

Serving the Native Peoples of the Chugach Region

Nupuat

Summer 2018

www.Chugachmiut.org

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HAZWOPER Training a Great Success!

Submitted by Donna Malchoff, Social Services Coordinator

Chugachmiut held Hazardous Waste Operations and Emergency Response - 40 Hour (HAZWOPER) Training in May (pictures below). The training was 4 days, May 21-24 for 10 hours a day.

We had 7 participants from Nanwalek, Port Graham and Tatitlek. This fulfilled mandatory job requirements for some. Others took it to be more marketable when employment opportunities arise.



This training was sponsored in partnership by Chugachmiut 477 Education and Training program and the Alaska Forum, Inc.

If you have a need for training or would like a training to be held in your community; please contact me and we can see about planning training events for our Chugach people! I welcome all ideas and feedback on training that will help our Chugach people find jobs or advance their career path!



Sungcarluta Ggwangumetnek, "Women Healing Ourselves"

By Danielle Larsgaard, Domestic Violence Regional Coordinator

Chugachmiut's Annual Women's conference "Sungcarluta Ggwangumetnek (Women Healing Ourselves)" was hosted at the Alyeska resort in Girdwood, AK, May 7th – 11th. We would like to thank everyone that made this retreat possible, from the participants, to the presenters and the staff at Chugachmiut and the Resort.

It's gatherings like this that brings us all together to engage in conversations on how to heal together. We included Alaskan guest speakers as well as traditional and cultural

components throughout the conference. Participants were given tools to help understand how past harm can play into the current ways we relate to and interact with those around us.

Women are taught how to walk along the side of others who desire to resolve the pain and wounds of their past. Together we discovered healthy ways of relating to and interacting with other people.

See **Women Healing Ourselves**, page 7

Llangarwik "A Time & Place of Awakening"

Submitted by Eydie Flygare, Addictions Coordinator



We are so excited to announce another successful Recovery Camp in Port Graham!

We want to thank ALL the presenters from Chugachmiut, including the newest presenter Mr. Darryl J. Kreun for sharing VitaFlex Techniques with us. Our participants were engaged in the Cultural piece of the Recovery Camp. Pictured is Ms. Jennette with her catch of the day.

Please call 907-562-4155 if you or a friend/ family member would like to participate in the Recovery Camp.

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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

You Can Quit Tobacco!

Submitted by Jason Opheim, Tobacco Prevention & Intervention Coordinator

You can quit tobacco! I know you can because I have. As a 25 year smoker and a 20 year chewer, I understand how hard it can be. It took me multiple attempts over the years to finally succeed, and now I've been tobacco free for over 6 years. During my short stretch as the Tobacco Coordinator for Chugachmiut I've had the opportunity to speak with many people who have either quit or expressed a desire to do so and I sincerely hope you find the motivation to give it a go.

Of all the habits/addictions we face, tobacco may be the hardest but it doesn't mean it's impossible or that we shouldn't try. There are several reasons I mention this:

- ⇒ Results from the 2017 Chugachmiut Regional Survey show that tobacco use is down in the villages from 56.6% to 47.6%, a difference of 9

- points! Congratulations!
- ⇒ 7/10 current tobacco users want to quit;
- ⇒ There are now more former tobacco users than current tobacco users;
- ⇒ There is an abundance of help and resources available to assist your quit attempt;
- ⇒ Even if you try and fail you learn something about yourself that will help you succeed later on;
- ⇒ You become an example to those who want to quit;
- ⇒ You are worth it!

Understanding how tobacco affects our lives is a good motivator to finding the courage to leave it behind. When referring to our culture and the values we hold dear we talk of our environment, our families, and our health and how interconnected we are. How does tobacco use support these values?

The Environment

Regarding the environment the number one littered item in the world is cigarette butts. These butts can take 18 months to 10 years to decompose depending on the conditions they are discarded in. While decomposing, the used cigarette filters, which are full of toxins, can leach into the ground and waterways damaging living organisms that come into contact with them. Studies conducted by Clean Virginia Waterways have shown that just one cigarette butt in approximately two gallons of water is lethal to water fleas, a tiny crustacean found in freshwater and saltwater. And those tiny bits of tobacco left attached to cigarette filters carry more toxins than the filters do themselves. It is estimated that trillions of filters, filled with toxic chemicals from tobacco smoke, make their way into our environment as discarded

See **Quit Tobacco**, page 5

Caktullrunrarmeng Tuknigluteng, "Through Difficulties Staying Strong"

Submitted by Rufus Reese (Reese), Behavioral Health Clinician



This year the Chugachmiut Behavioral Health Division sponsored the Caktullrunrarmeng Tuknigluteng "Through Difficulties Staying Strong"/Resiliency Men's Wellness Retreat. The event was sponsored by the Chugachmiut Domestic Violence and Prevention Initiative and Social Services Programs. It was a 3-day retreat held at the Residence Inn in Anchorage on April 23-25, 2018. The event brought together men of the region to begin the Journey of building healthy and resilient communities.



