



Qagan Tayagungin Tribe Environmental Department

Program Update

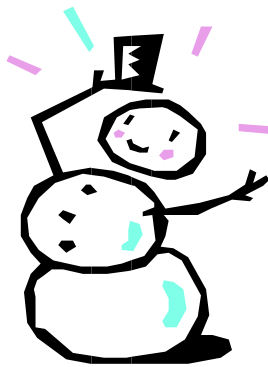
By: Karis Porcincula

Merry Christmas and Happy Holidays! The Qagan Tayagungin Tribe Environmental Department has been working on completing their tasks this quarter.

Environmental Teen Group did not happen for a while due to the Environmental Coordinator being absent, then trying to catch up on work. ETG is back in full swing.

Environmental Youth Group was also not happening for a while. The date had to be switched to be able to go to the Boys and Girls Club.

The Environmental Assistant attended the Alaska



Tribal Conference on Environmental Management during the last week of October. She focused on learning information on Traditional Ecological Knowledge, Ambient and Indoor Air Quality, and the LEO Network.

Environmental Staff are still working on collecting clam samples to send out to the Environmental Health Laboratory.

The last results received were the October results which came back at 267 micrograms. We are waiting on the November results to come back and will be digging for December in a couple weeks.

The Environmental Depart-

ment is still collecting Electronic Waste. The Environmental Department is also collecting ink cartridges to send to Office Max. If you have any old ink cartridges, drums or waste toner cartridges and e-waste, drop-off at the QTT office.

If you are an elder or handicapped, please give us a call and we will pick it up.

The Annual Christmas Potluck is coming soon and we are hoping to see you all there, and bring your favorite dish to share.

The Environmental Department is always looking for new ideas for ETG/EYG. If you have any ideas, or would like to help or attend one of the youth groups, please let us know and we will arrange a meeting.



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Annual Christmas Potluck

By: QTT Staff

The Annual Christmas Potluck is coming soon! The potluck is happening on Saturday, December 12, 2015 at the Qagan Tayagungin Tribe Community Center at 5:30pm.

The Qagan Tayagungin Tribe is inviting the community of Sand Point to join us in celebrating Christmas

and we will be expecting a visitor from the North Pole. The Tribe tries really hard to let our special visitor know about all the children in Sand Point so he can be prepared when he comes to visit, but if you know of any children who may be in Sand Point for the Christmas Holiday who might not

already be on our list, please call our tribal office at [383-5616](tel:383-5616) so we can make sure our visitor is prepared.

Come to the Annual Christmas Potluck and celebrate Christmas with us. Don't forget to bring your favorite dish to share.

We hope to see you there!





Paralytic Shellfish Poisoning Update

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department is still working hard to test Butter clams for the health benefit of our community. The October sample came back at 267 micrograms which is above the FDA limit of 80 micrograms. These are unsafe PSP levels.

The Environmental Department has dug clams for November and sent them to the Environmental Health Laboratory for testing. Environmental Staff will be digging on December 23, 2015 for the December sample.

Paralytic Shellfish Poisoning is a serious health risk when consuming harvested shellfish. Various crab, who also

feed on mussels and clams, can accumulate PSP toxin in their digestive systems. When eating crab during the high PSP months, remove the back shell of the crab and clean out all the dark soft tissues that comprise the digestive system and crab butter, prior to cooking, as they can be toxic.

Paralytic Shellfish Poisoning is a serious illness caused by eating shellfish contaminated with dinoflagellate algae which produce harmful toxins. Some of the toxins are 1,000 times more potent than cyanide, and toxin levels contained in a single shellfish can be fatal to humans.

Symptoms of PSP include the tingling

of lips and tongue, which may begin within minutes of eating toxic shellfish. Symptoms may increase to the tingling of fingers or toes, then loss of muscle control in the arms and legs followed by difficulty breathing. Some people have experienced a sense of floating or nausea. With high toxin exposures, death can occur in as little as two hours from paralysis of the breathing muscles.

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

Electronic Waste Update

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department is still collecting Electronic Waste from the community. We collect all types of electronic waste including: Computers, televisions, DVD players, old telephones, cell phones, cameras, printers, copiers, fax machines, stereos, iPods, mp3 players, microwaves, back up batteries (surge protectors), and radios. If you have any of these



objects that are old and are no longer working, please drop them off at the Qagan Tayagungin Tribe Environmental Department on the first floor of the City Building, 3rd door on the left.

We do not collect fluorescent light bulbs or lead/acid batteries.

The Environmental Department also collect ink cartridges, drums, and waste toner



cartridges. We send these out to Office Max in Anchorage, AK.

If you have any old ink cartridges, drums, or waste toner cartridges, please drop them off at the Qagan Tayagungin Tribe Environmental Department.

If you are an elder or handicapped and are unable to drop these objects off, please call the Environmental Department at (907)383-6968 and we will pick them up.

