



Serving the Native Peoples of the Chugach Region

Nupuat

Spring 2018

www.Chugachmiut.org

www.facebook.com/chugachmiutALUTIIQ

Llangarwik - A Place of Awaking: Recovery Camp

Submitted by Eydie Flygare, Regional Addictions Coordinator

Chugachmiut just completed the first Substance Use Recovery Camp “Llangarwik - A Place of Awaking.” It was a great success! Participants were able to learn coping skills to ensure sobriety through using evidence based practices, paint therapy, stress management, sharing their stories, and utilizing Sugpiaq traditions such as native food and banyans.

The community of Port Graham was so supportive, nine community members donated their time, fish, moose and their banyans.

We also had 7 Chugachmiut employees come support the participants, sharing information on nutrition, social services, tobacco cessation and mental health.

We are very grateful for all the support. We will be having two more recovery camps this year: June 3rd - 16th and September 2nd - 15th. Please call us 907-562-4155 if you have any questions or are interested in attending. Watch our Facebook page for updates and donation opportunities.



Participants Paint Therapy Group



Participant sharing some history with staff member Gabriel A.

Walk-In Clinic Options When In Anchorage

From ANMC

If you are visiting Anchorage and not feeling well, ANMC has several options for you to access health care services. Whether you are an adult seeking care for yourself or a loved one, or have a child who needs care, you can be seen quickly at the Alaska Native Medical Center.

Walk-in Clinic

The Walk-in Clinic is for patients who have an illness or injury that needs immediate care, but are not experiencing a medical emergency. Some examples of medical care provided at our Walk-in Clinic are medication refills, vaccinations, fevers, school and Dept. of Transportation physicals, sinus and ear infections, sore throats and colds, cuts and minor skin

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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

LifeMed Community Meet & Greet

Submitted by Chris Diaz, Itinerant CHP-C

LifeMed Alaska flew in their Bell 407 GXP helicopter and visited both Port Graham and Nanwalek for a community outreach event. Tribal council, community members and clinic staff were able to have a close-up look at the helicopter cockpit, learn about safety, ask questions and get to know the flight crew.

LifeMed helicopters are medically configured as a flying hospital intensive care unit designed to provide critical care and advanced life support in an emergency. With a range of about 150 miles, this aircraft is based in Soldotna and can take one patient to advanced medical care if a community member is need of an emergency medevac.



Chugachmiut Wildland Fire Crew Camp Groundbreaking

Submitted by Charlie Sink, Enterprise & Trust Division Director

On May 4, 2018 Chugachmiut will hold a ground breaking ceremony to commemorate the development of Chugachmiut's wildland fire crew camp. Chugachmiut plans to invite board members, the Yukon Fire Crew, and local dignitaries from agencies such as the Kenai Borough and State of Alaska officials. Invitations will be going out very soon, so watch your mailboxes.

Chugachmiut purchased the land intended for the camp site on May 4, 2012. Located on Torrey Court, north of the Kenai-Soldotna Highway, the land is suitable for this type of development and has been used as the crew site for 8 years with only temporary housing and shelter. Chugachmiut recently entered contracts with G and S Construction, Inc. of Soldotna and K+A Design Studios of Kenai to plan and develop the site. Meridian Management, Inc. of



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What a Registered Dietitian Can Do For You

© 2018 eatright.org. Academy of Nutrition and Dietetics

Submitted by Kelley Baker, Health Services Division Director

Now that we have expanded your health care team and brought on a licensed registered dietitian- Joe Nyholm, wanted to share what exactly his expertise and role is courtesy of an article recently published in eatright.org. Joe Nyholm, RD will work with you to develop a plan best fit for your dietary needs and lifestyle. Contact your local health clinic to set up an appointment!

Between what you hear on TV and read in the news, eating right can seem like a real challenge. But it doesn't have to be. Here are just a few of the benefits of working with a registered dietitian or registered dietitian nutritionist.