The presenter was Mr. James LaBelle and he touched on topics related to Historical Trauma, Adverse Childhood Experiences (ACES) and colonization and the negative impact these events had on the region. He also focused on identifying and building upon the natural and traditional resources in the region and increasing awareness of how these resources have empowered the people of the region for

See **Staying Strong**, page 6

Let's Get Ready for School!

Submitted by MaryEllen Fritz, Head Start Director

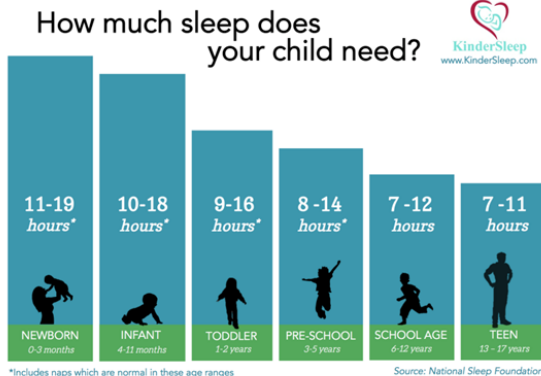
Hello families! I hope you are having a wonderful summer! Right now as we are putting up fish and looking around for berries, let's start to help our children get ready to go back to school! Here is a list of 6 things to start now so our children are ready for school:

1. **Get back into a bedtime routine:** When our kids are used to playing outside until dark all summer, getting back into a bedtime routine takes some planning. We can help our children get ready to learn by using the few weeks before school to get used to a regular bedtime routine again. To the right is a chart of recommended amounts of sleep by age group to help in the planning process.
2. **Organize belongings:** Start now to get your child in the habit of taking care of their be-

longings. It is helpful for children to put their shoes, clothes, jackets, and backpacks in the same place every day. This prevents stress while looking around for these daily needed items. In winter remember to include snow pants, hats, gloves, and boots in the same area. A cardboard box placed next to the door works fine for this purpose.

3. **Lay out clothing the night before:** To help prevent stress, get children in the habit of laying out their clothes for the next day before they go to bed. Remember socks and if needed, jackets or rain gear.

4. **Eat healthy!** All of us feel better when we eat healthy food. Switch to water for beverages instead of soda or Kool-Aid and have healthy snacks like apples or celery instead of cookies and chips. Whole grain bread, wholesome proteins such as



The National Sleep Foundation recommends 8-14 hours of sleep each night- so, if our children go to bed regularly at 9:00 PM, they should sleep until 7:00 or 8:00 AM. See what works best for you and your child so our children are getting the appropriate amount of rest in order to do their best in school.

See **Get Ready**, page 7

August is National Immunization Awareness Month

Submitted by Kelley Baker, Health Services Division Director

We all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization. To help keep you, your family, and your community healthy, Chugachmiut is proudly participating in National Immunization Awareness Month.

Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them. Below is a link to review the most recent immunization schedules for all ages, as well as a personalized list of recommended vaccines based on specific age and health history (take quiz to see vaccines you or your family member may need): <https://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>

Infants and young children: Vaccines give parents the safe, proven power to protect their children from serious diseases. Parents can provide the best protection by following the recommended

immunization schedule – giving their child the vaccines they need, when they need them. Babies receive vaccinations that help protect them from 14 diseases by age two.

School-age children: Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Diseases can quickly spread among groups of children who aren't vaccinated. Whether it's a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school – or even a college freshman – parents should check their child's vaccination records. Child care facilities, preschool programs, schools and colleges are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another.

Preteens and Teens: Parents can do a

number of things to ensure a healthy future for their child. One of the most important actions parents can take is to make sure their children are up to date on their vaccines. Preteens and teens need four vaccines to protect against serious diseases:

- Meningococcal conjugate vaccine to protect against meningitis and blood infections.
- HPV (human papilloma virus) vaccine to protect against cancers caused by HPV.
- Tdap vaccine to protect against tetanus, diphtheria, and whooping cough (pertussis).
- A yearly flu vaccine to protect against seasonal flu.

