

# Nupuat



A quarterly publication of Chugachmiut, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region.

Fall 2024 Edition

*Elder's Gathering*, page 10

## Qayaqs and Canoes: Native Ways of Knowing



**Back** (standing left to right): John Moonin, Rhoda Moonin, Charles Moonin, Michael Opheim, Nancy Yeaton, Lars Moonin, Joe Rodrigues (Back), Colette Brantingham, Lillian Elvsaa, and Mark Hiratsuka.

**Front** (left to right): Paul McDonogh, Millie Taylor, Angelina Roehl, Eugenia Moonin, and Haley Hakala.

Photo by Robert DeBerry

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# Explore Career and Itinerant Opportunities

Chugachmiut is a rapidly growing 501(c)(3) non-profit agency the Tribal consortium created to promote self-determination to the seven Native communities of the Chugach Region. We are seeking highly motivated, talented candidates to join us on our journey to excellence. At Chugachmiut, you not only start a job but a career that truly makes a difference in the lives of others. We offer robust benefits to full-time employees. Join our team!

## Anchorage

Administrative Assistant  
Community & Family Services Division Director  
(Anchorage or Seward)  
Human Resources Director  
Human Resources Generalist  
Medical Billing Specialist  
Project Accountant  
Records & Information Manager  
Senior Staff Accountant  
Staff Accountant (2)

## Chenega

Community Health Aide (CHA) Trainee  
Health Administrative Assistant  
Health Administrative Assistant Itinerant

## Homer

Behavioral Health Clinician  
Head Start Education/Disabilities Coordinator

## Kenai

Yukon Fire Crew Crewmember FFT2  
Yukon Fire Crew ICT5 Squad Boss  
Yukon Fire Crew Assistant Superintendent

## Nanwalek

Head Start Teacher Substitute Aide/Cook/Janitor  
Health Administrative Assistant Itinerant  
Village Public Safety Officer

Chugachmiut has a hiring preference for qualified Alaska Native and American Indian applicants under P.L. 93-638 Indian Self-Determination Act.

**Questions?** Contact [employment@chugachmiut.org](mailto:employment@chugachmiut.org), (907) 562-4155, or (800) 478-4155 (toll-free).

## Port Graham

CHA Trainee, CHA-I, CHA-II, CHA-III, CHA-IV or CHP  
Head Start Teacher Substitute Aide/Cook/Janitor  
Health Administrative Assistant  
Health Administrative Assistant Itinerant  
Starlink Satellite Dish Technician  
Vehicle Service Specialist  
Village Public Safety Officer

## Seward

CHAP Director  
Community & Family Services Division Director  
(Anchorage or Seward)  
Dental Hygienist Itinerant  
Health Coach  
Medical Director

## Tatitlek

Behavioral Health Aide  
CHA Trainee  
Health Administrative Assistant Itinerant  
Vehicle Service Specialist  
Village Public Safety Officer

## Any Regional Community

Advanced Practice Provider Itinerant  
Dentist Itinerant  
CHA III, IV or Practitioner Itinerant



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# Llangcarwik Recovery Camp - Kenai

We are pleased to announce the upcoming Llangcarwik Recovery Camp, which will be held from November 3 to 17, 2024, in the serene surroundings of Kenai, AK. This two-week program is a beacon of hope for those grappling with substance abuse, mental health challenges, and personal struggles.

With no charge for attendees, Llangcarwik Recovery Camp is designed to offer a supportive and empowering environment, fostering personal growth and resilience. Participants will experience a blend of cultural respect, community support, and practical help for overcoming issues like depression, anxiety, and trauma.

If you or someone you know could benefit from this life-changing experience, please contact us at (907) 562-4155 or toll-free at (800) 478-4155. Applications are available through local Behavioral Staff in various communities.



**Llangcarwik Recovery Camp**  
*A Place of Awakening*  
**November 3-17, 2024**  
Kenai, AK

Join us for a life-changing journey at our free Llangcarwik Recovery Camp. This empowering program offers support for substance abuse, depression, anxiety, and trauma in a nurturing environment. Enjoy home-made meals, connect with a supportive community, and gain tools to build a positive path for your future. Our camp honors cultural heritage and provides time for personal reflection and growth.



**Sign up today!**

- Contact Camp Director Victoria Clark at (907) 252-3343. Submit your completed application to [victoriac@chugachmiut.org](mailto:victoriac@chugachmiut.org).
- **Pick up an application from Behavioral Staff in your community:**
  - **Chenega:** Gail Evanoff, (907) 573-5127
  - **Nanwalek:** Juanita Bales or Mandy Wood, (907) 281-2217
  - **Port Graham:** Jim Miller, (907) 284-2261
  - **Seward:** Giovanna Atkins, (907) 224-3490, or Dolly Wiles, (907) 224-3118
  - **Tatitlek:** John Yakanak, (907) 334-0144



**50**  
Chugachmiut  
1974 - 2024

Division of Family and Community Services.  
Department of Behavioral Health

## Chugachmiut Housing Improvement Program

Applications are open for the Chugachmiut Housing Improvement Program (HIP), a need-based initiative funded by the Bureau of Indian Affairs (BIA). Designed to address housing challenges among Native American and Alaskan Native families, the HIP helps repair or renovate existing homes and supports purchasing new ones. Priority is given to disadvantaged individuals, including the elderly, disabled, low-income families with dependent children, veterans, and those living in overcrowded or unsafe conditions.

