

Nupuat



Winter 2022 Edition

www.chugachmiut.org <https://www.facebook.com/ChugachmiutALUTIIQ> <https://www.instagram.com/chugachmiut/>

Serving the
Chugach Region
50 years
in
2024

Chugachmiut will be celebrating its 50th Anniversary in 2024. We want to ask our community members to submit photos from 1974 to current for use in our 'Chugachmiut - 50 Years of Service to the Region' publication. You can send these images to media@chugachmiut.org, and we will assist you with the photo release form needed. Please include information identifying the person(s) in the picture and its year.

Sound the fiber alarm! Most of us need more of it in our diet

Article from the Heart.org with edits from Joe Nyholm, RD

There are many health factors to keep in mind as we navigate through the dietary day: calories, carbohydrates, protein, saturated fat, vitamins, and minerals, to name a few.

Did you forget fiber? A lot of people do. Fiber is the unsung hero of nutrition and can play a role in many areas of health, from colon cancer prevention to blood sugar control to aid in weight loss efforts, to name a few.

For decades, that message has been preached by dietitians, headlined in health magazines, and inscribed on packages of cereal, many other foods, and dietary supplements.

Yet studies show many people in the United States fall well short of the fiber intake they need. In one alarming example, a 2017 analysis in the American Journal of Lifestyle Medicine concluded that 95% of adults and children don't consume the fiber recommended for good health.

Those recommendations vary by age and gender, but the average is about 28 grams of fiber per day, and the average intake is only about 14 grams. So, for most people, there's a 14-gram gap.

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Contact Numbers

Chugachmiut , Anchorage Main Line	562-4155
.....	Toll Free 1-800-478-4155
Chugachmiut , Main Fax Number	563-2891
.....	Toll Free 1-800-793-2891

CLINICS

		PHONE	TOLL FREE	FAX
Cordova	Ilanka Community Health Center	424-3622		
Chenega	Arch Priest Nicholas Kompkoff Clinic	573-5129		573-5148
		573-5142		
Nanwalek	Nanwalek Clinic	281-2250		281-2244
		281-2251		
Port Graham	Anesia Anahonak Moonin Clinic	284-2241		284-2277
		284-2295		
Seward	North Star Health Clinic	224-3490		224-5870
			1-800-224-3076	
Seward	Dental Clinic	224-4925		224-4933
Tatitlek	Tatitlek Clinic	325-2234		325-2350
		325-2235		

RESOURCES FOR SUPPORT

	PHONE	TOLL FREE
Alaska Native Health Consortium	729-1900	
Alaska Quit Line		1-800-784-8669
Behavioral Health Crisis Line (24/7)		1-844-891-0444
Careline Crisis Intervention		1-877-266-4357
Chugach Alaska Corporation	563-8866	1-800-858-2768
Chugach Regional Resources Commission	224-5181	
Domestic Violence & Sexual Assault Referral Hotline		1-877-907-8738
Domestic Violence Tribal Advocate, Kachemak Bay		1-877-907-8738
Nanwalek Recovery House	281-2217	
North Pacific Rim Housing Authority	562-1444	1-800-274-1444

BOARD OF DIRECTORS

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Port Graham Village Council
 Chenega IRA Council
 Valdez Native Tribe
 Nanwalek IRA Council
 Qutekcak Native Tribe
 Native Village of Eyak
 Tatitlek IRA Council

Chugachmiut Career Opportunities

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Check out Career Opportunities with Chugachmiut!

Chugachmiut is a rapidly growing 501(3)c Non-profit, Alaska Native Regional Tribal Consortium. We are seeking highly motivated, talented candidates to join us on our journey to excellence! Join a dynamic, team-driven environment that features an abundance of opportunities for growth and development! At Chugachmiut, you not only start a job but a career that truly makes a difference in the lives of others!

Chugachmiut offers its employees a robust and comprehensive benefits package including:

- 100% Employee paid benefits including medical, dental, and vision;
- 50% Dependent coverage;
- 401(a) Pension Plan with 8% company contribution;
- 403(b) with Roth option;
- Generous paid time off;
- Subsidized gym membership;
- And more!

Reach out to our Human Resources department at HR@Chugachmiut.org with any questions regarding our hiring process, job opportunities, or benefits! We look forward to speaking with you.

Visit <https://www.vsciberhosting.com/Chugachmiut/> to view full job descriptions and apply today!



or Scan above
with your
phone to
Apply!

