



Serving the Native Peoples of the Chugach Region

Nupuat

Winter 2019

www.Chugachmiut.org

www.facebook.com/chugachmiutALUTIIQ

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

Theresa's Quit Story

Interview by Jason Opheim, Tobacco Prevention & Intervention Coordinator

Theresa is a 48 year old Yupik female from Stebbins, AK who currently resides in Seward where she works at an Assisted Living Home. She is a previous smoker with a quit date of January 17, 2018. Theresa is a mother of four, two boys and two girls. Her oldest daughter is attending college out of state to become a nurse. Her oldest son is enrolled at UAF, working toward a degree in Linguistics. Her youngest daughter is a sophomore and her youngest son is a 7th grader.

This past summer I was invited to the Assisted Living Home by its director Jill Cross to meet with a young man who was trying to quit tobacco. It was then that I first met Theresa and she proudly shared with me she had quit smoking at the beginning of the year. Since then I've had the marvelous opportunity of running into her twice, once

at the Annual Celebration of Healthy Lifestyles Picnic hosted by Qutekcak, and the other at the local grocery store in November. At the last encounter she was very happy to relate that she was still tobacco-free. It was then that I asked if I could interview her to share her success with others who want to quit but are unsure if they can succeed. Theresa graciously and wholeheartedly accepted my request and at my next visit to Seward on January 3rd, just two weeks shy of her one-year anniversary of being tobacco-free I was able to ask her some questions.

When did you start using tobacco?

I started at 14 to fit in because everyone in school smoked. My brand was Marlboro Lights but eventually I switched to Swisher Sweets. I would smoke 1 cigar in the morning and 3 at night. The cigars at night were the hardest to quit.



See Quit Story, page 11

2019 Chugachmiut Heritage Mini Grants

Submitted by Melodie Fair, Tribal Grants Writer

Each year, Chugachmiut Board of Directors offers \$12,000 to each eligible tribe in the region to fund cultural or heritage-based projects or activities. Three Chugachmiut Tribes responded to the 2019 Heritage Mini Grants funding opportunity this year.

The grants awarded went to:

Port Graham Village Council, for "Teaching Cultural Subsistence Gathering and Processing"

This project will include harvesting, processing and storing local subsistence foods and will be centered on elders mentoring youth, teaching them the traditional ways of subsistence gathering and processing. Youth will gather berries, salmon, beach critters, and sea plants. They will learn from the elders what foods are available and how to gather

See Heritage Mini Grant, page 10

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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

Realty Update

Submitted by Wanda Kvasnikoff, Realty Specialist

Our staff consists of one (1) Realty Specialist Wanda Kvasnikoff, who provides services to landowners of a restricted Native Allotment and/or Restricted Village Townsite Lots.

Our service area is mainly in Port Graham and Nanwalek.

This position is funded through a self-governance compact; Chugachmiut Realty conducts the day to day business work for the interests of restricted land owners.

We have a total of 64 Restricted Native Allotments & 58 Restricted Townsite Lots

OUR SERVICES INCLUDE:

Land Transactions: ensures federal requirements for:

- Probate
- Subdivisions
- Mortgages
- Leases
- Rights of Way
- Easements
- Gift Deeds

- Negotiated Sales
- Advertised Sales
- Rights Protection
- Appraisals
- Archaeology
- Removal of Restrictions
- Advocacy for Native Allotment Owners
- Housing Improvement

Probate: We coordinate directly with heirs to collect the necessary documents and information to appropriately transfer estates to heirs of restricted landowners.

Subdivisions: We work to subdivide Native Allotments when there is more than one (1) landowner.

Mortgages: We help the landowner mortgage their land parcel so that they can obtain funding to purchase things they need, i.e. House, boat, etc....

Leases: Provide support to landowners who would like to lease their restricted parcel, this is usually for housing, (renting the property for any period longer than one (1) year, up to 50 years).

Rights of Way: When a permanent pathway from one side of a parcel to the

other side of the parcel is needed, we can provide assistance; this is usually a permanent transaction, land sale with the requester purchasing the section needed to cross the parcel.

Easement: When a temporary pathway from one side of a parcel to the other side of the parcel, is needed, we can assist; a temporary access, meaning once it is abandoned, the parcel needed to cross, would go back to the original owner.

Gift Deed: Providing help to landowners who want to gift their property to a loved one.

Negotiated Sale: Assist landowners in selling their property to a found buyer.

Advertised Sale: Assist landowners in selling and advertising their property, if they don't have a buyer lined up.

