



Serving the Native Peoples of the Chugach Region

Nupuat

Summer 2019

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

Yukon Fire Crew Plays Dual Role in Keeping Communities Safe From Swan Lake Fire

Submitted by Clay Hoyt, Staff Forester

The record breaking heat of this summer has Alaska residents on edge about wildfires and has fire crews spread thin. Our very own Yukon Fire Crew has been battling the 100,000 acre Swan Lake wild-fire, northeast of Sterling, for several weeks. The crew arrived at the fire on June 17 and started working to establish fireline on the southern flank of the burn and is now at the end of their second, 14 day rotation on the fireline.

The Yukon Crew specializes in initial attack of wildland fire, but their role in keeping the surrounding Kenai Peninsula communities safe from the Swan Lake fire started long before the crew arrived on the fireline.

Every year before fire season kicks off in Alaska, the Yukon Fire Crew is already hard at work. Yukon crewmembers have been the primary work force for implementing one of the largest fuels mitigation projects ever initiated in the state of Alaska, the Sterling Fuel Break.



The Yukon Fire Crew moves up the fireline. Swan Lake Fire, June 2019. Photo Credit: Yukon Fire Crew

See **Yukon Fire Crew** , page 6

Nathan Lojewski, Chugachmiut Forester , Earle R. Wilcox Award Winner

Submitted by Charlie Sink, Trust & Land Management Division Director



Nominator Ed Morgan BIA Alaska Office; recipient Nathan Lojewski; and Nominator Charlie Sink

Chugachmiut's Forester Nathan Lojewski became an Inter-Tribal Timber Council (ITC) Earle R. Wilcox Award winner June 13, 2019, in Fort Lauderdale, Florida. Florida was this year's location for the Annual Inter-Tribal Timber Council Meeting. ITC is the national Tribal timber organization for Tribes, Natives of Alaska and the Hawaiian Islands and other islanders within U. S. protectorates. Earl R. Wilcox was a forester who

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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

Congratulations, Gwen Kvasnikoff, 2019 Tribal Administrator of the Year!

Submitted by Jan Vanderpool, Executive Director

Gwen Kvasnikoff, Nanwalek IRA Tribal Administrator, was recognized as Alaska Tribal Administrator Association (ATAA) as the 2019 Tribal Administrator of the Year. The award is given out during the annual symposium, which was held in April this year, and selected by members of ATAA.

We are very proud of Gwen, she is dedicated and hard-working and this award only goes to show, what we already knew. The quali-

ties her peers were asked to consider were: leadership, dedication and support for tribal staff and the community, promotion of tribal sovereignty, exceptional reporting standards and administrative management, and routine encouragement to those she works with and for. We are happy to have Gwen as part of the Chugachmiut family.

Congratulations and thank you for all you do!



Pictured left, Gwen Kvasnikoff; Pictured right, Gwen and John Kvasnikoff

Beat the Blues

Sandra Kleven, LCSW, Clinical Director, Chugachmiut Behavioral Health

Chugachmiut's Behavioral Health Crisis Line is available 24/7 at 1-844-891-0444 if you ever need to discuss how you are feeling. The call is free and confidential.

"Folks are usually about as happy as they make their minds up to be."
— Abraham Lincoln

It's summer time. The cotton is high and the fish are jumping. But you aren't feeling it. What to do? When you want to be happy, like kids you see running and laughing on the beach, how can you improve your state of mind?

A weird and contradictory fact about emotions is this: They feel permanent, like they will never let up. They feel like a fact of life, or part of your personality, but they are really as variable as weather.

Amazingly changeable. Feelings are so easy to change they can seem ridiculously pliable. They won't stay the same. Happy, sad, glad, mad, furious, frustrated, passionate, delighted. They move right along. You can't hold the mood... but you can influence it.

Consider music – sad songs may get to you, even bring on tears. Marching music brings its own emotional response – sometimes love for country. Church music can make us feel solemn and holy.

Music is one way to change feelings. Movies, too, can bring on warm romantic feelings, lonely feelings, scared-out-of-your-wits feelings and many more.