Current Open Positions:

Behavioral Health Clinician (Kachemak Bay)
CHA II, III, IV or Practitioner (Nanwalek)
CHA Trainee (Chenega, Nanwalek, Tatitlek)
Community Health Aide II, III, IV or Practitioner (Chenega, Tatitlek)
Community Health Aide III, IV or Practitioner Itinerant (Any Regional Community)
Dental Assistant Itinerant (Any Regional Community)
Dental Health Aide Therapist Itinerant (Any Regional Community)
Dentist Itinerant (Any Regional Community)
Family Support Advocate (Any Regional Community)
Head Start Teacher Substitute Aide/Cook/Janitor (Nanwalek, Port Graham)
Health Administrative Assistant I (Chenega)
Health Administrative Assistant Itinerant (Chenega, Tatitlek)
Nurse Practitioner/Physician's Assistant (Seward)
Nurse Practitioner/Physicians Assistant Itinerant
Pharmacist In-Charge/Pharmacy Manager (Seward)
Real Estate Paralegal (Anchorage)
Sugt'stun Language Teacher (Nanwalek)
Village Public Safety Officer (Nanwalek, Port Graham, Tatitlek)
Village RN Case Manager (Any Regional Community)
Vocational Rehabilitation Coordinator (Anchorage)
Youth Advocate (Any Regional Community)
Yukon Fire Crew - Assistant Superintendent (Kenai)
Yukon Fire Crew Crewmember (Kenai)
Yukon Fire Crew Squad Boss (Kenai)
Yukon Fire Crew Superintendent (Kenai)



Join the Yukon Fire Crew!

Fiber is the material in plant-based foods that can't be broken down and passes through the system undigested. It's primarily found in fruits, vegetables, nuts, whole grains, and cereals. Why is it important? Let us count the ways.

But when people eat on the run, skimp on fruits and vegetables, and snack on processed foods, you don't have many good sources of fiber.

Some people suddenly decide to increase their fiber intake all at once and get side effects, like feeling gassy and bloated, so they quit doing it.

- Choose bread, pasta, and cereals made from whole grains, as well as brown rice.
- Eat fruits like apples and oranges rather than drinking juice. Berries with seeds, such as strawberries, blueberries, raspberries, and blackberries, are good sources of fiber, as are avocados.
- Include vegetables with every meal, and incorporate vegetables and legumes – mainly beans, peas, and lentils – into everyday recipes. Then snack on nuts, fruits, and low-calorie popcorn.

Every bit helps. If you're going to have a cookie, have an oatmeal cookie, it doesn't take large amounts of fiber to have a natural effect. There's much space to get more fiber included in your diet you can tolerate, and it's imperative.



Heritage Preservation Program Updates

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Cama'i from the Heritage Preservation Department!



Chugachmiut
HERITAGE PRESERVATION



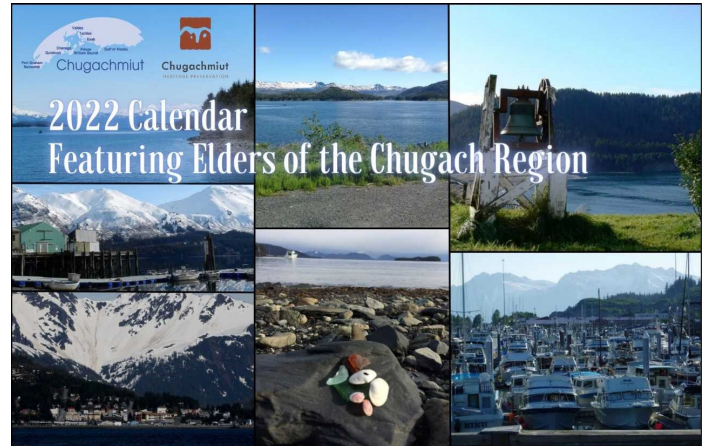
Alaska Native Education Program
Grant Number: 060419-001

Our Heritage staff is excited to share all of the work we have produced thus far in this Nuikuutaq (New Year)!

The Heritage Preservation team had the honor of creating the 2022 Chugachmiut calendar! This calendar honors chosen Elders within the Chugach region.

If you have not received a calendar, please email Alex Lyle at alexl@chugachmiut.org.

Planning for the 2023 calendar is ongoing, so keep an eye out for updates!



UNIV A190 - ALUTIIQ LANGUAGE LEARNING SUCCESS STRATEGIES

Basic Alutiiq language
Goal planning

Online learning tips
College success skills

Interested in the Alutiiq Language?
Test the waters with this course!

