



QAGAN TAYAGUNGIN TRIBE ENVIRONMENTAL DEPARTMENT

June 2015

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Program Update

By: Karis Porcincula

It is summertime! The Qagan Tayagungin Tribe Environmental Department has been working to get their work plan up to date.

The Environmental Department has been very busy in the last couple months.

The Environmental Coordinator and Environmental Assistant attended the Introduction to Tribal Air Quality Program in Flagstaff, AZ, to further their air quality program.

Environmental staff have been producing two different surveys. The first survey is the Traditional Ecological Knowledge (TEK) survey to receive information from the elders on

the climate change in the last 30 + years. The second is on Indoor Air Quality concerns from the community. The air quality survey will be sent out as soon as possible.

The Earth Day Fair was a success again this year! There weren't as many attendees as previous years, but it still turned out well. If you have any ideas you'd like to share, please let us know.

Environmental Staff are planning a graveyard clean up in July. Dates will be set after culture camp.

QTT Environmental Department is still collecting electronic waste and ink cartridges. Please drop off

at the Environmental Office in the City Building, third door on the left.

The Environmental Coordinator works with the Environmental Teen Group almost every week on Thursday evenings for an hour. The Environmental Assistant works with the Environmental Youth Group (EYG) almost every week on Friday afternoons for an hour. There will be NO EYG or ETG during the weeks of Culture Camp.

Environmental staff are still digging for clams to test the PSP levels each month. Mail outs and flyers will be posted monthly, keep an eye out.

Paralytic Shellfish Poisoning (PSP) Update

By: Karis Porcincula

The Paralytic Shellfish Poison results came back for May at 241 micrograms which is above the FDA approved limit of 80 micrograms. These are dangerous PSP levels.

The Environmental Department has dug clams for the June sample and sent them out to the lab, we are waiting to hear results.

The funding for the Recreational Shellfish Pilot Program has ended as of April 2015. The Qagan Tayagungin Tribe is now testing the PSP with the help of the Aleutians/Pribilof Islands Association. Starting in October 2015, the Environmental Department will be testing clams with the help of the Environmental

Protection Agency.

The Qagan Tayagungin Tribe neither encourages nor discourages the consumption of the local shellfish, but provides this information for the community members to make an educated decision regarding shellfish consumption.



Earth Day Fair

By: Jasmine Maligaya



The Qagan Tayagungin Tribe Environmental Department hosted the 8th Annual Earth Day Fair on Saturday, April 25th. It started off with a Green Walk at 11 AM, where the community members pick up trash starting at the community center, heading to the clinic, down to the post office, and then making it back on the road towards the community center.

During the fair there were raffle tickets and tickets to play games being sold at 1 -

\$1 or 6 - \$5 and light refreshments of water bottles and snack foods provided free of charge.

There were six relay games that began at 1:30. Those six relay games were Potato Sac Race, 3 Legged Balance Race, Balance Egg Race, Wheel Barrel Race, and Recycled Relay Race with different age groups from 3-7, 8-12, and 13-adult. The different activities included flower planting, face painting, craft corner, plastic bottle ring

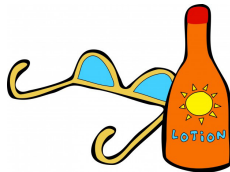
toss, pop can toss, gold fish toss, catch the duck game, pop can tab guessing game, and plastic bottle lid guessing game.

QTT would like to thank all the people who volunteered, you are greatly appreciated, and for all of those who attended the fair. It was fun, and we're looking forward to the 9th Annual Earth Day Fair. Hopefully next year there will be more activities, and possibly food vendors.

Summer Sun Protection

By: Karis Porcincula

It's summertime, and the sun is hot! Sunscreen is a must in this weather, especially for children.



Although summertime is a great time for everyone, you need to be cautious of the sun and the affects it can have on your skin. The sun is important as our bodies need vitamin D to help us absorb calcium. It doesn't take much time in the sun to receive all the vitamin D we need. If you are not protected from the sun, the ultraviolet rays can

cause skin damage, eye damage, immune system suppression, and skin cancer. Keep yourself and your children lathered in sun block at least twice a day, if not every 2 hours. Make sure to put sun block on 15 minutes before sun exposure for best results. UVA rays cause skin aging, wrinkling, and contribute to skin cancer such as melanoma. UVA rays make it effortlessly through the ozone layer and make up the majority of our sun exposure. UVB rays

are also dangerous as they cause sunburns, cataracts and effects on the immune system, and also contribute to skin cancer. UVC rays are the most dangerous, but these are blocked by the ozone layers and don't get to reach the earth's surface.