If you want an instant high, ask a close friend to give you some honest praise. Believable praise can lift your mood and make you feel appreciated.

The ease with which feelings are changed opens the door to emotional management. When you feel bad, you CAN help yourself toward a better mood if you make a decision to do it. Do you want to feel better? This question has to be answered first. For some people there is secondary pay-off or comfort in feeling bad. Give this some thought and if you really want more emotional control, here are some things to try. In the morning – Daily devotions or prayer can start a day right. Count your blessings. Make a list of blessings. These time-tested activities are simple and effective. Make a to-do list. A reasonable list. You will feel better when you complete the things you listed.

At Noon – Talk a walk. Give someone a gift. You don't have to spend money. It can even be a pretty or unusual rock! Just say, for example, "I saw this rock and thought of you because it sparkles in the light." Giving is way better than receiving. Think about other things you can give. Example – you can take cuttings from houseplants; let them grow roots in water. When you transplant them you can give them as gifts. Giving helps the giver. So does helping. Visiting elders will make a difference, too.

Afternoon – Improve your "self-talk." These are thoughts that may run in your mind. If you tend to say "This will never work," change it to the obvious opposite, "I think this might work." If your thoughts are critical of other people... like "There's that guy again. He looks like trouble." Try being a little kinder in your mind or more open, "That guy is new around here. I wonder where he came from?" Unless of course, the man does look like trouble... that would call for a different response.

See *Beat the Blues*, page 6

Alaska's Tobacco Quit Line

Submitted by Jason Opheim, Tobacco Prevention & Intervention Coordinator

1-800-QUIT-NOW (784-8669)
alaskaquitline.com

Your provider has told you, or perhaps it was a family member or friend who told you, maybe a commercial you saw or an ad on the radio told you, or maybe you even told yourself a time or two, but no matter where you heard it, you know that “You need to quit smoking,” applies to you. Many ex-smokers say quitting was the hardest thing they ever did. Yet millions of people have been able to do it- and you can too.

So you decided to look into your options but have decided quitting cold turkey isn't for you. Then what help is there available for you? I'm glad you asked. You probably have heard of the Alaska Tobacco Quit Line and alaskaquitline.com but perhaps you're not sure how it works. The Alaska Tobacco Quit Line is free to Alaskans and offers

access to free telephone, web and text based support to quit tobacco. The Alaska Tobacco Quit Line is here to help all those who are addicted to tobacco products in any form including smokeless products such as chewing tobacco, e-cigarettes, or any other electronic nicotine delivery system.

The Alaska Tobacco Quit Line is a great resource to help you beat your nicotine addiction because it offers advanced treatment through a variety of service offerings including:

- Individual Counseling,
- Practical information on how to quit,
- Referral to other cessation services,
- Mailed self-help materials, information on FDA-approved cessation medications, and free NRTs, such as the patches and gum,
- Quit coaches are available in English and Spanish and translation services are

See Quit Line, page 7

2019 Fishing and Grants Development

Submitted by Gary Teenor, Grants Administrator

I am reminded of the similarities of grant writing and fishing every year at this time. Yes, I would rather be out there with pole or net in my hand, enjoying the sun on my face, the wind in my thinning hair, sunglasses on, earbuds in my ears tuned to today's Mariners game or possibly Jimmy Buffet, depending on the time of day and my mood. That being said, grant development is a lot like going through your tackle box and tuning up your spinning or fly reels in anticipation of the next venture to lure that fish or funding agency to our bait or lure.

With the addition of a new fishing partner/grant writer, Melodie Fair, Chugachmiut Grants Department is increasing our chances of bringing home the catch. Last year the Grants department submitted almost \$17,000,000 in grant applications (18 grants total), this year we have almost doubled that amount to just under \$33,000,000 (35 grants total).

To do this, we had to go through our tackle boxes, throwing our lures that had rusted, bait that had gone bad, fishing line

that had become old and brittle. We oiled our reels, patched our nets and our waders and cast our nets farther than before and throw them more times. We looked for new bait and lures; we spoke with other “fishers” and researched new techniques as well as new areas to fish. We decided that along with the usual prey, we needed to start fishing for different fish. The funding ocean is a large place and we decided we needed to start chasing different sources for our catch. Believe me, granting is very similar to combat fishing on the Kenai, but we held our own against all interlopers.