For more info, visit the link above or contact **Georgina Sumstad**, Executive Assistant, at [georgina@chugachmiut.org](mailto:georgina@chugachmiut.org). The deadline for applications for the current year is November 12, 2024. Don't miss this opportunity; apply today!

Apply at: [www.chugachmiut.org/capacity-building/land-use-planning](http://www.chugachmiut.org/capacity-building/land-use-planning).



**Applications open!**



**Housing Improvement Program**

 **Deadline: November 12, 2024**



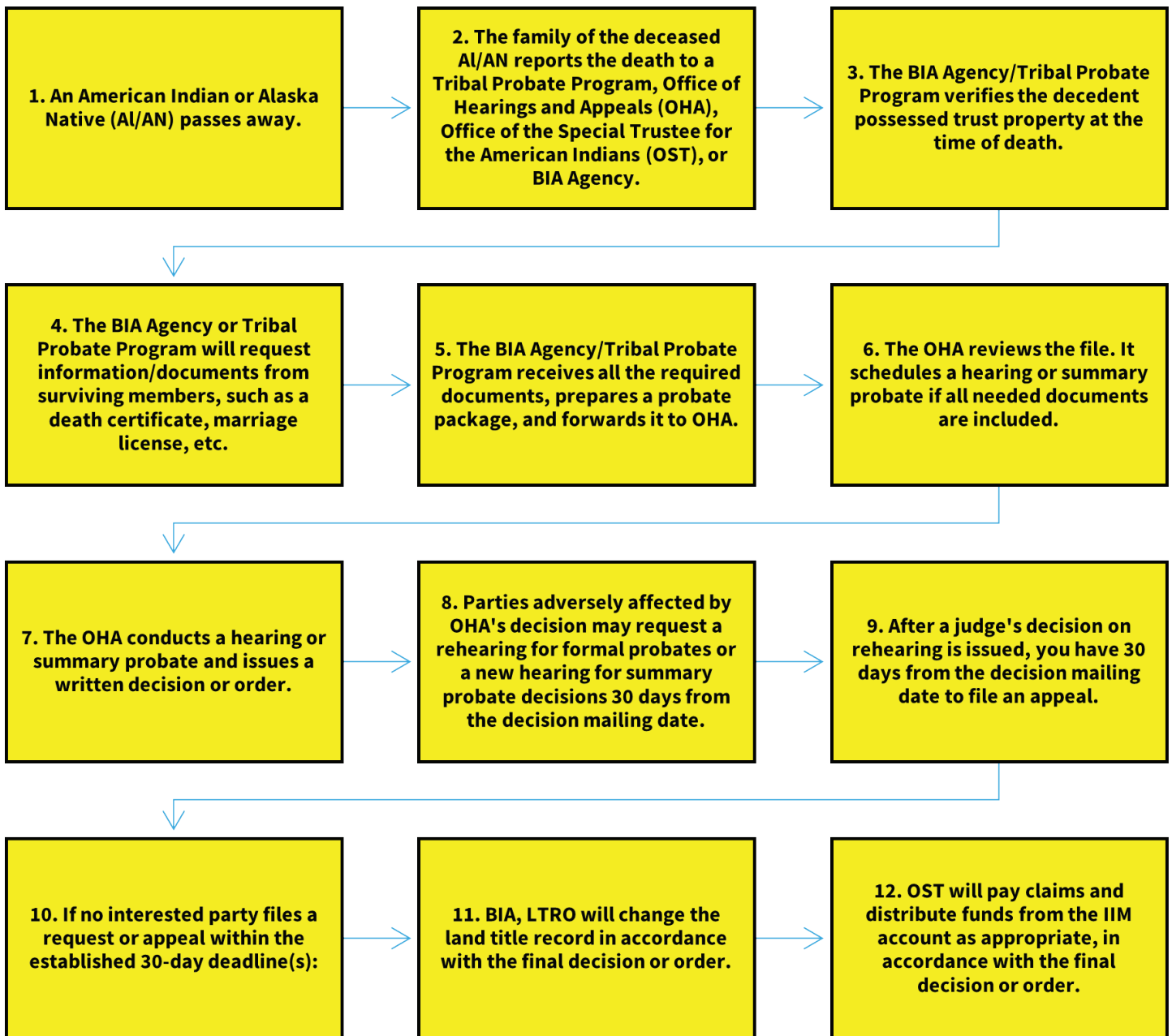
Scan the QR code  
for the link

Chugachmiut

# Realty Department - Probate Process Reminders

One of the most frequently asked questions is, “**Why does it take so long to complete the probate process?**” There is no set time frame for probating **trust or restricted lands or trust funds**. Completing a probate requires coordination and collaboration with the Agency, LTRO, OHA, and OST. Gathering the required documents—such as death certificates, marriage licenses, and adoption decrees—requires the cooperation of the decedent’s heirs. Gathering these documents can sometimes take months, so we kindly ask that interested parties respond as promptly as possible to requests for information.