Global Climate Change: Affecting Human Health

By: Jasmine Maligaya

Global climate change has multiple effects on human health. The children, elderly, and the poor are most affected. Climate change is increasing the capacity of diseases, and in 2000 there were 150,000 deaths worldwide due to diseases. Out of 150,000 deaths, 88% were children.

The documented health effects include;

changing ranges of vector-borne diseases like malaria and dengue, increase diarrheal and respiratory disease, increase morbidity and mortality from extreme weather, changed exposures to toxic chemicals, worsened poverty, food and physical insecurity, and



threats to human habitation.

To prevent any health difficulties, reduce health impacts of climate change, and reduction of greenhouse gas emissions, and reworking through multiple public health places.

For more information, visit: <http://ehp.niehs.nih.gov/1002233/>



Baby, It's Cold Outside!

By: Karis Porcincula

Winter is here! Snow is a main part of winter weather and it is fun to play in. But there are facts about snow you just might not know.

- 1) Snow is not white, it is actually clear and colorless.
- 2) The most snow ever recorded in a 24 hour period in the USA occurred at Silver Lake, Colorado in 1921 and was 76 inches of snow.
- 3) Earth's Fresh Water is Frozen. 80% of all the freshwater on earth is frozen as ice or snow. This accounts for 12% of the earth's surface.
- 4) Blizzards occur when you can't see

for 1/4 of a mile. The winds are always 35 miles an hour or more. The storm must last at least 3 hours to be classed as a blizzard. If any conditions are less, it's classified as a snow storm.

- 5) There are an average of 105 snow producing storms per year. A typical storm will have a 2-5 day lifetime and drop snow in multiple places.
- 6) All snow flakes have six sides. The reasoning behind this is the oxygen atom has a particularly strong attraction to the electron cloud the two hydrogen atoms and pulls

them closer together. This leaves the two hydrogen ends more positively charged and the center of the "V" more negatively charged.

When other water molecules "brush up" against this growing snowflake, strong forces between the negatively charged and positively charged parts of different particles cause them to join together in a very specific three-dimensional pattern with a six-sided symmetry.

For more information, visit:

<http://snowbrains.com/>

Air Quality: Woodstoves

By: Jasmine Maligaya

During wintertime the air can be dry. Colder temperatures and wind chill sometimes make it harder to breathe. When its cold outside, most people turn up the heat in their homes. To save on energy costs, people use their wood stoves which can harm your health by breathing in particles from smoke. Particulate matter, also known as PM2.5 and PM10, can be a serious problem. If you can smell the wood burning, you're most likely breathing pollution. When

burning wood, occupants should burn clean dry firewood, and not burn garbage or other materials causing excessive smoke.

Wood smoke pollution is a problem for people with asthma. Burning wood can be dangerous for children, the elderly, and those with health conditions as they have a weaker immune system. It causes inflammation of the lungs and decrease the lung volume.

Most of the harmful pollutants from

burning wood don't rise; they hang around at ground level for up to ten days. On colder days the situation gets worsens. The weather conditions create temperature overturns which traps hazardous pollutants close to ground level.

For more information, please visit:

<http://www.familiesforcleanair.org/myths/>

Local Environmental Observer (LEO) Network

By: Karis Porcincula

Did you know we had Local Environmental Observer's in Sand Point? There are a few LEOs and our job are to observe Environmental issues happening in our community. We report the issues to the LEO network. Issues are anything we think is abnormal or unusual. Most submitted abnormalities lately have been the PSP results from the local butter clams we test. We've previously found deceased animals

beached on our local beaches, the ever growing tall fireweed, leopard slugs, and the pigeon which was spotted around Sand Point.

The Qagan Tayagungin Tribe has three Local Environmental Observers, Karis Porcincula, Jasmine Maligaya and Peter Devine Jr. If you observe anything unusual in our community, please report to one of us and we will share it with the LEO Network. The LEO Net-

work creators can forward the information to a professional for review and an explanation. The LEO network is very helpful and it keeps other villages informed on the changes around the state and surrounding areas.

You can learn more online at:

www.anthc.org/chs/ces/climate/leo/

LEOs are the eyes, ears, and voice of our changing Environment.



Alaska Tribal Conference on Environmental Management

By: Jasmine Maligaya

The Qagan Tayagungin Tribes Environmental Assistant attended the Alaska Tribal Conference on Environmental Management.

This training helps to build healthy and sustainable tribal



ALASKA TRIBAL CONFERENCE ON ENVIRONMENTAL MANAGEMENT

communities. It is a week-long training, which had many different sessions to attend.

This year, the Environmental Assistant focused on attending Traditional Ecological Knowledge & Environmental Values, Air Quality & Healthy Homes, and Leo & Climate Change. For the Traditional Knowledge & Environmental Values sessions, she learned about

traditional learning and teaching methods with the understanding of environmental education, discussed the climate change which impacts Alaska Native communities, fishing and shellfish harvesting and why they are important to the economy and cultures of Alaska, and applying traditional knowledge to address social and environmental crisis from local to global scales.