8 Week Course – Starts Feb. 7
Meets Mondays from 4-5:15 via Blackboard Collaborate
Some Tuition Scholarships available (contact Libby Eufemio at the Alutiiq Studies Program to apply – eeufemio@alaska.edu)

Kodiak College
UNIVERSITY of ALASKA ANCHORAGE

Register Today!
www.alaska.edu/uonline
907-486-1264

Instructor:
Peggy Azuyak

CRN#
38851
One Credit

The Heritage Preservation team has collaborated with Kodiak College to offer a 1-credit Alutiiq Language Learning Success Strategies course to all prospective college students and 11th and 12th graders within the region.

Chugachmiut Archive presents

OPEN ARCHIVE WORKSHOP

Every Friday! 9am - 10am

Join the Archive team in casual discussion on archive topics

Zoom link: <https://chugachmiut-org.zoom.us/j/85008902651?pwd=Zm1XUHZYI3dtSDJlU96eUFTcU9Vdz09>

or dial in by phone: 1 877 853 5257
Meeting ID: 850 0890 2651
Passcode: 347431

Chugachmiut
HERITAGE PRESERVATION

The Archive team is excited to announce a new weekly workshop to dialogue various Archive topics. Please join us every Friday from 9 am - 10 am for this paid stipend opportunity for Elders and Recognized Experts.

Zoom link: <https://chugachmiut-org.zoom.us/j/85008902651?pwd=Zm1XUHZYI3dtSDJlU96eUFTcU9Vdz09>

or dial by phone: 1-877-853-5257
Meeting ID: 850 0890 2651
Passcode: 347431

Heritage Preservation Program Updates

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Port Graham community!

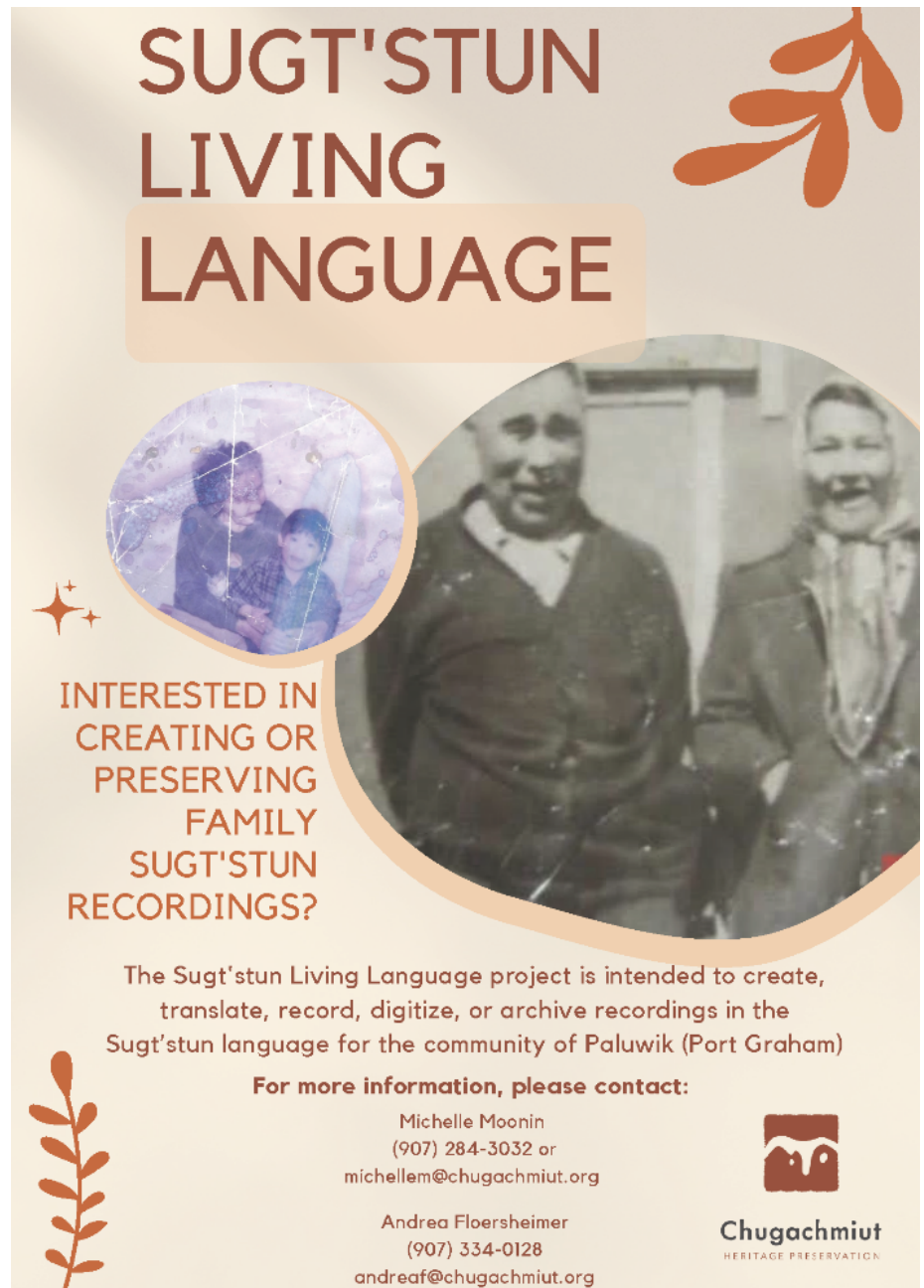
Are you interested in creating or preserving family Sugt'stun recordings?