Rights Protection: Advocates for landowners, primarily over trespass issues.

Appraisals: If needed, derives monetary values on land parcels.

Archaeology: Complies with federal requirements on land sales, leases and changes of status of restricted Indian lands by identifying and protecting Alaska Native heritage resources.

See Realty, page 10

Head Start Attendance-Habits Form Early!

Submitted by Caroline Wolkoff-Harvey



A new study has found that children in Head Start who miss 10 percent or more of the school year (1 or more days per month!) do not do as well in school as their peers in later years.

Having consistent on time attendance is important to your child's success in school and it begins now—in preschool. During our monthly “Lunch & Learn,” Policy Council members or Teachers will give updates on the program including a monthly attendance report. We want to recognize families who bring their child on time to school every day, so we will announce families in the 90% Attendance Club

every month!

Remember to set attendance goals every week because Head Start is a school readiness program that prepares your child for all of the great things yet to come in Elementary and High School. Your child will thank you later and we thank you now. We appreciate your commitment to your child and family goals—we are here to encourage and empower you in your role! Remember Parents—every month you are a 90% Clubber your name will be entered into the raffle prize drawing held during the May Lunch & Learn!

We Are Head Start Strong!

Submitted by MaryEllen Fritz, Head Start Director



"Team Nanwalek": Sarah Evans, Candace Demas, Alyssa Romanoff, Kilann Tanape



"Team Port Graham": Baby Dariya, Cyrena Joseph, Rhonda Wulf-LaBelle, Charlemagne McMullen



"Team Anchorage": Caroline Wolkoff, MaryEllen Fritz, Heather Arreola

Chugachmiut's Head Start program is reviewed by the Federal Government every three years. During the review process, the Federal team:

- ◆ meets with staff
- ◆ observes in the classrooms
- ◆ evaluates files, documents and record-keeping
- ◆ meets with Tribal leaders and the Policy Council
- ◆ reviews fiscal documents
- ◆ ensures compliance with up to 2,600 Federal Head Start regulations

Our Review took place the week of October 1, 2018, but we just received our official report- we were found to be 100% complaint will all rules and standards! We are one of very few programs to achieve this.

Congratulations to our amazing Chugachmiut family, our quality shows through the amazing teamwork of all of our programs and partners to serve our wonderful children and families!

A special thanks to our amazing, thoughtful, professional,

dedicated and loving Head Start staff, and also to our Tribal leadership and councils, Chugachmiut leadership, our executive assistant, our Policy Council members, our clinics and health staff, our behavioral health, our family programs, our IT, our finance staff, our travel staff, our language program, our communications staff, our enterprise staff, our facilities staff, our grants staff, our safety staff, our HR staff, our admin assistants/receptionists, and all of our Chugachmiut family that all contribute to assuring our children are greatly cared for, healthy, and well! We are going to send you all a special thank you for your heart, dedication, and support each and every day! I haven't heard of any other Tribal Head Start program that is 100% compliant with the over 2,600 Federal Performance standards, there may be others but we haven't heard of any yet, besides us.

Thank you again for all of your work and heart for our children, you are amazing and wonderful! With all of our love, Head Start!

Congratulations and Announcements!

Chugachmiut Holiday Schedule	
HOLIDAY	OBSERVED
New Year's Day	January 1st
Martin Luther King Jr. Day	January 21st
President's Day	February 18th
Chenega Day	March 22nd
Seward's Day	March 25th
Memorial Day	May 27th
Independence Day	July 4th
Labor Day	September 2nd
Veterans Day	November 11th
Thanksgiving Day	November 28th
Day After Thanksgiving	November 29th
Christmas Day	December 25th

Congratulations to Robert Lacey, Yukon Fire Crew Manager, for being named "Employee of the Year"

Upcoming Health Awareness Months:
January 2019- Cervical Health Awareness Month
February 2019- American Heart Month & National Children's Dental Health Month
March 2019- National Colorectal Cancer Awareness Month

Chugachmiut is hiring!
 Check our website at www.chugachmiut.org/jobs for current openings

Joy Roberts, Clinical Hypnotherapist, community visit schedule (Weather permitting):

Tatitlek: March 11-13

Please call the clinic at (907) 325-2235 to schedule your appointment.

Chenega: March 13-15

Please call Gail at 907-573-5127 to schedule your appointment.

Nanwalek: March 18-20

Please call the clinic at (907) 281-2250 to schedule your appointment.