Always make sure to be protected in the sun with some sort of sunscreen. Keep yourself and others protected. For more information please visit: <http://www.kidshealth.org>

Air Toxins

By: Jasmine Maligaya

What are Air Toxics? Air Toxics are toxic chemical that cause serious health effects such as cancer. There are hundreds of different kind chemicals. In 1990 Clean Air Act (CAA), Congress listed 189 air toxics, but two were removed. Now there is 187 remaining. Air Toxics can be found in benzene, which is found in gasoline; perchloroethylene, which is emitted from some dry cleaning facilities; and methylene chloride, which is used as a solvent and paint stripper by a num-



ber of industries. There are two main sources of air toxic; major sources which are large sources such as chemical plants, coke ovens, coal-burning power plants, and refineries, and area sources which are small sources such as vehicles, gas stations, auto body shops, print shops, dry cleaners, and surface coating operations. They can also be found indoors such as cigarettes, woodstove, indoor storage, attached garage, household products, and building materials. There are

serious health effects caused by air toxics. It can cause cancer, neurological problems, reproductive problems, and even birth defects. For the environment effects can be found in soils, water, and bioaccumulation.

Buy an EPA approved wood stove, buy household cleaning products with the certified green stamp, don't smoke indoors, make sure to dust often, and a couple days a week carpool or walk for transportation.

Asthma

By: Jasmine Maligaya

More than 8 million people in the United States have asthma. Asthma is a leading reason why children leave school or end up in the hospital. It is hard for people to breathe and sometimes people may end up dying from asthma. It has no cure, but can be controlled.

When people have an asthma attack, the breathing tubes which are located in the lungs swell up, muscles around the tubes tighten, and the tubes make large amounts of thick fluid called mucus. Signs of an asthma attack are tightness in chest, shortness of breath, wheezing, and coughing. You cannot catch asthma, it is genetic.

The most important thing to know about asthma is you can control it. Many medicines can treat it, no one medicine works best for everyone, and everyone has different types of medicine that works best for them. There are two main types of asthma medicine: rescue inhaler or steroids.

No one knows what causes asthma, but there are lots of things that trigger it. Some triggers are things people are often allergic to. The common ones are pollen from trees and flowers, dander from skin flakes, cats, dogs, and other pets, and pest such as roaches, rodents, or even dust mites.

Commercial cigarette smoke, dust, and mold is another common trigger and other triggers have nothing to do with allergies like cold weather, exercise, and strong feelings like laughing and crying.

If you have asthma you should clean your home daily, keep clutter down, and if possible don't have carpet or rugs, or vacuum often if you have carpet. Keep dust mites down, control other pest, keep pets outside and make sure to keep them out of sleeping areas and off furniture. Check your appliances; keep your home dry from mold, and commercial cigarette smoke.



More than 8 million people with Asthma in the USA.

Environmental Teen Group Update

By: Karis Porcincula

The Environmental Coordinator has been going to the Teen Center almost every Thursday evening for an hour to teach the teens about the environment. We have been focusing solely on recycling and trash pick up. The Environmental Coordinator worked with the teens on making galaxy bottles, which

we used paint, cotton balls, water, glitter, and recycled plastic bottles. We washed the bottles good, and started adding the ingredients starting with cotton balls, watered down paint and glitter and repeated the cycle until the bottle was full. The galaxy bottle didn't turn out as good as we'd hoped, but it's some-

thing we want to try again the in future with different paint. We will also be doing a trash pick up outside the Teen Center to help make our community better looking.

If you have any ideas on projects for the teens, please let us know at the Environmental Department.



Graveyard Clean-Up

By: Jasmine Maligaya

The Qagan Tayagungin Tribe Environmental Department is hosting the 2nd Annual Graveyard Clean-Up. It is being done in collaboration with the Environmental Youth Group (EYG) and Environmental Teen Group (ETG). We are encouraging all ages to volunteer.