Adults: The need for vaccinations does not end in childhood. Vaccines are recommended throughout our lives based on age, lifestyle, occupation, medical conditions and vaccines received in the

See **Immunization Awareness**, page 7

From the Guerilla Grant Writer's Desk

Submitted by Gary Teenor, Grants Administrator

This article will mirror last year's summer article with a twist. The subject at hand is scheduling and the importance of creating and maintaining one. In life we attempt to set schedules, we have work, Doctor's appointments, various events, vacations and holidays to name a few instances we schedule so life is more manageable.

Here we are once again in the throes of Summer. Our beautiful Alaskan summers make it awfully hard to stay indoors. It's bad enough that summer begins on the day our days start going the other way again; placing a sense of urgency in us. Then to make matters worse, we have to go to work... INSIDE...no less. What does all this have to do with scheduling?

Most of us live on, near or by water and enjoy fishing. If so, you probably have a tide book so you know when the best time to go fishing is. We follow a schedule; a schedule with dates, times and heights of low and high tides. These schedules cannot be changed, postponed or ignored because we are busy. We recognize and accept this schedule as unbending, unyielding.

So why is it so hard to keep a schedule for our other activities? Many of us believe our time is valuable; we need to recognize that other people's time is also. What do you think would happen if one day you woke up, ready to go

fishing and learned that the moon decided to "call in" or postpone the tide?

If we value our time and others, when we set a schedule, we to stick to it. Unlike with the moon, we do have the option of requesting an alternate date and/or time, but ultimately, when a schedule is agreed upon, it is best to adhere to it.

How many times have you been told by your school-aged children that they have a project due tomorrow, one that should take weeks to complete? Of course, we help, all the time lecturing said child about the importance of planning and scheduling. The question is... do we do as we say? Or do we take an extra minute for coffee in the morning because you know you can make it "just in time? Or convince yourself it's not really important to arrive early because everyone knows you? We know we don't do our best work when it's last minute. We know it's important to get projects done early and to arrive on time.

The unfortunate reality is that life does get in the way of the best scheduling effort. However, grant deadlines are solid; they cannot be rescheduled. When a granting agency posts a due date for an application, there is no forgiveness for late submissions. A submitted grant stands a better chance of being funded than a late grant. You wouldn't tell your children that there will be no Christmas this year because you were just too busy.

"I'm sorry little Rosie, I just needed that extra sip of coffee this morning so I was late to pick up the gifts and food for Christmas this year, but that's okay, there will be another one next year."

When the Grants Department meets with a Tribal Council or Chugachmiut Program Managers, and a grant is determined to be worth pursuing, the schedule is probably THE most important part of the process. Generally, we have 42 days (six weeks) to develop and submit an application. The 42-day clock includes weekends, holidays and/or sick days. Making the actual number of days to devote to your average grant more like 30 days. Thirty days is not a lot of time to write the grant, solicit and receive letters of support, tribal resolutions, line up project match, develop a budget, obtain signatures, review, edit, rewrite, re-review and re-edit, compile, upload and wait for confirmation the application has been received, validated and accepted by the funder.

My Grandfather always told me, "Gary, if a project is worth doing, it is worth doing well." We all need to apply this philosophy to every moment of every day. We have to devote the required time to our projects; we can't expect excellence in others if we don't expect excellence in ourselves. Thanks Grand Dad!

Oh, and fish on!

Annual Health Events Hosted in YOUR Community!

This year we are pleased to announce we have partnered internally and externally to bring an impressive lineup of subject matter experts to include our behavioral health and head start teams, State of Alaska Public Nursing, Consumer Direct, and ANTHC to help at this year's annual health events to share information to help you make informative decisions about your health. Please join us at the upcoming events! By popular demand...we will play floor bingo and have door prize drawings for those participating!

Health Event Dates:

Port Graham- July 10, 2018, from 10:00am to 6:00pm at the Tribal Council Building
 Nanwalek- August 1, 2018, from 10:00am to 6:00pm at the Tribal Council Building
 Tatitlek- August 14, 2018, from 10:00am to 5:00pm at the Tatitlek School Gym
 Chenega- August 16, 2018, from 10:00am to 5:00pm at the New Community Center Building

Quit Tobacco, continued from page 2

waste yearly.

Our Health

By choosing to be tobacco free we are saying we value our health because we choose to break the addiction or abstain from becoming addicted by refusing to use tobacco. Two sentences from the FY18 Gulf Coast Regional Report sum up the effects of tobacco use:

“Tobacco use remains Alaska’s leading preventable cause of disease and death. More Alaskans die from the direct effects of tobacco use than from suicide, motor vehicle crashes, chronic liver disease and cirrhosis, homicide, and HIV/AIDS combined. The single best thing that Alaskans who use tobacco can do to improve their health and the health of those around them is to quit using all tobacco products.”