We've done well in the preparation and in the process of increasing our catch; we've done just about all we can for this season. The “run” comes in this September and we'll then know how successful we were during the current fishing season. We will announce the success of our bounty as our nets and lines are pulled in this Fall.

The Grants Department is keeping our lines tight.

“LLANGARWIK” A PLACE OF AWAKENING RECOVERY CAMP

Next session:
 September 8th - September 22, 2019

Bob Henrichs invited to home of Lt. General Bussiere on JBER

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Lieutenant General Tom Bussiere and his wife, Mrs. Barb Bussiere hosted a social in honor of the Civilian Advisory Board on Saturday, June 8, 2019, at their home, Quarters One on the Joint Base Elmendorf Richardson, Alaska. Bob “Moose” Henrichs, as a member of the Civilian Advisory Board, was in attendance along with Chugach Regional Resources Commission Executive Director Patty Schwalenberg. The Civilian Advisory Board (or CAB) was formed in 1962 to help military leaders in Alaska better communicate with citizens and state leaders and to provide advice and guidance to the Alaskan Command on matters of military significance that may affect the local communities in Alaska. Membership includes a cross-section of 32 influential business, professional, civic, religious, and education leaders in Alaska. Bob has been a member of the Board since 2018, and has been invited to observe such military exercises as Northern Edge, as well as participate in bi-annual meetings.

The Lt. General and his wife greeted the guests and thanked them for their service on the Civilian Advisory Board. They also provided a very interesting history of their home, the Quarters One. This 76-year-old home was completed in 1942, at a cost of \$36,950. It has remained the primary residence for the senior commander in Alaska since it was converted to general’s quarters in 1956. The historical significance of Quarters One stems from serving as the setting for the September 1971 meeting between President Nixon and Emperor Hirohito of Japan. In an effort to

ease rising diplomatic tension, the two heads of state met for the first time in history. This occasion marked the first time in 2,600 years that a Japanese Emperor had visited a foreign country.

While at the Social, Bob met his fellow Board members, and discussed his work with the Alaska Native Tribal Health Consortium, commercial fishing, and general background information on the Chugach Region Tribes and programs. He discovered that one of the Board members is also a Board member for the Alaska Pacific University (APU) so they had an opportunity to discuss common goals for APU.



Bob Henrichs outside of Quarter One

The Alaskan Command consists of all branches of the military in Alaska under the Department of Defense, including the U.S. Air Force, U.S. Army, U.S. Marine Corp, and the U.S. Navy. The Alaskan Command, in coordination with trusted partners, conducts homeland defense, civil support, mission assurance, and security cooperation within the Alaskan Command Joint Area of Operation to defend and secure the United States and its interests.

Department of Defense forces in Alaska include more than 22,000 U.S. Air Force, U.S. Army, U.S. Navy, and U.S. Marine Corps personnel, and 4,700 Guardsmen and Reservists. This does not include the U.S. Coast Guard, who operates under the Department of Homeland Security, and has approximately 2,500 members serving in Alaska.



Bob Henrichs by Quarter One fireplace



Quarter One

Employee Spotlight: Shelby Thompson

Submitted by Shelby Thompson, Behavioral Health Clinician

Q: What is your name and title at Chugachmiut?

Shelby Thompson, Behavioral Health Clinician, Nanwalek and Port Graham

Q: How long have you been employed at Chugachmiut?

Since March 2019

Q: Tell us about your job

I provide individual, family and group therapy to these communities, specializing in trauma-informed services.

Q: Did you need any specialized training or education to get to where you are?

I received my Licensed Master Social Worker (LMSW) accreditation and am working towards my clinical licensure.

Q: What is the most rewarding part?