The clean-up will begin in July for a week long clean up. We will be cleaning garbage around the area, trimming down the alders, pulling out weeds, and making the graveyard look beautiful. The

QTT Environmental Staff do not plan on cleaning any tombstones; only family members will be able to do so.

If you would like us to clean around any family tombstones, please pick up a permission slip from the QTT office located at the city building, third door on the left and we will only be doing this if we have enough time.

If anyone has any equipment (weed-whacker, rakes, wheel barrels, clippers, etc.) we can

use, please contact us for pick-up or bring it by the office.

If you would like to volunteer, have any questions or concerns please feel free to contact us at 907-383-6968. We will be providing garbage bags and gloves; and there will also be light refreshments.

Prize drawings will be held at the last day of the clean-up and need not to be present to win. Everyone will receive a ticket that will go into our prize drawings.



Culture Camp 2015

By: Karis Porcincula

It is almost the time of year again for Culture Camp. The 16th Annual Culture Camp is early this year from June 22 - July 2, 2015.

Camp Director, Carla Chebetnoy, has been working diligently getting camp ready for the youth and adult attendees.

The 16th Annual Culture Camp schedule has camp starting on June 22nd at 9am ending at 5pm for 5th - 12th grade. 9am - 12pm for 3rd & 4th grades, 1pm—3pm for

Kindergarten, and 3pm - 5pm for 1st & 2nd Grades.

There will be adult classes in the evenings from 7pm - 9pm.

Camp will be available for all youth free of charge, each adult will be charged a one time fee of \$100 to participate in the night classes, the same as previous years. Elders 60 and older are exempt from this fee.

If you'd like to enroll your child in Culture Camp, the

deadline for applications is June 19, 2015 at 5pm.

The youth attend camp for two weeks (10 days) and learn the many different aspects of their culture.

Camp will be wrapped up on July 1st with our annual potluck, exhibition, and art auction.

Culture Camp applications are available on the website at: <http://www.qttribe.org> under Culture Camp.



Criteria Pollutants

By: Jasmine Maligaya

Have you ever wondered what Criteria Pollutants were?

There are six very common pollutants found in the air. They are: Particulate Matter (PM10, PM2.5), Oxides of Nitrogen (NOx), Sulfur Dioxide (SO2), Ozone (O3), Carbon Monoxide (CO), Lead (Pb).

Particulate Matter is a term for a mixture of solid particles, such as dust, dirt, soot, or large/dark smoke. Oxides of Nitrogen are produced

from the reaction of nitrogen and oxygen gases in the air during combustion, especially at high temperatures. Sulfur Dioxide is a chemical compound, which is a toxic gas with a pungent, irritating, and rotten smell. Ozone is an inorganic molecule with the chemical formula O3. It is a pale blue gas with distinctive pungent smell. Carbon Monoxide is a colorless, odorless, and tasteless gas that is slightly less dense than air.

Lead is a chemical element in the carbon group; it is a soft malleable and heavy post-transition metal. The health effects on these criteria pollutants are respiratory problems (PM, NOx, SO2, Ozone), reduced oxygen in blood (CO), and neurological damage (lead).

The environmental effects of criteria pollutants are reduced visibility, damage to plants, harm to wildlife, and acid rain.



Summertime Activities

By: Karis Porcincula

During the summertime, many people love to spend the days outdoors to absorb the beautiful weather. Although sitting on the porch or playing in the yard is a fun activity, here are some other summertime activities.

Gardening - Most people start to do their garden in the early spring, but if you are just starting a garden or sprucing up your garden, being outside gardening is a great activity.

Going to the Beach - This is mainly a summertime activity, but some people don't make it as far as the beach. There is a beach right on the island, which is a bit of a hike, Sand Dollar Beach or if you have proper water transportation, Sandy Beach across the bay. Don't forget to take any trash you bring to the beach to keep our environment clean.

Walking/Hiking - There are many places around our

beautiful island to walk and/or hike. There are the trails leading all over the island leading to various places such as Red Cove. Or, just walking around the loop, uptown or downtown, can expose you to beautiful weather.

There are many activities to do around either your house or around the island. During these summer months, don't forget to take advantage of those beautiful summer days. Enjoy your summer!



Indoor Air Quality

By: Jasmine Maligaya

The fundamentals you should know about indoor air quality are how the lungs work and the air quality in homes, offices, and schools.