Joe Nyholm, Registered Dietitian

or registered dietitian nutritionist (RDN) has completed multiple layers of education and training established by the Accreditation Council for Education in Nutrition and Dietetics. In addition to holding a bachelor's degree, an RD or RDN must fulfill a specially designed, accredited nutrition curriculum, complete an extensive supervised program of practice at a health care facility, foodservice organization or community agency and pass a rigorous registration exam. What's more, roughly half of all RDs and RDNs hold graduate degrees and many have certifications in specialized fields, such as sports, pediatric, renal, oncology or gerontological nutrition.

See *Dietitian*, page 9

The highest level of nutrition counseling. Anyone can call themselves a nutritionist, but only a registered dietitian (RD)

Is your child getting enough sleep?

Submitted by Mary Ellen Fritz, Head Start Director

We all know sleep is very important, especially for growing bodies. A lot of things can affect our sleeping schedules, some are out of our control, but setting a schedule and sticking to a routine can make a big difference. The American

Academy of Sleep Medicine (AASM) provides helpful guidelines on how much sleep is recommended for children at different ages (Below). These numbers are “total sleep hours” in a 24-hour period, so that includes naps.

These are just guidelines, and the amount of sleep needed can vary from person to person.

Based off this information, do you think your family is getting enough sleep? A

See *Sleep*, page 10

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 Sugar Causes Cavities

Submitted by Angela McKinney, Dental Hygienist

We've all been told that sugary snacks cause cavities. But exactly how can a delicious jelly bean or soda cause tooth decay? The bacterium in the mouth called *Streptococcus mutans* takes the sugar and converts it to lactic acid. If the acid remains on our teeth, it creates a cavity by breaking down the enamel.

This acid can be produced for up to 20 minutes. 20 MINUTES of acid eating a hole in your tooth. Keep that in mind the next time you have a pocketful of delicious sugary snacks or a sugary drink, each time you munch on a piece of candy or take a sip of that drink, you have 20 minutes worth of acid on your teeth. If you are snacking or sipping over a period of time, you've probably eaten a piece of candy or had a sip of soda every 10 to 20 minutes. The accumulated hours of acid on your teeth is starting to eat the enamel, which can cause cavities.

You can't feel the acid being produced, the damage it's doing to your enamel, or the bacteria eating a hole in your tooth. You don't realize something is wrong until your teeth start hurting, by then, it might already be a cavity.

A better way to enjoy the candy is to eat it with your meal or to brush and floss immediately after consuming these treats. By doing this, the acid causes less destruction.

Popcorn, apples, bananas, cucumbers, oranges or other fruits and vegetables are better choices for snacking in between meals.

An excellent way to prevent cavities from lactic acid is to brush and floss

your teeth. Removing the bacteria and lactic acid from your teeth prevents you from getting cavities. You can still enjoy candy and cookies and cake! Just be sure and brush and floss two times a day!

Happy smiling to you!

HOW MUCH ACID IS IN YOUR DRINK?

HIGH ACIDITY
DRINK RARELY (IF AT ALL)
 • Soft Drinks
 • Diet Soft Drinks
 • Sports Energy Drinks

MEDIUM ACIDITY
DRINK OCCASIONALLY
 • Juice

LOW ACIDITY
DRINK PLENTY
 • Water
 • Milk

Why should we care about acid?
 Tooth decay occurs when sugar combines with bacteria in the mouth and produces acid. This acid attacks the teeth, along with the acid already contained in your drinks. Diet or "sugar-free" soft drinks still contain acid that harms the teeth. Ongoing acid attacks weaken your tooth enamel which can lead to cavities.

Turn in Your Child's Head Start Application Now for the 2017-2018 School Year!

Head Start helps each child to:

- Be ready for school
- Learn Social Skills
- Learn by Playing
- Learn to Share
- Learn more about their Culture, Language & Traditions
- Recognize Letters, Words, Colors & Numbers

For more information contact your local Head Start Program or call the Anchorage office at 907-562-4155.