I really enjoy getting the opportunity to meet new people, experience different cultures, and building relationships with both my coworkers and the communities. I've also liked getting to enjoy all of the beautiful views and wildlife that Alaska has to offer. I moved to Homer from Missouri this spring to work for Chugachmiut. I have enjoyed building my own knowledge and skills by working closely with other behavioral health professionals that offer

new and exciting information and experiences to the workplace.

Q: What is your favorite book?

My favorite book is How To Make Friends and Influence People by Dale Carnegie because it provides simple, practical knowledge that can be used in my practice and everyday life.

Earle R. Wilcox Award, *continued from front page*



Nathan Lojewski pictured with award

graduated from the University of Washington in 1938 and began a career starting with the Bureau of Indian Affairs that spanned some 33 years. He followed working at BIA to working for the Crow Reservation and Western Washington Indian Agencies including the Klamath Indian Reservation and lastly served as Chief of BIA Forestry. This year's Earle R. Wilcox award winners mostly had some 20 odd years of

Indian forestry experience contributing to the advancement of Indian forestry. Mr. Lojewski has around 11-years of Indian forestry experience and has made forestry contributions at a level many take longer to achieve.

Please congratulate Mr. Lojewski the next time you see him for his nationally recognized contributions to Indian forestry.

Interview with Jason O, "Dances with Whales" Step Challenge Winner

Submitted by Kelley Baker, Health Services Division Director

What were your total steps for the challenge?

I can't remember exactly but I average over 25k steps/day

Wow! That's a lot of steps. Do you have any tips for people trying to up their daily step count?

Set a time each day to walk and stick to it even if the weather isn't great. Have a friend to walk with or an audio book to listen to.

How did you stay motivated?

I feel great when I'm walking as it adds positive energy. I can think through

challenges creatively and plan and so physically and mentally I feel the benefits so I want to keep getting out and being engaged.

What was your highest step count in a day (during the challenge) and what did you do that day to get so many steps?

40k+. Everything lined up well. Walked before going to the gym in the a.m., walked during my breaks and lunch, walked immediately after getting home and before bed.

What is your minimum step goal and

what do you do on an average day to meet that goal?

On days I go to the gym I try to get 20k steps and other days I try to get my 25k steps.

Do you have anything you'd like to add?

Walking is great exercise and when making lifestyle changes can really help to build good habits while setting less desirable habits to the side. Once you've set a goal set your schedule and stick to it and it doesn't take long to see and feel the difference.

Yukon Fire Crew, *continued from front page*

Building a fuel break consists of physically removing fuel, more specifically the volatile black spruce trees that can produce flame lengths up to 200 feet long, as witnessed on the Funny River Fire just south of Sterling in the summer of 2014. This means lots of what fire fighters call “sawing and swamping”, which is the process of felling trees with a chainsaw, cutting them into sections, and dragging the debris away from the treatment area, effectively removing the volatile vegetation. Sawing and swamping is hard work and is also the primary tactic that Alaska fire crews use when directly engaging wildfires. So, while the Yukon crew works at extending the fuel break they are also honing their firefighting skillset and fitness.

The Sterling Fuel Break is nearly halfway constructed, and



Yukon Fire Crew, Swan Lake Fire.
Photo Credit: Yukon Fire Crew

Beat the Blues, *continued from page 2*

But more seriously, if in your mind, you are down on yourself, start practicing improved self-talk. Phrases about yourself, such as “You don’t do anything right.” Or “You are such a klutz,” can drift around your mind, making you feel inadequate. Change these thoughts. If “You are so awesome,” is too much, too soon, try some moderate expressions like, “You always try hard,” or “You really care.”

Sometimes these negative things about yourself are a repeat of what you were told as a kid. If a parent said, “You are so lazy,” or “I can’t count on you,” we may now be repeating these lines to ourselves, no longer remembering where they came from.

Not a good practice. If you catch yourself doing this, change it. Write a list of better things to tell yourself, like, “You are an honest person,” “You are getting stronger every day,” or “You’ve made lots of progress.” Speak to yourself with con-

sideration and warmth. Have high expectations for yourself. You are the only self you have. And that is a big deal.