Please reach out to Michelle Moonin
michellem@chugachmiut.org



or

Andrea Floersheimer
andrea@chugachmiut.org

if you're interested in this exciting new project!



**SUGT'STUN
LIVING
LANGUAGE**




**INTERESTED IN
CREATING OR
PRESERVING
FAMILY
SUGT'STUN
RECORDINGS?**

The Sugt'stun Living Language project is intended to create, translate, record, digitize, or archive recordings in the Sugt'stun language for the community of Paluwik (Port Graham)

For more information, please contact:

Michelle Moonin
(907) 284-3032 or
michellem@chugachmiut.org

Andrea Floersheimer
(907) 334-0128
andrea@chugachmiut.org



Chugachmiut
HERITAGE PRESERVATION

**Our next ANEP Quarterly Meeting
will be March 15 - 17, 2022**

Please RSVP at :

<https://docs.google.com/forms/d/e/1FAIpQLSf7FhzXfu69CeVdzEHMo0KTUFPYkdWuPw6E9UHec3yWFQw7og/viewform>

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Spring Quarterly Meeting

March 15 - 17, 2022

A special time of gathering together with Elders,
Recognized Experts, and partners.

Please [RSVP here!](#)



Chugachmiut
HERITAGE PRESERVATION



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Old Treasures

Cama'i, IAXiishuh, and Hello from the Chugachmiut Heritage Archive!

Expanding the Historical Record

Our archive database continues to grow, with over 630 records that document Sugpiaq and Eyak history in the region now safely entered into our archival system. Some of the finds we've most enjoyed have been the Sugt'stun children's stories from the 1970s and historic audio recordings of Elders throughout the region. We invite you to check out some oral history interviews, community photographs, and classroom resources through our digital archive and to let us know what you think! <http://www.chugachmiutheritagearchive.org/>

Community Outreach

Our Facebook page [Chugachmiut Heritage Preservation](#) continues to highlight archival finds, but we have amped up our community outreach to include weekly **Open Archive** sessions every Friday from 9:00 – 10:00 AM. Joining one another over zoom and sipping our hot beverages of choice, we workshop different pieces in the archive to incorporate community knowledge and experience into the archive's documentation efforts. Last week we translated a 1970s story by Walter Meganack Sr. The week before, we examined contemporary art pieces on display in the archive's public exhibit. Please reach out to Andrea or Dawn if you are interested in joining us!

Designing for the Future

The Anchorage office has been a busy place for Andrea and Dawn. Our archival scanner arrived and is completely set up, enabling us to quickly and safely scan fragile historic documents. Several exhibit cases arrived and currently display many of the art pieces in the archive. At the time of writing this, our mobile shelving unit is being installed in the designated archive facility. We can't wait to share pictures with you when these changes are finished!

Chugachmiut Munartat (Artists)

Another exciting way that the Archive is connecting to the Chugach community is by the Chugachmiut Munartat (artists) project. After spending the past few months planning and compiling an artist directory, we are beginning to commission and purchase art from Chugach regional artists to enrich our Heritage Kits! We are hoping to purchase rare traditional art pieces, in an effort to revitalize art forms that are in danger of being lost. Through this we hope to preserve the integral parts of the Chugachmiut identity and culture that are embedded into these art practices.