Applications can be found at www.chugachmiut.org/health-social-services/social-services/head-start/

Playing Encourages Brain Development in Children

Submitted by Mary Ellen Fritz, Head Start Director

There is extensive research showing that play helps the brain develop in young children. Children are performing a “dress rehearsal” for life as adults while they are playing. In today’s world of technology and video games, it’s important to remember the brains of young children are wired to learn by playing.

When young children are playing, they are engaging in roles and scenarios that will help them figure out solutions later in life. They are learning to interact with other humans and carry out their roles in life. They are developing their vocabulary and knowledge of how things work.

Professor David Dickinson, author of "Beginning Literacy with Language," explains the correlation of using pretend play and how it applies to life skills that our children need. "Activities occur in this imaginary world," he says. "Such interactions have characteristics in common with literacy because reading requires mentally constructing worlds through the words and pictures in the book."

There are many free and low cost ways that parents can encourage young children as they play. A fun example is to set up a grocery store in your home by

pulling a few boxes of food together from the pantry, and ask your child to be the clerk to check out your groceries. You can line up the groceries and provide a paper and pencil, or a calculator. Ask your child to add up your purchases and give you the bill. Encourage your child to tell you about your food items, by asking them open ended questions (questions in which there can be more than one answer) such as, “What do you think I should make with this flour?” Or “What other ingredients will I need to make dinner tonight?”

This type of pretend play encourages using words and developing the use of language. The play process helps children understand the meaning of words and also how things work in our world. Plus, it’s fun!

So take the time to encourage your child to play, and think of all the ways you can set up free or nearly free opportunities for children to play and pretend- start up a bakery, a housecleaning business, dog wash, airline ticketing counter, and so much more. Talk about what you are doing, ask your child questions, and take turns switching roles, but most importantly, have fun! Who knew having fun and spending time together could help our children develop their literacy and life skills?



40-hour HazWoper Training

When:

May 21-24, four 10-hour training days
8:00 am - 7:00 pm

Where:

Port Graham Community Building

Who:

Chugachmiut Beneficiaries (must be 18+)

Deadline to apply is May 7, 2018 by 5:00 pm. Travel & lodging provided for Chugachmiut beneficiaries only. Interested participants must be residing in one of the 7 Chugach communities in order to qualify for travel & lodging funding. Please contact Donna Malchoff at donna@chugachmiut.org or 907-562-4155

Language Programs Update

Submitted by Kari Brookover, Regional Language Coordinator

The Cultural Heritage Preservation Department's Local Education Coordinators (LECs) have been working diligently on finishing up kits from last year (Traditional Transportation, Traditional Weather Forecasting, Traditional Foods and Recipes, and Celebrations), revising the Clothing and Food from the Sea kits



Nancy Yeaton (LEC), Kris Holderied, Syverine Bentz, Jacob Argueta, Nick Jordan (LEC), Chris Ghu



Tim Malchoff (LEC), Steve Baird, Marilyn Sigman, Jessica Shepherd, Nancy Yeaton (LEC)

and currently in the process of writing new heritage kit lessons our guiding Elders felt were important to teach our younger generation directed by their traditional ecological knowledge.

The new Heritage Kit topics are on Climate Change, Our Water (watersheds), Traditional Place Names, Traditional Housing and Shelters and Honoring Eyak. This year, the plan is to develop these lessons, virtual field trips, Elder and Recognized Expert interviews and other resources to be available on the web. This new way of sharing our lessons, resources will be more readily accessible for the Chugachmiut's community school teachers to use in their classrooms and students can review the resources and develop projects building upon their knowledge of traditional ecological knowledge and incorporate it

with present day life and science. Our intent is for the student projects would continually be shared and increase the resources out there for other future students to use with their projects.

Recently, REC, Kari Brookover had organized the LECs quarterly meeting/ Elder work session in collaboration with the Kachemak Bay Science Conference held in Homer, March 7-9. Before the conference, the LECs were paired up with scientists to discuss ways to work together and share information on various topics for future lessons.