Port Graham: March 20-22

Please call the Jim at 907-284-2261 to schedule your appointment.

Seward: March 26-27

Please call the clinic at (907) 224-3490 to schedule your appointment.

For Behavioral Health emergencies, please call the Chugachmiut 24/7 Behavioral Health Crisis Line at 1-844-891-0444.



MaryEllen Fritz, Chugachmiut's Head Start Director earned a Master of Education degree from Wayland Baptist University, awarded in November 2018.

MaryEllen stated that, "Earning this degree was a lifetime goal, started many years ago. Taking two classes at a time while raising a family takes dedication, intentionality, and drive- plus it helps to have supportive family."

"With hard work and dedication, every dream is possible. Decide what you want to do, and just start, one footstep at a time"
 —MaryEllen Fritz

Sungcarluta Ggwangumetnek – "Women Healing Ourselves"

Chugachmiut's Women's Wellness retreat is scheduled for March 5, 2019- March 8, 2019.

Application and additional information available at www.chugachmiut.org

Congratulations and Announcements, continued!

“Llangarwik” - A Place of Awakening

2019 Recovery camp sessions:
 March 4th - March 18th, 2019
 June 17th - July 1st, 2019
 September 8th - September 22, 2019
 November 11th - November 24th, 2019

Application and additional information available at www.chugachmiut.org

Chugachmiut’s Head Start Program Aces Federal Program Review!

See full story starting on page 3!

Chugachmiut Seward Sober Support Group

201 3rd Ave.
 Every other Thursday at 4:00pm
 Call Eydie at 907-562-4155 with questions

Chugachmiut Health Services Receives Clinical Quality Awards for GPRA Measures

Submitted by Kelley Baker, Health Services Director

Chugachmiut was awarded:

- 1st 2018 Headwall Camp Award- 60-79% Measures Met**
- 2nd 2018 Kahiltna Pass Award- 2 Most Improved Measures**

The awards are given by the Alaska Tribal Health Quality Collaborative in recognition of outstanding achievements on the Government Performance and Results Act (GPRA) measurements.

Clinical Performance Indicators October 2017 through September 2018

Your healthcare team made significant progress in improving the quality of care provided. We tracked clinical quality measure progress from the beginning of fiscal year 2018 (10/17) to the end (9/30/18). We are pleased to share the Region’s accomplishments resulting in significantly improved base-line measures.

What does this mean?

Our Region has met and/or exceeded the Alaska/National Clinical Care Quality Goals to help improve the health within the Region. People took action towards improving their health- preventive screenings, exams, immun-



Chugachmiut’s GPRA Award Plaque

See *GPRA*, page 8

Port Graham Head Start Building Renovations Complete

Submitted by MaryEllen Fritz, Head Start Director



Port Graham Head Start Students

After many months of hammering and painting, the renovations to the Port Graham Corporation building, which houses the Head Start program, is complete.

The renovations included replacing the flooring, adding child level hand washing sinks and lavatory, painting the walls, and upgrading the play-ground safe surfacing.

The renovated facility also has its own kitchen in order for staff to

cook meals for the children, and for the children to learn about good nutrition during hands on cooking activities.

We thank the Port Graham School for housing our program while the building was being renovated, and the Port Graham Council for the generous donation of the bright and happy space. Watch the Port Graham Head Start Facebook page for the upcoming building blessing and grand opening, coming soon.

Culture & Heritage Update

Submitted by Kari Brookover, Regional Language Coordinator

The Cultural Heritage Department hosted an Elder workshop from December 12-14, 2018 to finalize the work done by Local Education Coordinators (LEC) and Regional Education Coordinators (REC) on cultural curriculum, lessons, resources and the website. The information for the curriculum is based on the traditional ecological knowledge (TEK) and guidance the Elders wanted to share and have available for teachers to use in the region. As the LECs presented their webpage, we had the Elders follow along on iPads and their smart phones to see how the site was developed to work on different platforms. It was fun to see the reactions of the Elders as they reviewed different components of the site. Elders suggested many times that we have a grand unveiling 'Launch Day' celebration for the website.

The grant funding this project has been extended until February 15th to make all the necessary recommendations to the lessons and website. It has been an exciting, fun and fulfilling journey to be able to work together and accomplish this wonderful resource that will be available for teachers and cultural camps to utilize for years to come. Our hope is to continue to work on enhancing the website by incorporating previously developed lessons, Sugt'stun language lessons, and Elder video interviews. We would like to utilize more technology such as hover over buttons with Sugt'stun/ Eyak words, Elder videos of stories that pertain to places or lessons, 3D artifacts that can be viewed on the website and 3D replica models. Endless possibilities!