We are also very excited to be hosting two art retreats this spring! One in Seward (tentative) to build a traditional Chugach style Qayaq, and another in Cordova to sew a traditional bear intestine parka. We will be assembling groups of skilled Chugach artists to create these items, and we will be extensively documenting the entire creative process. These retreats will then result not only in amazing works of art, but invaluable cultural preservation resources!

New Collaborative Projects

Our first workshop with the Berlin Ethnologisches Museum curators took place on the last day of our January 2022 Quarterly Meeting. Elders from around the Chugach Region shared their knowledge about the collection of Sugpiaq and Eyak tools housed in the Berlin collection. While we are only in the very beginning stages of this partnership, we are working with the Berlin curators and Chugach community members to ensure that the knowledge Elders share is extensively documented and shared back with Chugachmiut communities through published materials and new digital forms of repatriation. We also continue to seek Sugt'stun recordings through our Port Graham Living Language grant. If you have recordings or videos that you would like safely digitized, would like to translate historic Sugt'stun recordings into, or if you have stories to share with us in Sugt'stun, please feel free to reach out to us!

Join Us!

Are you interested in getting involved? Come join us any Friday morning from 9:00 – 10:00 a.m. or reach out to us individually! We can be reached at andreaf@chugachmiut.org (907-334-0128) or dawnr@chugachmiut.org (907-952-7178) -- we'd love to hear from you!

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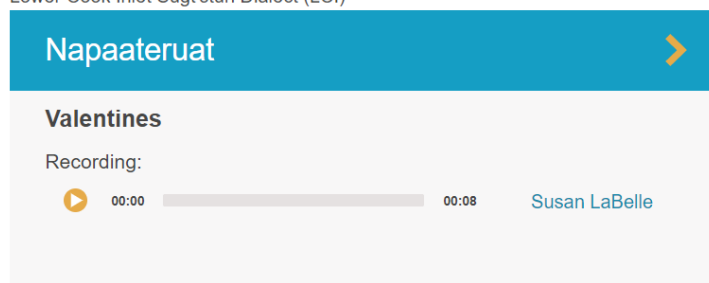
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Teachers Beam When There's a Theme

Lower Cook Inlet Sugt'stun Dialect (LCI)



During the last quarterly meeting on January 27, 2022, we shared the update of adding Sugt'stun words from the Seasonal themes, created, edited and reviewed by Rhoda Moonin with guidance from the Elders, Emilie Swenning, Brandon Moonin, Epimia Moonin-Wilson, Shyla Krukoff, and Samuel Swenning, between 2020 and 2021. The words represent each season of the year. The Sugt'stun team utilized the various documents by researching Sugt'stun Dictionaries, past Sugt'stun curriculum, Chugachmiut published stories, Alexandrovsk, Cillqaq and through other organizations like Alaska Native Language Institute, among others.

The curriculum of Seasonal Themes was created to assist Sugt'stun Teachers and Substitute Sugt'stun Teachers with a curriculum that included Elder quotes, Sugt'stun words, and materials as a resource. Currently, Lead Sugt'stun Speaker, Atakaa (Rhoda Moonin), has been adding Sentences and pluralization to assist with the Sugt'stun words in the Seasonal Themes.

This past year, the Language team utilized the Chugachmiut Archive website which includes an abundance of collections. We recognized an opportunity to include recordings of the Sugt'stun words. Thankfully we have a great team of Elders from Lower Cook Inlet (LCI) and Prince William Sound (PWS), that expressed interest of the idea and the recording of Sugt'stun words.

To date, we have recorded Sugt'stun words from these seasonal themes and added them to the [Chugachmiutheritagearchive.org](https://chugachmiutheritagearchive.org) website under Browse Dictionary:

- Amiq Minglluku – Skin Sewing: LCI and PWS
- Napateruat Ernerat – Valentine's Day: LCI

Currently, the Sugt'stun team meeting with the Elders via Zoom, and hoping to have it in person in the near future:

- We are meeting the Elders from Lower Cook Inlet on Tuesday and Thursday at 12:00 p.m. to 1:00 p.m. review and practice the words and then 1:00 p.m. to 2:00 p.m. recording the words.
- Currently we are working on creating a regular schedule with our Elders from Prince William Sound. To date we have met on Monday at 3:00 p.m. and Wednesday at 3:00 p.m. with PWS but our next meeting is for 2/22/22 at 3:00 p.m. due to holiday schedule.