During the work session the LECs shared their PowerPoints with the scientists for review and collaborated on resources, content and open ended interview prompts to encourage more Elder TEK during the Wednesday conference work session, which was open for participants to join.

The Elders who shared their TEK with us were Patrick (Sweeney) Selanoff from Valdez, Pat Norman from Port Graham, Anesia Metcalf from Port Graham, Bill Smith from Valdez, Pam Smith from Cordova, and Nick Moonin from Port Graham. The other four Elders invited were unable to join us.

We were pleasantly surprised when we entered the room to our conference work session and found it was packed with all those interested in our collabo-



Mary Babic (LEC), Beth Trowbridge, Stacey Buckelew, Donna Aderhold



Tim Malchoff, Mary Babic, Marilyn Sigman, Beth Trowbridge, Nancy Yeaton, Kris Holderied, Jessica Shepherd, Chris Ghu, Syverine Bentz, Jacob Argueta, Steve Baird, Nick Jordan

ration efforts! After the initial shock and nervousness, the LECs successfully presented their PowerPoints that spurred the sharing of stories. The LECs had a



Elders: Bill Smith from Valdez, Pam Smith from Cordova and Nick Moonin from Port Graham

chance to practice videotaping our Elders with the iPads during the discussions. The videos will be used for the development of lessons and will include "how to" instructions for students to use when they interview Elders in their community.

The sharing, connections and resources were wonderful with great reviews given by the participants.

Bill Smith sharing what his mother, Marie Smith Jones, said about water. He said, "My mother would tell me that all you have to do is place your hands into the water and you are connected to the world."

Continued on next page

Continued from previous page



Bill Smith, Mary Babic, Pam Smith and Pat Norman

Elder Pat Norman, Port Graham Tribal Chief was asked to do a welcome speech for the start of the science conference and later was presented with a token of appreciation from Homer's Mayor, Bryan Zak.

After the conference, John Morton, Supervisory Fish and Wildlife Biologist with the Kenai National Wildlife Refuge had submitted an article in the Peninsula Clarion regarding Chugachmiut Cultural Heritage Preservation Department staff and Elders collaboration efforts with scientists during the Kachemak Bay Science Conference in Homer. Check out the link below for his article. peninsulaclarion.com/news/outdoors/2018-03-16/tek-another-way-understanding-our-natural-world



Elder Anesia Metcalf receiving smoke fish from Syverine Bentz, KBNERR

Heritage Program Update

Cassandra Stevenson, ANA Program Manager

OEC Graduation, Kodiak, May 12

We look forward to seeing our Sugt'stun teachers officially receive the Occupational Endorsement Certificates in Alutiiq on May 12 during the Kodiak College Graduation. Those graduating with an OEC include Antone Ukatish, Brandon Moonin, and Ephimia Moonin-Wilson. There is also the possibility of two additional graduates, Shyla Krukoff and Vladimir Moonin.

Waterproof Stitch Workshop in Valdez

Upon the request of the Valdez Native Tribe and the Valdez Museum, the Heritage Program helped with setting up a



Above: Pictures from the Waterproof stitch workshop

waterproof stitch workshop. Under the instruction of June Pardue, the participants were taught how to do the waterproof stitch for a gut parka. While the workshop did not allow for enough time to make a full parka, everyone walked away with lovely decorated wall hangings.

Visor Making Workshop in Nanwalek



Above: Pictures from Visor making in Nanwalek

For a week in March, high school students were able to delve into the tradition of bentwood visors. Under the direction of John Moonin and Helen Morris, students sized, cut, carved, steamed, and painted their very own bentwood visors.