## Department of Interior’s Probate Process



Resource: BIA’s “Do You Know Who Will Inherit Your Land?” booklet is available at [www.bia.gov/bia/ots/dop/your-land](http://www.bia.gov/bia/ots/dop/your-land).

Thank you for your cooperation and adherence to the guidelines on the next page. By working together, we can navigate the probate process as smoothly as possible. The Chugachmiut Realty Department can help you through these processes. Please call (907) 562-4155.

# Realty Department, continued

## Important Probate Process Guidelines and Reminders

- Lands cannot be traded, transferred, or sold without going through Chugachmiut Realty for BIA's approval.
- There are no deeds until the land is transferred by sale or gift deed. In the meantime, landowners hold **certificates**, which serve as proof of ownership for trust or restricted lands.
- Land with multiple heirs can only be sold if all owners agree to the sale.
- Probates may take up to **two years or longer** if proper documentation is not submitted with the **Data of Heirship Findings**. This document, sent to each family member, helps identify the legal heirs of the deceased by gathering information about their family members, marital status, and potential claimants to the estate. This is especially important for trust or restricted lands where federal laws guide property distribution.
- A **hearing** date will be set once the law judges confirm that all information submitted to Chugachmiut and the BIA is accurate.
- All information, including wills and potential heirs, is **confidential** until the hearing.
- If you call on behalf of a family member, please note that the landowner must give us **written permission** to discuss any transactions.

## 2024 Christmas Card Design Contest

Cama'i! We are hosting our annual Christmas Card Design Contest with a chance to win one of three prizes! The grand prize winner will be featured on our 2024 Christmas card and receive a cash prize. Additionally, two runners-up will receive a cash prize and acknowledgment in Chugachmiut media outlets.

Submissions must tie in with the 50th anniversary theme: *"Self-Determination at its Best: 50 Years of Service to the Chugach Region; Building the Next Generation."*

The contest is open to everyone of all ages.

Special consideration may be given to entrants who reside in or are members of one of the seven Tribes Chugachmiut serves, including Chenega, Eyak (Cordova), Nanwalek, Port Graham, Qutekcak (Seward), Tatitlek, or Valdez.

Learn more at [www.chugachmiut.org/2024-christmas-card-design-contest](http://www.chugachmiut.org/2024-christmas-card-design-contest).

The submission deadline is **Friday, November 15, 2024**, at 5:00 pm (AKST).



The poster features a green and red wavy border at the top and bottom. In the top left corner is the Chugachmiut 50th anniversary logo (1974-2024). To the right, it says "Calling all artists!". The main title is "2024 Christmas Card Design Contest" in a red cursive font. Below this, there are two columns: "Contest Details" and "Prizes".

Contest Details	Prizes
<ul style="list-style-type: none"><li>• Open to all ages</li><li>• Digital submissions only</li><li>• Include an artwork release form</li></ul>	<ul style="list-style-type: none"><li>• <b>Grand Prize:</b> \$200</li><li>• <b>2 runners-up:</b> \$50</li></ul>



# VPSO Patch Design Call for Art

Cama'ii! Artists from the Chugach region are invited to showcase their talent and heritage by submitting a patch design for the Chugachmiut Village Public Safety Officer (VPSO) uniform. Submissions can be in the form of a drawing or digital artwork and should symbolize the Sugpiaq heritage. Submit artwork to [media@chugachmiut.org](mailto:media@chugachmiut.org).

The top three designs will be recognized and compensated:

- 1st place: \$500
- 2nd place: \$250
- 3rd place: \$100

Please spread the word to artists who may be interested in this exciting opportunity! Quyanaa & AWA'ahdah! Learn more at: [www.chugachmiut.org](http://www.chugachmiut.org).



## Self-Esteem Comic Strip by Julianna Michener

**Gail Evanoff**, Behavioral Health Aide & Tribal Advocate, coordinates activities in Chenega, such as the Choose Respect March. She shares resources and activities to build strength and resilience. This summer, one of the youth, **Julianna Michener**, drew a comic strip on self-esteem, which showcases her deep understanding of the topic and highlights her creativity and artistic talent. Quyanaa, Julianna!





# Sunny Weather: Teen Wellness Camp

Chugachmiut's Behavioral Health Department recently hosted its first Teen Wellness Camp, bringing together Alaska Native teens. Held at the Ageya Wilderness Center in Homer, the weekend offered a blend of nature, creativity, and connection, making for an unforgettable experience.

Teenagers engaged in various activities, from painting and nature walks to movie nights and learning to play the ukulele. The camp fostered self-expression and new friendships, and many participants shared their excitement for future events.

This camp offered an opportunity to unplug and engage with nature while building connections. On the final evening, they roasted hotdogs, made s'mores, and reflected on their time at camp around a campfire. One teen summed up the experience: "I'd give it 10/10 stars. I hope next time it's longer." The following day, the group visited the Homer Farmer's Market, enjoying pizza and picking up fresh produce before heading home.