Take it from a former tobacco user who informally represents all former users when I say, think about it, act on it, you can do it. You will not regret quitting tobacco.

Our Families/Community

We know that tobacco use is detrimental to the health of our people. Demonstrating respect for self and others is inherent in all values so we strive to apply this respect and instill it into our children and young ones. We also demonstrate the value we put on the lives of those around us by not contributing to the detriment of their health. We may not even realize the impact we have on others when we use tobacco. Consider secondhand smoke.

Secondhand smoke contains more chemicals and cancer causing agents due to combustion than the cigarette itself. So hazardous are these chemicals that the 2006 Surgeon General’s report mentions ‘there is no risk free level of secondhand smoke,’ and the 2010 Surgeon General’s report goes further highlighting that ‘even brief levels of exposure can be problematic.’ Did you know that of the 500,000 Americans that die from a tobacco related illness every year

in America, 40,000-50,000 of these deaths occur in non-smokers as a result of secondhand smoke? Children have one of the highest rates of secondhand smoke exposure and the primary place of exposure is the home and vehicles.

As a consideration to our loved ones and community members we can continue to show respect by taking our tobacco use outside and at least 25 feet from windows and doors as we contemplate the benefits of quitting tobacco.

Take Steps to Quit from Shocking Global Cigarette Litter Facts by Terry Martin

“Everything—absolutely everything—about tobacco threatens life on our beloved planet. Tobacco pollutes the ground we walk on and the air we breathe. And if we smoke, cigarettes poison us slowly, stealing our quality of life long before they kill us.

Take it from a former tobacco user... I say, think about it, act on it, you can do it. You will not regret quitting tobacco.

If you're a smoker thinking about quitting, take steps today to put that last cigarette out and start a new chapter in your life. A chapter free of guilt and worry. A chapter filled with the self-empowerment that smoking cessation brings.

Yes, recovery from nicotine addiction takes some hard work early on, but with support and a plan, you can leave your smoking habit behind for good—both for your health, and the health of the planet.”

As you contemplate the benefits of quit-

ting tobacco let those around you know what you are thinking. Share with your providers, your family, friends, and coworkers so you establish a support group that will assist you with your decision. Ponder what the most important cigarette or chew is for you: is it the first in the morning, after a meal, or before bedtime. Doing so will help you understand when you will need to be strongest and prepare ahead for these times. There are a lot of things that contribute to wanting a nicotine fix. By identifying these smoking triggers in your life, we can begin to create a tobacco-free plan for dealing with them.

Here are some common triggers:

- coffee
- alcohol
- stress
- finishing a meal
- relaxing
- feeling down
- boredom

Establishing tobacco-free habits means finding ways to break the connections between smoking and your everyday triggers. Consider, what will you start doing when you stop using tobacco? Each tobacco trigger that you break is a major accomplishment worth celebrating. By doing this, you let yourself enjoy other things in life you care about. You become the person you want to be and do the things you want to do.

Feel free to contact me about your options and resources available to you.
Jason Opheim | Tobacco Prevention & Intervention Coordinator
JasonO@Chugachmiut.org
Phone: (907) 334-0184
Fax: (907) 563-2891

For more information about the toll tobacco places on us and our communities or for help to quit please refer to the following sites:

www.cdc.gov/tobacco/index.htm
dhss.alaska.gov/dph/Chronic/Pages/Tobacco
alaskaquitline.com

Staying Strong, *continued from page 2*

generations.

The event was well attended by participants from the Prince William Sound and Kachemak Bay communities, and there was overwhelmingly positive feedback from the group. In addition, requests were to have more events/

retreats for the men of the region in the future. In response to the participants, the Behavioral Health Division is actively planning and looking for resources and potential partners for next year's Men's Retreat.

On behalf of our Behavioral Health Di-

vision, I would like to thank everyone that attended and assisted with making our 2018 Men's Retreat a success. I would also like to acknowledge the Heritage Department for their collaboration and their donations to the Men's Retreat.

Walk-in Clinic at ANMC Open seven days a week!

For our patients living outside of the Anchorage Service Unit, ANMC offers a Walk-in Clinic for non-emergent health care services for our people while visiting Anchorage.