Elders planning out future focus of language projects



Nick Moonin, Anesia Metcalf, & Ephimia Moonin-Wilson



If your community is interested in hosting a class or the local school would like a lesson in gut stitching, visor making, or another traditional topic, contact the

See *Heritage*, page 10

Chugachmiut is recruiting a DHAT Student

If you are over 18, have your high school diploma or GED, want to make a positive impact on your community & are interested in a job in healthcare, Dental Health Aide Trainee (DHAT) might be the job for you!

Chugachmiut, in partnership with ANTHC, is seeking trainees for the 2-year DHAT training program through Ilisagvik College. Qualified students can earn a salary & benefits, in addition to a scholarship to cover tuition and room & board.



Chugachmiut, in partnership with Alaska Native Tribal Health Consortium (ANTHC) and Ilisagvik College, is recruiting for a Dental Health Aide Trainee (DHAT) student from the Chugach Region. What is a DHAT? DHAT's provide dental care and education under the supervision of a dentist after completing a 2 year training program.

DHAT students attend academic classes in Anchorage for

the first year; the second year, students will attend classes and clinical training in Bethel. Students attend the program through sponsorship or scholarship.

If you are interested in an oral healthcare career, and would like to make a difference in your community, consider applying for this rewarding opportunity through Chugachmiut at www.chugachmiut.org.

Clinics, *continued from front page*

infections, muscle strains and sprains, urinary tract infections and STI testing. The Walk-in Clinic is open seven days a week and on average, patients are seen within 20 minutes of checking in.

Hours: Monday-Saturday, 9 a.m.-9 p.m. and Sunday, 10 a.m.-6 p.m.

Phone: (907) 729-1500

Location: Healthy Communities Building, 3900 Ambassador Drive • Anchorage, AK 99508

Who can be seen in this clinic? Any child or adult residing outside the Anchorage Service Unit.

Internal Medicine Same Day Clinic

Much like the Walk-in Clinic, the Same Day Clinic is available to treat our people for non-emergent injuries and illnesses.

The difference between the two clinics is that you are able to make an appointment in the Same Day Clinic. This is a great option if you are on a tight schedule, yet need to be seen for care.

Hours: Monday-Friday, 8 a.m.-5 p.m.

Phone: (907) 729-1500

Location: Healthy Communities Building, 3900 Ambassador Drive • Anchorage, AK 99508

Who can be seen in this clinic? Any adult residing outside the Anchorage Service Unit.

Pediatric Clinic

The Pediatric Clinic is available for same-day appointments

for your child. The following are some reasons to seek care in Pediatrics: physical exams and overall wellness, non-urgent specialist referrals, management of chronic diseases, vaccinations, case management and same-day appointments for a current illness.

Hours: Monday-Saturday with varying hours

Phone: (907) 729-1000, please call for an appointment

Location: Anchorage Native Primary Care Center, 4320 Diplomacy Drive • Anchorage, AK 99508

Who can be seen in this clinic? Any child who is an ANMC beneficiary.

Emergency Room

ANMC's Emergency Room (ER) is staffed with specially trained providers, nurses, and certified medical assistants who treat patients with medical emergencies. Seek emergency care if you are experiencing a life-threatening or severe illness or injury.

Hours: 24 hours a day, seven days a week

Phone: (907) 729-1729. Please note, medical advice will not be provided over the phone. If you are experiencing a medical emergency, please call 911.

Location: Alaska Native Medical Center, 4315 Diplomacy Drive • Anchorage, AK 99508

Who can be seen in this clinic? Any person needing emergency medical care.

MyHealth

Your Portal to Wellness

What is MyHealth?

MyHealth is a health management tool provided by Cerner® and a way for you to access some of your health records online.

What records are available on MyHealth?

MyHealth provides access to parts of your health record. It will not include all the information related to your treatment. You can view the following:

- Clinical record summary (allergies, immunizations, health issues, discharge summary, surgeries and procedures)
- Limited lab results (excluding sensitive test results or results that may require further discussion with your provider)
- Limited personal information
- Clinical document generator (a snapshot of medical information for a single visit or all visits)
- Secure messaging with your provider
- Send a request to schedule appointments and request to cancel appointments

You should not rely on MyHealth for full and complete access to your health record. If you need a copy of your complete medical record, contact your medical provider.