Heritage kits will be available to check-out through the website, even after February 15th!



Tom Anderson, Cordova Elder



Anesia Metcalf, Nancy Yeaton, Mary Babic, Barclay Kopchak, Helen Morris (hiding), Ephim Moonin, Darrel Olsen, Rhoda Moonin, Mark Hiratsuka, Nick Moonin, Patrick(Sweeney) Selanoff, Patience Faulkner, Pam Smith, and Tom Anderson (Kari Brookover taking photo)



Mary Babic, Cordova, developed the Clothing kit and assisted with Honoring Eyak Heritage Kit



Barclay Kopchak developed Food from the Sea and Honoring Eyak Heritage Kit



Nick Jordan, Seward developed Our Water and Traditional Transportation Heritage Kits



Darrel Olsen, Cordova, developing the Celebrations Heritage Kit



Back row: Darrel Olsen, Ephim Moonin, Barclay Kopchak, Helen Morris, Rhoda Moonin, Nancy Yeaton, Patrick (Sweeney) Selanoff, Nick Jordan, Tom Anderson, Bill Smith, Tim Malchoff and Anesia Metcalf
Front row: Kari Brookover, Patience Faulkner, Pam Smith and Mary Babic



Nick Moonin, Port Graham Elder



Nancy Yeaton, Nanwalek, developed Climate Change and Traditional Foods & Recipes Heritage Kits



Tim Malchoff developed Traditional Weather Forecasting, Traditional Place Names and Housing & Shelters



Patience Faulkner, Cordova Elder, teaching twining/cording

From the Guerilla Grant Writer's Desk

Submitted by Gary Teenor, Grants Administrator

Happy Winter Everyone! The happiest day of the year has come and gone and our days are getting longer. Now just to get through January and February, we'll be on the downhill run toward summer.

There are a lot of grant opportunities available, in spite of the partial government shutdown. We are seeing a lot of familiar funding opportunities; however, the amount of funding is shrinking like our nighttime hours and almost as fast. Not only is the amount of funding decreasing, so are the number of projected awards. Life in the granting business is becoming highly competitive. The funders are also requiring that recipients and sub-recipients must demonstrate support or commitment to projects or face funds not eligible to be spent in those communities. This means if a regional applicant is developing a project that would affect the entire region and support could not be garnered from one or more tribal councils, funding from a successful award could not be used in those communities. This is not new, however we are beginning to see this requirement more often as funding tightens.

GPRA, continued from page 5

izations and monitored/improved blood pressure control.

What are GPRA measures?

GPRA measures are indicators of how well your healthcare team has provided clinical care to you, your family, and your community. Overall, they measure how well the clinics have done in the prevention and treatment of certain diseases, and the improvement of overall health.

GPRA data answers the following about the entire population served within our Region:

Immunizations

Are young children receiving the immunizations they need by 3 years of age? This includes:

- 4 DTaP (Diphtheria-Tetanus-Pertussis)
- 3 IPV/OPV (injected or oral Polio)
- 1 MMR (Measles-Mumps-Rubella)
- 3 Hepatitis B
- 3 Hib (Haemophilus Influenza type b)
- 1 Varicella (Chicken Pox)
- 4 doses Pneumococcal

Are adults 65+ receiving an annual flu shot? Have they received at least one pneumococcal shot?

Dental Care

Do all patients have a yearly dental visit? How many topical fluorides and dental sealants have been placed in patients in the past year?

We are also seeing larger amounts of match required.

“Match” is that amount the applicant adds to the project. This amount can vary from 10% to 100% of the total project cost. In some cases this requirements puts many projects out of reach for many traditional applicants, such as small tribes with few assets.

These and other topics are what we, the Chugachmiut Grants Department will be discussing with each tribe and community in this region over the next several months. We are working on ways to keep everyone informed regarding funding announcements, grant development and subsequent awards and how each will benefit you, your family and your community. So, in the future, when you see news of a proposed project, please take a moment to speak with your Tribal Council, Chugachmiut staff or give the Grants Department a call and show your support. It's a team effort all the way, the closer we work together, the more effective we will be.

Prenatal Care

Have all pregnant women received an HIV test?

Diabetes

Are patients with diabetes having their blood sugar levels and blood pressures checked and are they within normal levels?

Are patients with diabetes getting their cholesterol levels, kidney function, and eyes checked regularly?