# Chugach Regional Writers

## Never to Forget By Gail Evanoff

Stepping away from the window,  
as we wait for what comes next,  
I am in awe --  
the majestic trees,  
so green and full and everywhere.  
The pathways and walkways gleam.  
To think there once stood a tree that thrived in the  
naked sun.

The distance I traveled I could not comprehend  
from open arctic skies where rolling hills abound,  
to forests that swallow you whole.  
I was struck silent at the sight of the stark white  
buildings.

Arriving by Widgeon from Juneau,  
standing on the beach to be  
herded toward this big white building.  
These little kids should not be here.  
Some of them five or six years old!  
They should be home with their mothers.  
It's a boarding school, an institute, a word unknown  
to me.

The sight renders me stoic.  
I just follow.

Like an iceberg, there is much more to shock my  
senses.

Like a little soldier, I'm always in line and every move  
defined.

Waxing the floors and learning to put corners on  
sheets.

I welcome the endless tasks.  
Such work fills the space when yearning is strong  
to be gone from this place  
Does my mom know where I am and suffering so?  
What can I say? Sheets of white.

Never to lie in!  
At home they are shrouds to bury the dead.  
I can't or won't sleep there.  
For months, I only lay on top of the covers.

My identity is numbered  
"Number 79, Wake Up." "Number 79, It's time to go."  
"Number 79, It's time to line up..."  
"Number 79, You've got mail."  
It's everywhere, on my clothing, my towels,  
my section in the dorm.  
Everything assigned to me has this number.  
My life is snatched away.

Number 79 is my new identity.  
I will never forget the feeling of betrayal and loss  
when I am told  
To forget about the sheets and accept  
a new life not of my making.



Wrangell Institute, circa 1938-1949. Photo courtesy of the U.S. National Archives, File No. 5722986-03-31-0002.



# Chugach Regional Writers

## Reign on My Parade By Mandy Wood

Trumpets blaring  
Red carpet laid  
But, without the sun, there is so much shade  
Her Majesty would like some tea  
I bow deeply to the crown  
And I noticed across her face a frown.  
I wonder why  
I look up at the sky  
A big fat raindrop hits my eye.  
The Queen begins to cry  
The trumpets quiet down  
A sudden hush  
Will that red carpet turn to mush?  
Then, as if on cue  
Does the Queen have the flu?  
She lifts her gown, kicks off her shoes  
And her feet begin to move.



Is that a dance  
Or fast escape  
I see a smirk across her face  
Utter glee  
The Queen is free!  
Hands waving willy-nilly,  
I join in the silly.  
The trumpeters they get the rift  
And the music begins to drift.  
The Queen and I were dancing in the rain  
You don't believe me because it sounds insane,  
How would you know you were not there?  
Oh, we danced without a care  
Whilst the trumpets blared  
Not your typical day for tea  
Her Majesty and I dancing in the streets,  
The day it reigned on my parade.



**Chugach Regional Writers** members gather weekly to share their writing and receive feedback. They are dedicated to writing and aspire to publish their work. Meetings take place every week, and newcomers are welcome. For more info, please reach out to Sandra Kleven at [sandrak@chugachmiut.org](mailto:sandrak@chugachmiut.org).

Quyanaa to **Gail Evanoff** for sharing her writing. She has worked as a Behavioral Health Practitioner in her island community of Chenega since 2012. In this regard, she received the Rising Star Award in 2014 from Alaska Native Tribal Health Consortium. Gail has served as a board member of Chugachmiut and Chenega Tribal Council. She has raised four children and has been married for 55 years to her high school sweetheart! She says, "I write to understand myself and release feelings." A boarding school survivor, Gail was Number 79 at the Wrangell Institute.

Quyanaa to **Mandy Wood** for sharing this poem. She is an Addictions Counselor Trainee in Nanwalek. She is the mother of five and wife of Nicholas. She is recovering alcoholic with over four years of sobriety. She has found solace and healing in the arts ranging from writing and painting to earring making. Every day, she braves the cold in her exposure exercise of dipping in the ocean to help fight depression.

# Chugachmiut Education Department

## Elder's Gathering in Anchorage

The Chugachmiut Education Department celebrated the culmination of the “Sugpiaq Significant Places, Oral Histories, and Qayaq Building for Kenai Fjords National Park Project” with an Elder’s Gathering in Anchorage. This event honored our amazing Elders and the invaluable Traditional Ecological Knowledge they shared. Their wisdom and stories have enriched our understanding of Sugpiaq culture and heritage.

We extend our deepest gratitude to the ten Elders who participated in Anchorage (pictured left to right): **Rhoda Moonin, John Moonin, Charles Moonin, Michael Opheim, Nancy Yeaton, Lars Moonin, Colette Brantingham, Lillian Elvsaaas, and Eugenia Moonin.** We also thank **Derenty Tabios** (not pictured). We also thank the Elders who joined us during the Seward Gathering in July: Colette Brantingham, Nancy Yeaton, Lars Moonin, Connie, and Michael Opheim. Robert DeBerry took the photo.