How do I sign up for MyHealth?

If you would like to sign up for a MyHealth account, please speak with the front desk staff at your next appointment.

Arch Priest Nicholas Kompkoff Clinic	(907) 573-5129
Anesia Anahonak Moonin Clinic	(907) 284-2241
NorthStar Health Clinic	(907) 224-3490
Nanwalek Clinic	(907) 281-2250
Tatitlek Clinic	(907) 325-2235

For 24/7 password help, please call (877) 621-8014.

When should I use secure messaging?

Do not use secure messaging for urgent matters. Normal turn around time is one business day. Secure messaging is your tool for conveniently communicating with your health care professionals.

Secure messaging is for routine health related inquiries only. If you require immediate assistance or are experiencing a medical emergency, please use the emergency system created for your community (for example, call 911).

Dietitian, continued from page 3

Personally tailored recommendations. When you see an RD or RDN, the last thing you'll get is one-size-fits-all diet advice. After learning about your health history, favorite foods, eating and exercise habits, an RD or RDN will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

Help managing chronic diseases. If you have high cholesterol, high blood pressure, diabetes or cancer it can be hard to know what to eat. An RD or RDN can review your lab results with you, help you understand your condition, provide education about the nutrients that affect it and help you create an eating plan that includes all the important nutrients that can help you manage your condition.

Guidance navigating food allergies, sensitivities and intolerances. When you suffer from conditions such as celiac disease, food allergies or lactose intolerance, it's easy to be overwhelmed by what you think you can't eat. That can translate into a boring diet and may even lead to nutrient deficiencies. An RD or RDN can teach you how to read food labels so you'll know which ingredients to avoid and help you find substitutions to keep your diet balanced and tasty.

Practical lifestyle advice. Fad diets may sound like the quick ticket to weight loss, but they rarely work for very long. A registered dietitian or registered dietitian nutritionist will partner with you to develop a safe and realistic eating plan that you can stick with for the long haul. To guide and motivate you, an RD or RDN will use creative and out-of-the-box strategies to help with meal planning, grocery shopping and mindful eating.

Now, that's a recipe for success.

What an RDN Can Do for You
 Reviewed by Taylor Wolfram, MS, RDN, LDN
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<https://www.eatright.org/food/resources/learn-more-about-rdns/what-an-rdn-can-do-for-you>

Please call your health care provider instead of using secure messaging if:

- You need a prescription filled today.
- You need to cancel an appointment scheduled for today.
- You need to see a provider today.

Any messages received after business hours, on holidays, or during weekends will be responded to on the next business day.

Sleep, *continued from page 3*

lot of adults gets 6 or fewer hours of sleep a night. Between working full-time or multiple jobs, the excessive dark in the winter and the endless days in the summer, it can be difficult to maintain a sleep schedule. But, did you know that not getting enough sleep can affect your health and social or mental functioning? In children, regular sleep deprivation can lead to difficult behaviors and health problems, including: irritability, difficulty concentrating, hypertension, obesity, headaches, and depression. On the other hand, children who get enough sleep have a healthier immune system, and better school performance, behavior, memory, and mental health.

So, as difficult as it can be, it's important to make sleep and a

bedtime routine a priority. For children, especially, it's important to stick to a regular routine, where bedtime, naptime and wake times are the same throughout the week. Screen time should be limited and avoided completely for 1 hour before bed time. Being active during the day and getting fresh air can help children sleep better. A simple bed time routine that works well as a starting point is: screens off an hour before bed, brushing teeth, read a book, then bed time.

Read more about it or get more tips at www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx

Chugachmiut Fall 2018/2019 Scholarship Applications are due no later than June 8th, 2018 by close of business. There is no deadline for Vocational Scholarships.