If you know an Elder from Lower Cook Inlet or Prince William Sound who is interested in participating in the practice, reviewing and recording, please contact Angelina Roehl at angelina@chugachmiut.org or 907-575-3537.

You may also share with the Sugt'stun team in your villages:

- Atakaa-Rhoda Moonin, Lead Speaker, Nanwalek: RhodaM@chugachmiut.org
- Kitilinguasaq-Brandon Moonin, Sugt'stun Teacher for Tatitlek and Chenega: BrandonM@chugachmiut.org
- Apamia-Ephimia Moonin Wilson, Sugt'stun Teacher for Port Graham: Ephimia@chugachmiut.org
- Teglnaliq-Shyla Krukoff, Sugt'stun Teacher for Cordova: Shyla@chugachmiut.org

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Cultural Corner

Cama'i from the Culture Group! Our team has been hard at work finishing projects, making digital recordings, and forging partners from all over Alaska and the world. Qu yana and thank you to all who have been joining us for our Quarterly Meetings over the last year. During our January meeting, our Local Cultural Coordinators (LCC's) provided updates on the Heritage Kits they have been redesigning and sharing the many special projects they have been involved in.

Recently we have been viewing records of Sugpiaq and Eyak items from museums around the world and have found some wonderful resources to reference in our various projects.

One example is the British Museum. They house various items, from goat horn spoons, a slate knife, masks, and different lip-ornaments or labrets.

You can view these items with this link: <https://www.britishmuseum.org/collection/term/x90835>

We hope you join us for the next quarterly meeting. If you would like to share information with any of our Local Cultural Coordinators, please contact us. We are always looking for stories, project ideas, and great conversation.

Qu yana, AwA'ahdah.

Game App Project

FableVision Studios is excited to be working with Chugachmiut on an early childhood Sugpiaq Culture and Heritage Game. This game app is designed for children ages 3-5 and will be available on phones, tablets, and computers. Tapping into children's natural love of interactive experiences, the app engages kids in game-based adventures to prepare them for school while making them excited about better understanding their community, the Sugt'stun language, and the cultural heritage and values of the Sugpiaq people. We are grateful for all of the input we have already received from the community in our early phases of game development and are looking forward to further collaboration as we bring this project to life. Qu yana!



Concept Art in Development

FableVision Team



Jordan Bach
Technical Director



Bob Flynn
Art Director



Jonah Gaynor
Production Assistant



Gary Goldberger
Executive Creative Director
Game Design



Leigh Hallisey
Creative Director



Christina Kelly
Lead Artist



Anne Richards
Producer
Game Design



Audrey Spencer
User Experience Design

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Stay Connected with Us!

Check out our [website](#), where we store valuable content and resources. Check out the [Archive website](#) for digital archive materials, heritage kits, and more! Please follow us on [Facebook](#) to receive all of our program updates! You may also call us at 907-562-4155.

To reach staff directly, please email us:

Mark Hiratsuka, Heritage Programs Director - MarkHeChugachmiut.org

Rhoda Moonin, Regional Master Speaker - RhodaMeChugachmiut.org

Nicholas Jordan, Regional Education Coordinator - NicholasJeChugachmiut.org

Angelina Roehl, Regional Language Coordinator - Angelina@chugachmiut.org

Andrea Floersheimer, Archivist/Heritage Cultural Collection Coordinator - AndreaFechugachmiut.org

Dawn Randazzo, Assistant Archivist - DawnR@chugachmiut.org

Alex Lyle, Administrative Programs Coordinator - AlexL@chugachmiut.org

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Jemerson Anahonak, Local Cultural Coordinator, Tatitlek - Jemerson@chugachmiut.org

Nancy Yeaton, Local Cultural Coordinator, Nanwalek - NancyY@chugachmiut.org

Cheryl Eleshansky, Local Cultural Coordinator, Cordova - Cherylee@chugachmiut.org

Camille Parry, Local Cultural Coordinator, Chenega - Camille@chugachmiut.org

Daniel Wiley, Local Cultural Coordinator, Valdez - Danielwiley@chugachmiut.org

Michelle Moonin, Local Cultural Coordinator, Port Graham - Michellem@chugachmiut.org

Brandon Moonin, Sugt'stun Language Teacher, Tatitlek - BrandonMeChugachmiut.org

Shyla Krukoff, Sugt'stun Language Teacher, Cordova - Shyla@Chugachmiut.org

Ephimia Moonin-Wilson, Sugt'stun Language Teacher, Port Graham - Ephimia@chugachmiut.org