Their contributions have ensured that our traditions and knowledge will be passed on to future generations. We would also like to thank the Kenai Fjords National Park Service, particularly Patrick Lewis and Joe Rodrigues, for their partnership and collaboration. We invite you to explore Sugpiaq culture, including Climate Change, Traditional Foods, Clothing, and more, at [www.chugachheritageak.org](http://www.chugachheritageak.org).

## Chugachmiut Youth Summit

The Chugachmiut Youth Summit took place from June 29th to July 2nd, bringing together a wonderful group of youth from across the Chugach region. The event was supported by a dedicated team, including **Ronald Roehl** (driver/chaperone), **Ephimia Kvasnikoff** (chaperone/traditional teacher), **Rick Jager II** (chaperone), and Chugachmiut Heritage Preservation Program staff. Quyanaa to everyone who contributed to the success of the Youth Summit!





# Chugachmiut Youth Summit, continued

The youth displayed exceptional teamwork, responsibility, respect, and self-motivation, which are core values of the region. It was inspiring to see them embody these principles. Their activities included cultural and language projects, recreational options like rock climbing, a Resurrection Bay tour, museum visits, and an educational tour. Their travels took them through several key locations, including Homer, Anchorage, and Seward.

Despite a busy schedule, the youth were always eager and ready to participate, expressing interest in attending future events. They embraced new experiences and felt comfortable sharing their thoughts, comments, and encouragement with the staff and peers. One grandparent was pleasantly surprised by how her usually quiet grandchild returned home talkative and excitedly sharing their experiences.





# Health Services Division News

We've had a busy summer season, making significant strides in enhancing community well-being through various programs and initiatives. From expanding health education and training opportunities to raising awareness on critical health topics, we remain committed to improving access to care and supporting the health of our region.

## Highlights

- Hosted Emergency Trauma Technician/CPR Training in Nanwalek in June
- Held a Health Fair in Port Graham in August
- Distributed new AFCHAN carts to clinics, which are used for telemedicine to improve access to healthcare in rural areas
- Completed the Special Diabetes Program for Indian (SDPI) 2025 Continuation Grant Application
- Participated in Alaska Tribal Medevac Task Force Meetings
- Key vaccination updates
  - 2024/2025 Flu Season
  - New FDA-approved 2024-2025 COVID-19 vaccine
  - Whooping cough (pertussis) cases rising in Alaska

## Community Health Aide Recognition Day

September 10th is a day designated to officially recognize the critical work and positive impact Health Aides have on the well-being of the communities we serve. Healthcare in our region would not exist the way it does without Community Health Aides. They truly are the heart of healthcare in our region. Please join us in extending our appreciation to the present and past Community Health Aides for their service. We know our Health Aides go the extra mile and make sacrifices to be there when we need them most. Quyaanasinaq!

## Chugachmiut Regional Health Center Progress

Construction continues in Seward, with an opening date of March 2025. We can't wait to welcome you to the new Chugachmiut Regional Health Center next year! Stay tuned for more updates.



Albi Tatum, Health Services Operations Director, and Melody Wallace, Practice Manager.



## Health Education

Moving forward, we will link clinical quality measures with the health observance recognition months to provide training, education, and resources for staff and community members to increase health education and awareness throughout the region. **Clinical quality measures** are standard benchmarks used by us and most of the Alaska Tribal Health System to track and improve the prevention and management of chronic conditions, like diabetes, in the communities we serve.



# Health Services Division News

## September: National Suicide Prevention Month

Our clinical quality measure is screening for depression and making a follow-up plan. This measure tracks how many patients aged 12 and older are screened for depression using an age-appropriate standardized tool. If the screening indicates possible depression, we make sure to create a follow-up plan right away. Depression can make it difficult for people to carry out their daily activities. Early treatment can lead to faster recovery. When you visit the clinic, we will ask some questions to screen for depression and coordinate follow-up if the screening questions indicate that you may be experiencing depression.

**How are we doing?** We're doing well! We have achieved our target by screening 83% of our patients in the past year and providing them with follow-up support.

It's important to be aware of the signs of depression and seek help if you need it. In addition to support in our clinics, the Chugachmiut Behavioral Health Crisis Line is available 24/7 by calling 1-844-891-0444. Your well-being matters, and we're ready to help. Behavioral Health staff provide support for counseling, addictions, domestic violence, social services, and more!



## October: National Breast Cancer Awareness Month

Our clinical quality measure focus in October is on breast cancer screenings. We are tracking the percentage of women aged 50-74 who have had a mammogram to screen for breast cancer. Early detection of breast cancer is crucial, as it improves treatment options and survival rates. If you're due for a screening, we can help arrange one. If you're traveling to Anchorage for another appointment, we can coordinate it so you can complete your screening at the same time.

**How are we doing?** We're on track but aim to reach 100%. Currently, 51% of patients due for a breast cancer screening have completed it. Early detection is key to improving survival rates, so we encourage all eligible women to get screened.

## Vaccine Updates

Routine vaccines can prevent serious diseases and some types of cancer. We encourage you to speak with your healthcare provider to learn more about the necessary immunizations or visit [vaccinate.alaska.gov](https://vaccinate.alaska.gov) to check your family's record using Docket.