**The application for Services can be found on the Chugachmiut website: www.chugachmiut.org
Additional Questions can be directed to Donna at (907) 562-4155**

Heritage, *continued from page 7*

Heritage Program at 907-562-4155, we'd love to work with you.

Language Strategic Planning

With the end of the grant in sight, we are pushing forward with new ideas for the future. Discussions about what the communities want to see for the progression of Sugt'stun. To help determine this, the Program Director and Manager met with Elders from the Region to collaborate on possible language projects for the Heritage Program. Having instructors in school teaching Sugt'stun has shown success, but we do not want to stop there. Ideas and suggestions were collected on how to continue with the revival of one of our endangered languages, Sugt'stun.

Visiting Elders gathered at Alaska Pacific University, one of our partners. The Elders addressed how important language is to our culture and how it can improve a person's community, well-being, and educational accomplishments. Leona Olsen from Cordova reflected on learning Sugt'stun as a child and then later trying to revive it in her life. Looking back on prominent memories and songs she expressed, "That's my soul; it's inside of me. That's something that was developed

when I was little." The Elders feel it is not only important for students to learn their language from a young age, but for adults to learn and strengthen their language as well.

The Heritage Program plans to continue providing further education for the Sugt'stun teachers, giving them the opportunity to receive Teaching Certificates. In the future, we hope to work with the schools to incorporate permanent Sugt'stun classes in school curriculums. To encourage students to continue with Sugt'stun at school we are looking into the possibility of offering a Seal of Biliteracy. The Seal of Biliteracy is an award given in recognition of students who have studied and attained proficiency in two or more languages by high school graduation. To engage adult learners and keep them coming back for more, the group explored areas like Internet videos, gatherings, and traditional activities in Sugt'stun.

Seal Snag Addition

We would like to thank Raymond & Joan Day for donating a seal snag from 1969 (pictured below). According to Aaron Crowell, Director of the Arctic Studies Center, this snag is consistent with seal snags of the Chugachmiut region. To preserve this tool, it will be placed in a shadow box. The seal snag will be available for display through our Honoring the Seal kit.



Rhoda Moonin, Kathy Brewster,
Ephim Moonin, & Pauline Demas



Rhoda Moonin, Leona Olsen, &
Ephim Moonin



Community Wellness Committees

Submitted by Kelley Baker, Health Services Director

People get engaged on issues in which they have a personal stake, and are energized by seeing opportunity to improve their world. All people have the potential to create change in your community and by joining together we can improve the health and wellness of your community.

Plan is to shift the focus of health care from problem-based medicine to one of prevention and wellness.

Community collaboration is essential to the success of improving the health and wellness of your community. In partnership with each community tribal council, we are revitalizing the development of local community health committee focus groups to assist with meeting the needs of your community.

The Healthcare Collaborative Committees will help prioritize public health

issues, identify resources for addressing them, and take action to improve conditions that support healthy living. The committee's participants are the individuals, who work, learn, live and play in the community.

The initial kickoff meetings will be coordinated by your local tribal councils. Let's build wellness together rather than treating disease!

Groundbreaking, *continued from page 2*

Anchorage will serve as Chugachmiut's project manager to oversee the construction.

The project will consist of a main building with seven bunkhouse style cabins. The main building will have a room that is suitable for class training with individual lockers. There will be a full kitchen designed for individual cooking, two offices and a washroom facility equipped with showers, laundry and toilet facilities. The seven will be designed for 4-5 occupants with closet and desk space. One cabin will be divided by a wall in order to more easily accommodate either male or female crewmembers. A shed for working on chain saws and other equipment will double as a storage area for gasoline and other liquid products. Improved gravel roads will provide better access to the site and parking for up to 15-vehicles.

We are excited about this project's development! The Yukon Fire Crew and Project Crew have worked long and hard along with management and the board of directors to develop a modern camp for the crews to have their own home.



CHUGACHMIUT BOARD OF DIRECTORS

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Contact Numbers

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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 Bay**
(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.