Vladimir Moonin, Sugt'stun Language Teacher, Nanwalek - Vladimirechugachmiut.org



Chugachmiut
HERITAGE PRESERVATION

New Team Member Announcement- Albi Tatum, RN Chugachmiut Health Services Operations Director

We are pleased to announce and invite you to welcome Albi Tatum, RN to our team as our new Health Services Operations Director. In her role, she will have the responsibility and oversight of day-to-day operations and delivery of services across the Chugach Region primarily overseeing operational efficiency and quality of clinic services at all clinic sites, including direct supervision of directors and managers. She will lead our efforts to improve quality outcomes and clinic operations in a way that contributes to an enhanced experience for staff and patients.

Albi has 22+ years of increasingly responsible experience in healthcare. She grew up in Seward and has always considered Seward her HOME. She started her health care career in 1999 as a paramedic. In fact, she was one of the first paramedics to be hired with Providence Alaska's flight team LifeGuard (now known as LifeMed).



After flying around Alaska in both fixed-wing aircraft and helicopters for almost three years, she decided to further her education again and enrolled in nursing school. While in nursing school and beyond, she worked for an Osteopathic Medical School based in Washington as a regional site administrator. She coordinated medical student rotations for as many as 19 Anchorage-based medical students. She graduated with high honors in 2014 with her Nursing Degree and has worked as an Office RN for a Midwifery office, Birth Assistant in a free-standing Birth Center, Clinical Supervisor, and Clinic Manager. She continues to dabble in her first love of EMS by volunteering with Seward Volunteer Ambulance as an EMT-3 and serves as their training officer as a State of Alaska Advanced EMT Instructor. When she is not working or volunteering, she enjoys spending time with her husband and daughter, parents who live right down the road, three dogs, and currently ten chickens.

We are confident that with Albi's knowledge and experience, she will help strengthen our team and the services provided to our communities.

We're excited to welcome her and hope you will be, too.

March is Colon Cancer Awareness Month!

Colorectal cancer is one of the leading causes of cancer among Alaskans and is twice as common among Alaska Native people. While colorectal cancer affects both men and women, it is preventable and highly treatable when caught early. **Colorectal screenings prevent cancer and save lives!** A colonoscopy isn't the only option for colorectal cancer screening. There are simple, affordable options, including tests that can be done at home. **Talk to your health care provider today about screening options!**

Approximately 47% of people living within the region are DUE for a Colon Cancer Screening!

What is Colorectal Cancer?

Colorectal cancer grows in the colon (large intestine) or the rectum. Screening helps your provider find and remove polyps before they turn cancerous or catch cancer at an early stage when it's highly treatable. **Alaska Native people who are 40 years old and older or have a family history of colorectal cancer are encouraged to talk with their health care provider about getting a colorectal cancer screening.**

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Why This is Important—Did you know?

- Colorectal cancer is **linked with smoking, diet, and obesity**, and **people with type 2 diabetes** have a higher chance of developing colorectal cancer. *
- Many colorectal cancers can be **prevented through regular screening**. Screening can find precancerous polyps (abnormal growths in the colon or rectum) so that they can be removed before they turn into cancer. **
- **Colorectal cancer is a leading cause of cancer death** for both men and women. ****
- **When found early**, colorectal cancer is highly treatable. *
- The early stages of colorectal cancer **usually present no symptoms**, appearing as cancer progresses. **
- It can take as many as 10 to 15 years for a polyp to develop into colorectal cancer. **Regular screening can prevent many cases of colorectal cancer altogether** by finding and removing specific types of polyps before they have the chance to turn into cancer. Screening can also help find colorectal cancer early, when it's small, hasn't spread, and maybe easier to treat. ****
- About **1 in 3 people** in the US who should get tested for colorectal cancer **have never been screened**. ****

References:

*Retrieved From American Cancer Society Colorectal Cancer Facts & Figures 2020-2022:

<https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2020-2022.pdf>

**Retrieved From the CancerCare page on Importance of Screening and Early Detection of Colorectal Cancer:

https://www.cancercare.org/publications/116-colorectal_cancer_the_importance_of_screening_and_early_detection

****Retrieved From American Cancer Society webpage:

<http://www.cancer.org/cancer/colonandrectumcancer/moreinformation/colonandrectumcancerearlydetection/colorectal-cancer-early-detection-importance-of-crc-screening>



Women's Group

This is an open group to all women and we would love to see you come and talk about the issues close to your heart or gifts you have to give others.