**COVID-19 Vaccines:** In August, the FDA approved and authorized the emergency use of updated mRNA COVID-19 vaccines. These vaccines are designed to target current circulating variants, providing better protection against severe outcomes of COVID-19, including hospitalization and death. As soon as we receive the new vaccines, we will notify you.

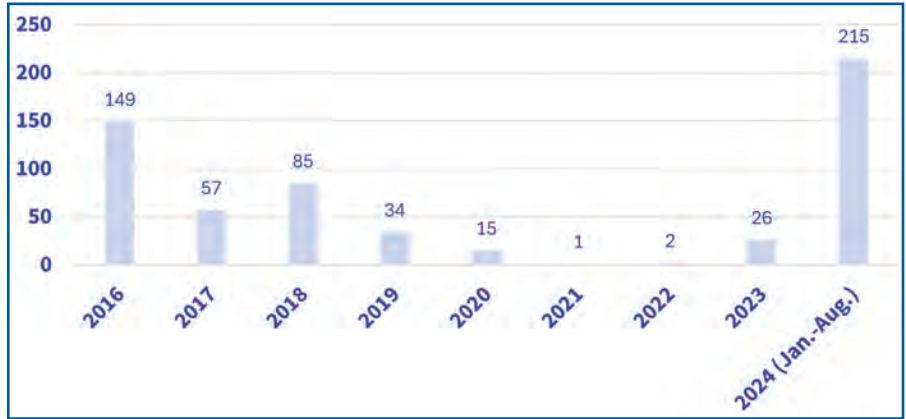
- Pfizer-BioNTech COVID-19 Vaccine (2024–2025 Formula): individuals ages six months and older
- Moderna COVID-19 Vaccine (2024–2025 Formula): individuals ages six months and older

**2024-2025 Influenza Vaccine:** The composition of flu vaccines has been updated for this year's flu season. The CDC recommends that everyone six months and older receive a flu vaccine, ideally by the end of October. Clinics have standard flu shots available now and should have the high-dose flu shots available at the end of September for those 65 years and older.

# Health Services Division News

## Whooping Cough (Pertussis) is on the rise in Alaska!

Pertussis, also known as whooping cough, is a highly contagious respiratory disease spread through respiratory droplets (coughing and sneezing) and sharing saliva (e.g., kissing and sharing cups/utensils). It remains one of the leading causes of vaccine-preventable deaths worldwide. Most whooping cough deaths occur in young babies who are either unvaccinated or incompletely vaccinated. Whooping cough can affect anyone of any age and is very contagious. DTaP and Tdap vaccines are the best way to protect against it.



Information source: Alaska Department of Health

If you experience a cough, nasal congestion, red or watery eyes, fever, or a runny nose, consult your medical provider. They will determine if you should be tested for whooping cough.

## Annual Health Fair Events

Increasing community awareness about healthcare prevention and early disease detection is important. We hosted Port Graham's Health Event on August 7th (pictures below). Two farmers from Homer's Farmers Market joined us, and the freshly grown veggies and local honey were healthy additions. We look forward to hosting health fair events in Nanwalek on September 28th and Chenega on October 5th.



Junior Tsinnie, CHP and Billy Meganack



Alex Bailey, Pharmacist, and Damian George



Hannah Prescott, Homer Farmers Market

## MyHealth Enrollment

A MyHealth account provides you with instant access to your medical records. Those who have accounts receive email notifications when lab results are ready and can communicate electronically through a secured portal directly with their healthcare team. We've surpassed our initial goal of 95 enrollments and our current goal of 150 enrollments! Take control of your health—sign up at your local clinic today.

*Note - We gained access to a more comprehensive MyHealth Enrollment Report and updated the total active users for FY17-FY24 are pleased to share that more and more people are taking control of their health and signing up!*



# Health Services Division News

## November: American Diabetes Month

Our clinical quality measure focus in November is Diabetes Hemoglobin A1c Poor Control. We measure the percentage of patients aged 18-75 with diabetes who have Hemoglobin A1c levels greater than 9.0%. Maintaining good glycemic control is important to reduce the risk of diabetes-related complications. At the clinic, we are here to help you achieve your personal target goals for managing your diabetes and avoiding poor glycemic control.

How are we doing? We're meeting our target goal. Currently, 87% of patients with diabetes are effectively managing their Hemoglobin A1c levels. Keeping these levels in check is crucial for better health outcomes.

### Carbohydrates and Diabetes: A Balanced Approach

By Joe Nyholm, Registered Dietitian with the Chugachmiut Diabetes Program

The American Diabetes Association (ADA) is dedicated to preventing and curing diabetes while improving the well-being of people with diabetes and their families. In a recent article, the ADA emphasizes the importance of understanding carbohydrates (carbs) and their role in blood sugar management. The Chugachmiut Diabetes Program encourages everyone to take proactive steps in learning about diabetes, its risk factors, and the importance of prevention.