Cancer Screening

Are women ages 21-64 years old getting Pap smear at least every 3 years and women ages 52-64 years old getting a mammogram at least every 2 years?

Are all adults ages 40-80 years old being checked for colorectal cancer?

Behavioral Health

Are all adult patients being screened for depression?

Are women being screened for domestic violence and alcohol use (to prevent birth complications like Fetal Alcohol Syndrome)?

Are tobacco-using patients being offered counseling to quit?

What to expect in Llangarwik Recovery Camp

Submitted by Eydie Flygare, Regional Addictions Coordinator

When you check into The Llangarwik “A place of awaking” residential treatment facility, located in the village of Port Graham, you can expect to accomplish a great deal each day in treatment. While your days will be busy, our goal is to create the perfect balance of growth-oriented activity and healing restfulness.

In the secluded environment of camp, you’ll be able to focus on the many healing activities we have prepared for you, yet we also offer a window of time each day to check in with the outside world, in addition to family visitation opportunities on the weekend.

With a staff-to-client ratio of 3 to 1, you’ll experience a high level of personal attention from our team. Our credentialed addiction specialists are at the top of their respective fields of expertise, so you can rest assured that you’re in excellent hands at The Llangarwik Recovery Camp.

We strive to make the addiction recovery process as comfortable as possible, on both a physical and psychological level. Our family focused environment – with its well-appointed rooms, healthy meals, banyan’s classes and other amenities –

“After I read my good-bye letter to alcohol I burned it in the fire pit, then roasted marshmallows and made s’mores, releasing the negativity and doing something enjoyable.”

provides maximum comfort and healing during your stay with us.

We create a unique treatment plan customized to your needs, pulling from a wide variety of evidence-based and holistic treatment techniques, such as traditional healing through arts & crafts, earthing, fishing and more with the ultimate goal of creating the foundation for a lifetime of sobriety and satisfaction.

Testimony’s from our graduates:

“Because of the program I was able to become sober and got awesome support from the program staff, I also learned how to let go of my past and move forward.”

“I learned that painting is a hobby I can take up as part of my recovery.”

“After I read my good-bye letter to alcohol I burned it in the fire pit, then roasted marshmallows and made s’mores, releasing the negativity and doing something enjoyable.”

Please call Eydie Flygare at 907-562-4155 x157 for more information.

2019 Recovery Camp Dates

March 4th - March 18th, 2019

June 17th - July 1st, 2019

September 8th - September 22, 2019

November 11th - November 24th, 2019

Application and additional information available at www.chugachmiut.org



Realty, *continued from page 2*

Removal of Restrictions: Helps landowners remove the restrictions on their parcel of land (this usually occurs during a land sale, if the buyer is non-native)

Advocacy for Native Allotment Owners: Includes work on land issues such as Native Veteran Allotment Act and Land Management policies of the Tribal Work Group.

Housing Improvement: We help those in need of housing assistance, even if they don't have a restricted property.

ONGOING PROJECTS:

Port Graham/Nanwalek Airport Project: The Department of Transportation (DOT) is in their 2nd phase. Currently DOT is

Heritage Mini Grant, *continued from front page*

them through the course of a year. The goal of this project is that the youth of Port Graham learn from their elders, retain the knowledge that is being passed down to them, and pass the information on to the next generation.

Tatitlek IRA Council, to supplement their Traditional Dance Group

The mini-grant will be used to build on Tatitlek's recently revitalized traditional dance group by focusing on enhancements such as cultural exchanges with other tribes, incorporating a language component into the program, and community recruitment. Tatitlek hopes to develop a more community-wide and inclusive cultural connectedness through groups and activities such as the Traditional Dance Group. These funds will pay stipends for mentors and dance instructors, and travel for the members of the group. The group will be showcasing traditional dances in both local and distant venues, including the Alaska Federation of Natives convention, held in Fairbanks, AK this year.

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 contact us. We will get a packet to you, if you were supposed to get one and do the best to answer any questions you may have.

Qutekcak Native Tribe, for the Qutekcak Native Tribe Arts Program

The mini grant funds will continue support of the very successful Alaska Native arts classes offered at the tribal office for twelve weeks out of the year. Funds will pay for contracted art instructors, supplies, office rental, advertisement, and food. This program continues to grow each year, with new community partnerships being added along the way. In the coming year, Qutekcak hopes to move their artwork to the marketplace by recruiting volunteers to participate in making kuspuk and kuspuk aprons to sell at markets and events in Seward. Qutekcak also plans to encourage and assist local Native artists in applying for the Silver Hand program, an Alaska State Council on the Arts program that helps Alaska Native artists promote their work in the marketplace and enables consumers to identify and purchase authentic Alaska Native art.