Join us on Thursdays at 4pm on
Zoom ID # 936 1855 8891



We are currently accepting scholarship applications for Fall 2022.

The deadline to apply is June 30th.

There is no deadline for Vocational scholarships.

Apply Now!

Questions?

Contact Donna at (907) 562-4155



Recovery Camp Experience: Strength & Hope

Submitted by Eydie Flygare, CDCA, NCACI, Addiction Coordinator

My name is Mandy, and I am an alcoholic. I never would have admitted that almost 3 years ago. I can tell you know this is how all of the greatest stories I have heard have ever began. September 23rd, 2019 was my wake-up call. We lost a dear friend (and ex brother-in-law) to alcohol. Shock, grief, loss shook me sober. This was the beginning of my life and actually living. I considered myself a fun and safe drunk but, my kids would tell you a different story. I always had a way to justify my behavior no matter how horrific. Even at the insistence of my 2nd oldest who would sigh and say Mom in an exasperated voice, "why?" I would tell her shut up, you get your games, your candy, fun. I am an adult, and this is my adult fun. I don't even understand how I could hurt my children in the exact same way my alcoholic father hurt me, hurt us by choosing alcohol over us. I understand the strength of addiction and how difficult it is to stop. I have since forgiven my father, and my parents for their shortcomings and accept my past. I love my parents very much, for without I would not exist or be the person I am today.



In February 2020, I attended my first recovery camp. Looking back, it was my saving grace, and Eydie was an angel sent by God. Eydie did what she could do to get me into camp. Where I met more angels and lifelong friends based on a refreshing honesty that in our imperfections lies our perfectness. The fellowship, my people, my heroes. My life before sobriety was messy, painful, hell. I was a jumble of self-pity, self-righteousness, martyrdom, depression, suicidal tendencies, toxicity, just to name a few things. I was blind to anyone else's pain but my own, which was always someone else's fault. I was bleeding on all I loved and doomed to repeat the same toxic patterns that led me to alcoholism, to begin with. I was waiting for somebody to save me from myself. I do not think I would be alive today if not for sobriety and the recovery camp and everyone there; it was my saving grace, my 2nd chance to live life and not just survive it. It not only saved my life but my husband, who is also sober, and my children's lives and generations to follow.

My life after recovery camp is so beautiful and vivid, colorful, and full. I accept myself with all my flaws. I now know it's okay to not be okay. I strive to have more compassion and less judgment which is incomplete without self-compassion. I no longer compare myself to anyone else but myself. Making mistakes is not the end of the world; progress over perfection. I continue to try learning healthier habits and work towards self-improvement. Selfishly but in the best way possible, I look to grow change into a healthier version of myself. My fun now includes my kids; adult fun is now non-destructive. I hope my kids will have a better example of healthier relationships and patterns.

I have never felt this good in my whole life and this close to God, like heaven on Earth. I woke up this morning filled with so much gratitude to have another day to live, truly live. I still get sad, but not like I used to. It passes a lot faster. Thank you, God, thank you, Eydie, thank you, Jim, Neil, Victoria, Shelby, Joy, Giovanna, Jason, Dusty, Mathushka Anna, Father James, Sarge, the village of Port Graham for hosting the other superheroes recovering at camp (I hope I am not forgetting anyone if I am I am so sorry) and thank you Chugachmiut for this life-changing opportunity where my life of living began. I will forever remain grateful. Yours in God and fellowship- Mandy

Our next Llangarwik Recovery Camp will be virtual and held March 14th - 27th, 2022. To sign up, please get in touch with Eydie at (907) 602-8644.



THE 20th ANNUAL MEMORIAL GATHERING

This years theme is

Our Subsistence Resources

Highlights of the Gathering include a traditional feast, candlelight vigil, and traditional dancing and music from the Chugach region. The virtual event includes discussions on shellfish, fish, marine mammals, plants, terrestrial (land) mammals, and migratory birds.



When and Where:

Thursday, March 24th, 2022

held virtually on Attendify

Virtual Gathering 9:00am to 5:00pm AKST

Dinner Events 5:00pm to 7:00pm

To register go to

<https://hopin.com/events/crrcgathering2022>

or scan the QR code below



For more information or questions
contact **Diana Hinton** at
execassistant@crrcalaska.org





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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:

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