Night time – If you made a list in the morning, check it now. Give yourself credit for what you have done during the day. Do evening devotions or say a prayer of thanks. Plan your bedtime. Like a child, get ready for bed. Slow down. Read or listen to quiet music. Relax. Sleep tight.

when complete, will serve as a continuous line of defense around northern Kenai Peninsula communities. Beginning at the Sterling Highway, the fuel break wraps around the community of Sterling and will continue around Soldotna, Kenai and Nikiski; eventually tying into Cook Inlet. The successful management of the Swan Lake fire, which is just over three miles east of the fuel break, is a direct result of having the Sterling Fuel Break in place. Great job Yukon!

If these ideas don’t help at all, you might be having an episode of depression. When that happens, brain chemicals get mixed up, creating a downward spiral of thoughts. Check in with a Behavioral Health staff member. We will sit down with you and talk about your thoughts and feelings. Together, we’ll figure out the problem and help you make a plan to feel better.



Yukon Fire Crew Meets the Governor at the Swan Lake Fire.
Photo Credit: Inciweb, Swan Lake Fire.

Meanwhile, it’s summertime! Go on a picnic. Get ready for some berries. Go fishing!

Quit Line, continued from page 3

available for over 100 languages including Yupik.

The following information has been taken directly from the <http://alaskaquitline.com/experience-1-800-quit-now/> under the tab **WHAT IS THE QUIT LINE?**



Have you ever wondered what happens when you call Alaska's Tobacco Quit Line?

When you call 1-800-QUIT-NOW, you will automatically be directed to Alaska's Tobacco Quit Line. A registration specialist will ask you a few standard questions before transferring you to a quit coach.

Note: If you are a resident of Alaska but not calling from a 907 area code, you will need to speak with the registration specialist to be directed to Alaska's Tobacco Quit Line.

The quit coach will:

- ⇒ Ask questions about your tobacco use to assess your tobacco use history and individual needs.
- ⇒ Identify personal patterns and triggers that cause you to want to use tobacco.
- ⇒ Work with you to develop a personal quit plan and quit date and help you stay quit.
- ⇒ Make a decision about nicotine replacement therapy, such as patches and gum.

Following the call:

Quit materials will be mailed to you after your first call with a quit coach. Materials include helpful information on topics such as:

- ⇒ Making a decision about quitting;
- ⇒ Getting ready to quit;
- ⇒ Knowing what to expect when you quit;
- ⇒ Coping with withdrawal symptoms and stress;
- ⇒ Asking friends, family members or co-workers for support;
- ⇒ Avoiding relapse and staying tobacco-free.

This was just a small portion of helpful information at the alaskaquitline.com.

There are also tabs featuring:

- ◆ QUIT TIPS & RESOURCES
- ◆ E-CIGARETTES
- ◆ SMOKELESS TOBACCO
- ◆ TEEN CESSATION SUPPORT
- ◆ HEALTH PROFESSIONALS, and,
- ◆ SHARE YOUR STORY

Quit smoking programs help smokers understand and cope with problems they have when trying to quit. The programs teach problem-solving and other coping skills. A quit smoking program can help you quit for good by:

- ◆ Helping you understand why you smoke.
- ◆ Teaching you how to handle withdrawal and stress.
- ◆ Teaching you tips to help resist the urge to smoke.

Get started using a quit program today:

- Try a text message program. Sign up for SmokefreeTXT online or text QUIT to 47848.
- Download a smartphone app. Our free apps help you track cravings and understand your smoking patterns.
- Visit Smokefree on social media. Grow your support network and stay connected.

Don't forget to talk to your provider and let them know you are interested in quitting tobacco so they can assist and provide support and referrals if necessary. If you have questions that have not been answered, please contact Chugachmiut's Tobacco Prevention Coordinator, Jason Opheim, for further information either by email at jasono@chugachmiut.org, or by phone at 1(800) 478-4155.

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Contact Numbers

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

Chugachmiut, Anchorage
(907) 562-4155 or 1-800-478-4155

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

Homer Field Office
(907) 226-2006

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

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

Nanwalek Recovery House
(907) 281-2217

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

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

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

North Star 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.