According to the ADA, carbohydrates, which are found in foods like breads, pasta, and starchy vegetables, come in three types: starches, sugars, and fiber. When consumed, carbs are broken down into glucose, raising blood sugar levels. Managing diabetes requires a balanced intake of carbohydrates. The ADA recommends choosing nutrient-dense carbs that are high in fiber, vitamins, and minerals while avoiding those with added sugars, sodium, and unhealthy fats. Non-starchy vegetables, such as lettuce and broccoli, are ideal as they have minimal effect on blood sugar. Whole, minimally processed carbs like fruits, whole grains, and beans should be consumed in moderation, while refined, processed carbs and sugary foods should be limited.

Read the ADA article at <https://diabetes.org/food-nutrition/understanding-carbs>.

## Emergency Medical Services (EMS)

The dedication and local knowledge of first responders are vital to effective emergency and disaster management, as they serve as beacons of hope and support in every crisis, embodying the true essence of community and collaboration. This year, we hosted Emergency Trauma Technician (ETT) training and recertification classes in Chenega and Nanwalek, led by State of Alaska EMT Instructor **Samantha Cunningham**. Participants received over 50 hours of hands-on practice, covering team building, emergency communication, and the use of local equipment such as the LUCAS chest compression device and power load guynes. Thank you to the following community members for your participation!

### Chenega

**Melonie Kashevarof**, CHA-IV and EMT-I

**Cambria Perry**, ETT initial certification

**Steven Kashevarof**, ETT recertification

**Craig Perry**, ETT recertification

**Talon Perry**, ETT recertification

**Gabriella Perry**, ETT recertification

**Joseph Cross**, ETT recertification

### Nanwalek

**Kelly Yeaton**, ETT recertification

**Tania Romanoff**, ETT recertification

**Nicholi Ukatish-Gahimer**, ETT new certification

**Anthony Brewster**, ETT new certification

# Accessing Choices in Education (ACE) Support

## Accessing in Choices in Education (ACE)

**APPLY  
TODAY**

**50**  
Chugachmiut  
1974 - 2024

Chugachmiut Heritage  
Preservation



Chugachmiut's Accessing Choices in Education (ACE) program supports Native youth in the Chugach region, including Seward, Cordova, Valdez, Nanwalek, Port Graham, Tatitlek, and Chenega. The program is open to students in Head Start or grades K-12, whether enrolled in public, private, or homeschool settings. ACE offers funding to help these youth access educational opportunities that may otherwise be out of reach. This includes assistance with school supplies, tutoring, SAT/ACT prep, vocational training, cultural and language camps or classes, dual university enrollment, and summer camp fees.

The ACE program provides Native youth various educational opportunities to meet their academic, cultural, and personal development needs. These include tutoring through Sylvan Learning Center, Frontier Tutoring, or North Star Tutors, school supplies, college courses, and campus visits. ACE also offers cultural and traditional activities, language classes (Sugt'stun, Eyak, Yup'ik), wellness and life skills development (such as cooking and leadership), career and college preparation, vocational training, art workshops (like sewing and master artist workshops), and subsistence skills training.

### Program Requirements

- Be an enrolled member of a Tribe or an Alaska Native/American Indian living within the Chugachmiut Service Area
- Be registered in grades Head Start or K-12
- Be enrolled in an educational program within the Chugachmiut Service Area (public school, homeschool, or charter school)
- Complete the ACE application and provide a copy of your BIA Certificate, Tribal enrollment card, or other Tribal affiliation documentation

**Interested in Applying?** We invite you to apply for the ACE program and take advantage of these educational opportunities! If you have any questions about what ACE covers or how to apply, we're here to help. We encourage you to reach out to us early if you are interested in opportunities requiring travel.

### Contact us!

**Angelina "Kalunka" Roehl**

ACE Program Manager, Extension 119

**Millie Taylor**

ACE Administrative Assistant, Extension 179

Email: [ACE@chugachmiut.org](mailto:ACE@chugachmiut.org)

Phone: (907) 562-4155 or toll-free at (800) 478-4155

Fax: (800) 793-2891 (ACE Program)

**APPLY**

[www.chugachmiut.org/accessing-choices-in-education-ace-application](http://www.chugachmiut.org/accessing-choices-in-education-ace-application)

Scan the QR code  
for the link





# 2024 Firefighting Season Update

As the season wraps up, Chugachmiut is proud of the Yukon Fire Crew and Denali Wildland Fire Module for protecting communities and wildlands from the devastating impacts of wildfires. Our team is top-notch, with a dedicated and well-trained team. The inspiring stories of our crew members underscore the values of leadership, persistence, and resilience that drive our success.

Yukon Fire Crew Superintendent **Neal Charlie** shared a photo of the Denali Fire Module and Yukon Fire Crew on the Sinnott fire on August 1st. This is the evening before the Yukon Fire Crew demobilized back to Kenai.



Photo courtesy of Neal Charlie

**Back** (left-right): Derek Williams, Aaron Kozevnikoff, Jr., Jason Cummins, Evin Machian, Kaydon Brown, Jaylon Lacy, Preston Kvesnikoff, Olivia Fulton, Keenan Lacy, Brent Semaken, Dexter Lehman, Jordan Woods, Bryan Simon, Neal Charlie, and Aryeh Rubke.

