907) 729-1900

Alaska Quitline
1-800-784-8669

Careline Crisis Intervention
1-877-266-4357

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

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

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

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

Chugachmiut is the tribal consortium created to promote self-determination to the seven Native communities of the Chugach Region. We provide health and social services, education and training, and technical assistance to the Chugach Native people in a way which is acceptable to Native cultural values and tradition in order to enhance the well-being of our people by continuing to strengthen the tribes and increase self-determination opportunities for community operated tribal programs.