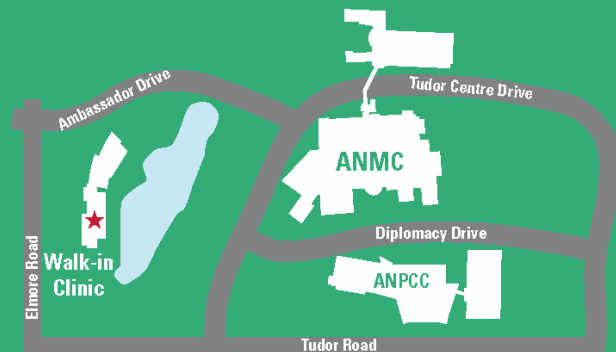
ANMC's Walk-in Clinic is for patients of all ages who have an illness or injury that needs immediate care but are not experiencing a medical emergency. Here are some reasons to visit the Walk-in Clinic at ANMC:

- Medication refills
- Vaccinations
- Fever and dehydration
- School and Dept. of Transportation physicals
- Sinus and ear infections
- Sore throats and colds
- Cuts and minor skin infections
- Muscle strains and sprains
- Urinary tract infections
- STI testing



The Walk-in Clinic is located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive.

Walk-in Clinic Hours
Monday-Saturday: 9 a.m.-9 p.m.
Sunday: 10 a.m.-6 p.m.



Phone: (907) 729-1500
Fax: (907) 729-1670



**ALASKA NATIVE
MEDICAL CENTER**



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Women Healing Ourselves, *continued from front page*

Participants learned new and improved coping skills to help manage stress, pain, and hardships. To be engaged in physical, mental, and spiritual wellness through the activities provided during the conference. Participants left the retreat feeling empowered as women and supported as leaders in their community with their new knowledge. The women gained realistic tools they can utilize on their road to wellness for themselves and others.

Our guest speakers included: Sharon Whytal, Jonathan Larson, Sherri Anderson “Azigsik,” James Fitterling, Beth Benson and Amber Webb, an Alaska Native artist. Speakers discussed client care, addiction and recovery, traditional cultural crafts, family violence, Eye Movement Desensitization and Reprocessing (EMDR) therapy (used for the

treatment of trauma), and preventing violence against native women. In the evenings we had optional groups such as traditional crafting, salve making, and we had the dance group Acilquq come and perform. We offered AA group each night for those who wanted to participate. I felt it was important to offer these evening groups as we were discussing some heavy topics and wanted the women to have support throughout the conference.

Travel, lodging and meals were provided to all participants by Chugachmiut through grant funds. We look forward to continuing to provide this and other retreats to the region, in the future.

If you are in crisis, the CrisisLine is available 24/7 at 1-844-891-0444.

Immunization Awareness, *continued from page 3*

past.

Pregnant Women: During pregnancy, vaccinated mothers pass on protective anti-bodies – infection fighting ‘guards’ that protect you from getting sick – to their babies before they are born. This provides some immunity against certain vaccine-preventable diseases during their first few months of life,

when your baby is still too young to be vaccinated. It also helps provide important protection for you throughout your pregnancy.

Talk to your local healthcare provider to make sure that everyone in your family gets the shots they need. To learn more, visit your local healthcare clinic.

Get Ready, *continued from page 3*

chicken or fish, and fresh fruits and vegetables will give your family the get up and go needed for a full day of school or work! A good rule of thumb for food is- if it is in a package, you probably can make a healthier choice. Remember to brush your teeth after every meal for a sparkling smile!



5. **Read a short book with your child at bedtime:** After a bath and brushing of teeth, cuddle with your child and read a short book together. Ask your child about the pictures and ask them what they think is going to happen next in the book. You can even ask your child to read the book to you- children love to look at pictures and make up a story.
6. **Stay connected to our earth:** Going back to school doesn’t mean you and your child has to stop playing outdoors. Go for a walk together after dinner. Collect rocks or leaves, or see how many people you know are outside, too, and say hello! Enjoy the fall air and the beauty of our earth. When you return home, ask your child to tell you what they remember seeing.

Take good care of yourselves, you are important and loved! Call if we can help you with Head Start startup, and we look forward to seeing you soon!

Chugachmiut Land Owners “At Large”

If you are listed below, our Realty Department is trying to reach you:

- Anahonak, Matthew
- Anderson, Linda Su
- Anthony, Ethel
- Broughton, Ronald
- McGee, Precious Faith
- McGhan, Harrietta P
- Wallin, Roger Ivar Jr
- Wheeler, Evelyn
- Nerland, Kathy
- Tanape, Gary L
- Tanape, Lloyd Sr
- Wilson, Matthew Lee

Please call the Anchorage Office at 907-562-4155 or toll free at 1-800-478-4155 and ask to speak to Wanda.

CHUGACHMIUT BOARD OF DIRECTORS

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Council: (907) 284-2227

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Contact Numbers

Chugachmiut, Anchorage
(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.