We look forward to the next Chugachmiut Heritage Mini Grant funds being announced in late summer of 2019.

Chugachmiut Head Start wants to Partner with You!

Turn in Your Child's Head Start Application Now for the 2019-2020 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

Here's what Parent's are saying about Head Start:

- "My child has improved verbal skills."
- "My child knows more Sugt'stun than I do."
- "My child has more social skills."
- "My child uses her words [and has] less tantrums."

Applications available at your local Head Start Program or online at:

<http://www.chugachmiut.org/health-social-services/resources/health-forms-download/>

Quit Story, continued from front page

They were my reward for enduring the day, my treat; I would use them to relax.

When did you start thinking about quitting?

I experienced the loss of two relatives to lung cancer related to their smoking. The first family member passed away in January of 2016 and the other in February of 2018. Seeing my relatives suffer and pass on made me evaluate my lifestyle, I wanted to live longer. I didn't want to end up like them and I didn't want any one I cared about to lose a loved one this way.

My daughter, the one studying to be a nurse, kept telling me I needed to quit smoking and reminding me what it was doing to my body. My eldest son would tell me I needed to quit too. My 7th grader told me he wants to buy me a jeep when he gets older, I like jeeps; I want to be around for that.

After seeing my family members pass on I finally started hearing what my kids were saying. I thought of the money I was wasting, how it was getting harder to breathe and my own sanity. I realized I wanted to live longer, to be successful. I didn't want to suffer or have my family suffer like I did when I watched my relatives slowly die of lung cancer. So I made an oath to stop.

How many times did you try to quit previous to your last attempt?

I probably tried over 20 times!

What challenges did you face when you decided to quit?

My anxiety increased for the first couple months. Everything got on my nerves. The withdrawals from nicotine really made everything hard. I had quit alcohol in July of 1995 which was difficult but this was hands down even

harder. My boyfriend at the time would smoke inside. I asked him to quit with me because it would be impossible for me to quit with him smoking and to be around it. He wouldn't quit so I sent him packing in August that is how important it was for me to fulfill my oath. To top it off, one of the clients at the Assisted Living Home smoked the same brand as I did and I would smell it every day making it even harder. Temptation was practically everywhere!

How do you feel now that you've quit?

Seeing how my relatives passed on reaffirmed my choice. Even though it was tough I'd go through it all again because it is worth it. My older children are proud and the youngest are much happier in a home that doesn't smell like cigarettes and they like that I don't smell like cigarettes. They all tell me how happy they are that I quit. They say I will live to be 120 years old and I say, 'If I do you will have to take care of me (smiles).'

What would you share with anyone who is contemplating quitting tobacco?

Stick to it! No matter how hard it is because it is worth it. If you slip, start over, ask for help, seek support, whatever you have to do. This choice directly affects you and your family's happiness and health. I feel I have broken the cycle and you can too.

It is my privilege to meet Theresa and to hear her story. I just want to reiterate there are many like Theresa out there, in our own magnificent state, from villages, towns and cities in every region with a story like hers. I marvel at the courage it takes for each individual to muster the strength in making the choice to overcome one of the most addicting sub-

stances on earth, and want to encourage all the people that are doing it.

If you are one of "seven out of 10" tobacco users who want to quit "Take Courage!" You CAN do it too. As Theresa shows, it doesn't have to be January 1st to make a resolution for your health and your family. Look at your situation and think of the benefits you will receive: better health, longer life, more money, the opportunity to set a positive example for your family, and the feeling of being free by breaking the chains of addiction.

Theresa is you, she is me, and the only difference is that she made a choice and she didn't think about the times she didn't succeed, she only thought about succeeding **this** time and she did it. You can make that choice too. You can be the next success story and when you are, I want to hear it!



To find out about the resources available in your area contact:

Jason Opheim
Tobacco Prevention & Intervention
Coordinator
Chugachmiut
907-562-4155
1840 Bragaw Street, Suite 110

CHUGACHMIUT BOARD OF DIRECTORS

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CHUGACHMIUT

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www.chugachmiut.org
www.facebook.com/chugachmiutALUTIIQ

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U.S. Postage Paid
Permit No. 595
Anchorage, AK 99508

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**
(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.