**Front** (left-right): Jesse Nanuk, Cedric Tall, Trenton Kasayulie, Lee Edwin, Grafton Francis, John Lake, Gregory Rivers, Jr., Alden Boyscout, Elias Moonin, Rudolph Smith III, Pauline Nicori, Gavin Bennett, and Stanley Ketzler.



The Yukon Fire Crew on the Sinnott Fire near Eagle in July.



Photos courtesy of Neal Charlie

The Yukon Fire Crew in Idaho.



# Employee Spotlight – Shannon Nelson

**Shannon Nelson** recently joined Chugachmiut as a Behavioral Health Cerner Specialist. She is Iñupiaq and Gwich'in Athabascan, raised in Fairbanks, and has lived in Anchorage since 2016. In 2017, she completed her Medical Office Assistant certification and RADACT Chemical Dependency Counselor Technician Training, launching her career in the medical field. She later graduated from the medical billing and coding program at Alaska Career College, where one of her proudest achievements was earning six Honorary Dean's List awards.

Shannon developed cultural curricula in a previous role, including beading, birch bark basket making, and work therapy programs. She says, "I am honored to bring my skills to Chugachmiut. It is an honor to serve this community and share my experiences, strength, and hope."

Since beginning her recovery journey on November 7, 2018, Shannon has embraced gratitude, positivity, and a commitment to doing the right thing. She balances goal setting with building strong relationships, valuing cultural heritage, and the importance of passing on cultural memory to future generations. Grounded by her love for the outdoors, Shannon enjoys camping, fishing, and berry picking. A recent highlight was attending the Gwich'in Gathering in Circle, Alaska, where she connected with her family's heritage and traditions. Shannon believes culture and traditions are important for everyone, regardless of ethnicity.

Currently a University of Alaska Anchorage student, Shannon has found a passion for working with the homeless community. She hopes to advocate for those who cannot speak for themselves in Anchorage.



Shannon Nelson. Courtesy photo

## Scholarship and Vocational Support

**50**  
Chugachmiut  
1974 - 2024

### Higher Education Scholarship

**Fall 2025**

**Application deadline: December 31**

**Apply by:**

1. Downloading Application for Services on [www.chugachmiut.org](http://www.chugachmiut.org) under "Forms."
2. Completing the "Higher Education Scholarship" section of the application.
3. Submitting your application to [477applications@chugachmiut.org](mailto:477applications@chugachmiut.org).

Scan QR code for link

Our program provides funding to eligible participants who are attending educational institutions. Scholarship awards depend on the number of qualified applicants. To be eligible, applicants must be 17 years or older and possess a high school diploma or GED. Participants must also be enrolled in one of the Chugach Region's Tribes (Chenega, Seward, Tatitlek, Nanwalek, or Port Graham). The application deadline for the spring 2025 semester is December 31.

For questions or assistance, please email [477applications@chugachmiut.org](mailto:477applications@chugachmiut.org).

Apply at [www.chugachmiut.org/higher-education-scholarship](http://www.chugachmiut.org/higher-education-scholarship).



# Litnaurwiḱ Education Survey



Elders Colette Brantingham and Lillian Elvsas gather with the Indigenous Student Club at Chugiak High School.  
Photo by Robert DeBerry

Help shape the future of education!

Please take our short survey about education and schools. This survey will take about 5 to 8 minutes and will give us valuable feedback on how to support learning. Your responses will help guide the creation of new education programs and services.

Your voice will help us create a new Tribal Education program representing all Chugachmiut! Quyanaa!

For questions or assistance, please contact us at (907) 562-4155, (800) 478-4155 toll-free, or directly below.

## **Paul McDonogh**

Department of Education Director  
paul@chugachmiut.org | (907) 334-0107

## **Haley Hakala**

Department of Education Manager  
haleyhakala@chugachmiut.org | (907) 334-0172



Scan the QR code  
for the link



1840 Bragaw Street, Suite 110  
Anchorage, AK 99508-3463  
Phone: (907) 562-4155  
Toll Free Phone: (800) 478-4155  
**Behavioral Health Crisis Line: (844) 891-0444**  
[www.chugachmiut.org](http://www.chugachmiut.org)

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## *Chugachmiut Board & Executive Leadership*

A seven-member Board of Directors governs Chugachmiut; each board member selected by their tribal government. The Board of Directors appoints the Executive Director who manages the day-to-day operations of the organization.

**Fran Norman**, *Chair*  
Port Graham

**Larry Evanoff**, *Vice Chair*  
Chenega

**Jim Ujioka**, *Treasurer*  
Valdez

**Priscilla Evans**, *Secretary*  
Nanwalek

**Arne Hatch**, *Director*  
Qutekcak

**Pamela Smith**, *Director*  
Eyak

**Nanci Robart**, *Director*  
Tatitlek

**Angela Vanderpool**  
Executive Director

## *Nupuat Newsletter - Call for Submissions*

Do you have an update, story, essay, or poem to share? We welcome submissions from Tribal and community members, councils, and employees. Please email your ideas, articles, poetry, and photos to [media@chugachmiut.org](mailto:media@chugachmiut.org). The submission deadline for the next edition is Friday, December 6, 2024.