Cardiovascular connection gases and small particles can distribute widely in the bloodstream after entering in the lungs. If your lungs are not functioning right, the heart must work harder. Air pollution & lung infections can damage the lungs for a lifetime.

In schools the air pollution comes from a lot of things. They come from people through personal care prod-

ucts, body odors, students & staff with communicable diseases. They also found in poor ventilations, radon, classroom pets, dry-erase markers & chalk, cleaning materials, science class, art class, and outdoor pollutants: trash odors & bus exhaust.

In homes the air pollutants can cause many illnesses. Indoor air pollution is one of the top 5 most-serious environmental risks to public health as said in the ITEP training packet. They are impacted by people choices and activities, maintenance of homes, design of home, &

climate.

To reduce air quality: prevent smoking in buildings, have EPA Certified wood/coal burning stoves, check your cleaners (a household uses 40lbs of chemicals each year, they are loaded with fragrances & petroleum-distilled chemicals) & air fresheners (air fresheners don't "clean" the air they add more air pollutants), identify safer products by third-party certified (green seal, ecology, and EPA's design for the environment logo), have a carbon monoxide alarm, and test for radon.



Traditional Ecological Knowledge (TEK)

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department has been working to complete all their tasks. One of their tasks is to ask elders about Traditional Ecological Knowledge, in survey form. The survey, made by Environmental Staff, is almost finished and soon the Environmental Department will

be calling the elders in our community to ask them to do an interview. If you would like to do a survey contact our office to please set a date and time for us to stop by. The survey isn't too long, but we'd like to know all the knowledge you have of our community and how the community has changed due to

climate change in the last 30 years.

We hope to be able to sit down and hear all the good stories from 30 + years ago. We are trying to collect as much information as possible.



**Please share your
knowledge and
information on the
weather and air
quality!**

Indoor Air Quality Surveys

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department is working to broaden their air quality program. We will be sending out Indoor Air Quality surveys to calculate how many community members in Sand Point would like to see Indoor Air Quality information/and action happening in their homes.

Indoor air quality is new to the Environmental Department, as we have focused solely on ambient (outdoor) air quality.

If you could please fill out the survey, when it's sent out, to the best of your knowledge and get it back to the Qagan Tayagungin Tribal office, it would be very helpful. You

can drop the survey off at the QTT office in the City Building first floor, third door on the left, or fax it to us at (907)383-5814, e-mail it to us at QTTEnvironmental@arctic.net, or mail it to us at the address on this newsletter. Your help is greatly appreciated.

Allergies

By: Jasmine Maligaya



There are 40-50 million people have allergies. Allergies can make it hard for people to breath and can lead to an asthma attack. An allergy is an unusual reaction to something like food or plant. Common signs include runny/stuffy nose, coughing, hives, and itching, rash, or puffy eyes.

Allergies can be deadly for some people. Sensitive people who come in contact with something they are very allergic to, like peanuts, can cause their blood pressure to drop, their breathing tubes swell, and they can die from lack of air.

Allergies can be treatable. It is important to know what kind of allergies you have and how to take care of it. Doctors are very good with testing allergies for you. People with allergies may need to carry emergency medicine (Epipen) or wear a special bracelet/necklace stating their allergies.

An allergen is something that causes an allergic reaction. Common allergies include foods: dairy products, citrus fruit, artificial colors and flavors, nuts, and shellfish; Medicine; penicillin, some heart medications, and some anti-seizure medicines. Insect

stings and bites: yellow jackets, honeybees, paper wasps, hornets, and fire ants. Sting reactions can become very serious that may lead to death. Contact allergens: plants, cosmetics, jewelry, or latex.

If you have allergies clean your home daily and keep dust mites down. If you have pets keep them outside, if you have inside pets make sure to keep them off sleeping areas and furniture. Check your appliances; keep your home dry from mold, and don't smoke indoors. Allergies are no fun, we want everyone to be safe.

Electronic Waste Update

By: Jasmine Maligaya



The Qagan Tayagungin Tribe Environmental Department has been collecting electronic waste throughout the community. We have been sending out ink cartridges and have finally sent out an e-waste load to Total Reclaim.

What we do is contact Total Reclaim to let them know we have a load of e-waste for

them, contact Trident and ask for help to package the e-waste, and contact Coastal Transportation to ship them out.

If you have any e-waste materials you no longer use, please bring them to the QTT Office located at the City Building, third door to your left. The materials we collect

include: ink cartridges, printers, computers, keyboards, etc. Please bring your e-waste to us, so we can get rid of them the proper way. If you are an elder or handicapped, please give us a call at: (907) 383-6968, and we will pick up your electronic waste.

Thank you for recycling.

Introduction to Tribal Air Training

By: Karis Porcincula



On May 30th, the Environmental Coordinator and Environmental Assistant started their journey to Flagstaff, Arizona. They applied to the Institute for Tribal Environmental Professionals at the Northern Arizona University to attend the Introduction to Tribal Air Quality classes to further their education and understanding of Indoor and Outdoor Air Quality.

The Environmental Department is trying to establish a

better air quality program by moving into indoor air quality since they were only focusing on outdoor air quality.

The air quality classes were held over a four day period from June 2nd to June 5th. The classes were taught by an ITEP training team which included: Pat Elsworth, lead instructor; Janes Payne, instructor; Sue Wotkins, instructor; and Sharlene Brown, support person. They taught a series of lessons about air

quality ranging from monitors to air toxins found in common household cleaners. The class was small of 17 people, so there were a lot of hands on activities and group activities. There were five IGAP professionals from Alaska and two from the Aleutian Region, QTT Environmental Department.

The classes went well and look forward for information from the Environmental Department in the future.

Environmental Youth Group Update

By: Jasmine Maligaya

The Qagan Tayagungin Tribe Environmental Assistant has been doing EYG every Friday @ 3 PM. EYG has been relocated to the City Building in the QTT Office due to Boys and Girls Club being closed for the summer.

EYG participants have been doing lots of great things. They have been busy being artistic on their Earth Day Poster Contest, playing environmental games such as garbage ball toss and Earthopoly, discussing holidays and working on holiday packets on St. Pat-

rick's Day, Easter, and Mother's Day. They made Easter cards and bracelets out of jelly bean candy, they have participated in the City Clean-Up, and being artistic in the Art Contest for the Federal Subsistence Management Plan. All of the EYG participants have received a certificate in the art contest for the Federal Subsistence Management Plan.

As summertime approaches, EYG will be doing a lot of outdoor activities (weather permitting). EYG coordinator has plans to do a na-

ture walk, bird watch, trash pick-up, environmental learning games, and much more.

One of the main activity the EYG coordinator plans on doing is fixing up the community box garden located in front of the City Building. She plans on re-starting the garden box fresh by digging everything out of it, adding and raking the soil, and adding new plants.

Hope to see all the youth interesting in participating in the EYG program!

QTT Tribal Council & Staff

Tribal Council

David O. Osterback

President, Seat E

Dennis Gundersen

Vice President, Seat B

Glen Gardner Jr.

Secretary/Treasurer, Seat D

Peter Devine Jr.

Council Member, Seat A

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Jason Bjornstad

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Reclaim Alaska Update

By: Tiffany Jackson

Reclaim Alaska was approached to present at the Kodiak Archipelago Rural Regional Leadership Forum on April 30th. During this 45 minute presentation, via teleconference (with a power point presentation on site), Chairman Jackson reviewed the history of Reclaim Alaska, how Reclaim Alaska was created and evolved into what it is now, and some of the things we've been up to lately. This included an update on the Oxford House project moving forward in Sand Point. At the end of the presentation, participants were able to

ask questions. We received good feedback on the work being done, and entities expressed interest in moving forward with activities to reclaim their communities as well. One thing participants were really interested in was what kind of support we would be willing/able to provide state wide.

Reclaim Alaska has also been approached regarding entering into a Memorandum of Agreement with Eastern Aleutian Tribes to join the Behavioral Health Integrated Network to help

improve availability, accessibility, and acceptability of behavioral health services for our underserved population. This project will allow for a community mental health needs assessment to be conducted, a strategic plan to be created, and solutions to be identified for the expansion of holistic services using the resources that each entity brings to the table. Reclaim Alaska has not entered into an MOA with Eastern Aleutian Tribes on this yet, however; we are seriously looking into this as a possible means of getting more support in the communities

for individuals seeking rehabilitation services/counseling. Hopefully we'll have more to report on this soon.



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