As for air quality & healthy homes session, it introduced the language of air quality, discussions on case studies of in home assessments for asthma triggers, and information on bed bugs.

The LEO and climate change sessions were more information about LEO (Local Environmental Observations) Network. There was a year review, discussion of the new LEO app, and a talking circle reflecting all the changes happening in the villages we live in. This training allows us, to learn new things and meet new people to help further our Environmental Education.

This training happens yearly, either in late October or early November. The Environmental Assistant attended and learned information on what the QTT Environmental Department will be working more on.

Environmental Youth Group Update

By: Jasmine Maligaya

Environmental Youth Group is no longer on Friday afternoons. The Qagan Tayagungin Tribe's Environmental Assistant has moved EYG to every Thursday at 3PM, due to Boys and Girls Club being closed on Fridays. EYG will continue to be at the QTT Community Center.

The EYG Coordinator plans to regroup with the youth and focus on different environmental activities.

For the remainder of December, the

EYG coordinator plans on making recycled projects such as; Christmas decorations for the Annual Christmas Potluck, make Christmas tree ornaments, and possibly making a gingerbread houses.

By the new year, the EYG coordinator plans to talk to the youth about doing different environmental activities and making a goals for each EYG week.

The Environmental Youth Group will start working on the curriculum to fur-

ther the youth's education on the environmental issues happening in our town.

There is a schedule for Environmental Youth Group, updated weekly on our website at <http://www.qttribe.org/Environmental>. On the left hand panel, there is a link for the Environmental Youth Group.



Environmental Teen Group Update

By: Karis Porcincula

The Environmental Coordinator has started working with the Environmental Teen Group again in December. The Environmental Coordinator was out of the office for the beginning of October due to maternity leave. Once she returned, she was catching up on past work.

She is now doing ETG again at the Teen Center on Thursday nights from 7-8pm. ETG is focused on recycling

objects to make Christmas presents for friends and loved ones.

Environmental Teen Group can be a great learning experience for teenagers of Sand Point to understand the environmental issues happening in our area.

The teens will start working on a different portions of the curriculum with new projects. Contaminates, Ecology, Ecosystems, Pollution and Solid Waste/

Recycling being a few of the subjects.

There is a schedule for Environmental Teen Group updated weekly on our website at <http://www.qttribe.org/Environmental>. On the left hand panel, there is a link for the Environmental Teen Group. It is updated weekly with projects we will be doing and when Environmental Teen Group will be. Please check the link for more information.



Employment, Training, & Resources Department

By: Karis Porcincula

Hey Tribal Members; we have an Employment, Training, and Resources Department here at the Qagan Tayagungin Tribe. Carla Chebetnoy is the Employment, Training, and Resources Case Manager and she is here to help Tribal Members.

For seniors in High School, if you are a part of the Qagan Tayagungin Tribe,

she can help you apply for scholarships, colleges and/or vocational school. She works from 8:00am - 12:00pm. By appointment, she is able to work afternoons for help. This also goes for those community members who need help.

She also has a list of job openings in our community (when available/

openings).

If you need help, please contact Carla at the Qagan Tayagungin Tribe. She is available in the mornings.

You can also find out more information on this department on our website:

<http://www.qttribe.org>

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

Alvin Osterback Jr.
Council Member, Seat C

Jason Bjornstad
Council Member, Seat E

Dick Jacobsen
Council Member, Seat G



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Tiffany Jackson
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Nikki Gundersen
Finance Director

Wendy Gardner
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Carla Chebetnoy
ETR Case Manager

Jillian Bjornstad
OJT Student

Karis Porcincula
Environmental Coordinator

Jasmine Maligaya
Environmental Assistant

Dylan Jacobsen
Gaming Manager

Elizabeth Parami
Gaming Assistant

Judith Morgan
Janitor

Dennis McGlashan
Maintenance

Climate Change: Impacting Animals

By: Jasmine Maligaya

Climate change is one of the biggest problems of our time. It's having a dramatic impact on the wildlife habitats.

There are many animals impacted, here are nine main animals which are impacted by climate change. These animals are: Moose, Salmon, Snowshoe Hares, American Pikas, Sea Turtles, Puffins, Alaskan Caribou, Piping Plovers, and Polar Bears.

For moose, temperatures are rising and growing parasite residents are expected to cause cold-weather species to move farther north. It can lead to higher amounts of winter ticks, which can gather on a single moose to feed on its blood. It will weaken the moose's immune system to death.

As for salmon, changing stream flows and warmer waters in the Pacific Northwest. They require cold, fast-flowing streams and rivers to spawn. Climate change is likely to impact major



commercial and recreational fishing productions in the coming years.

Snowshoe hares turn white in the winter to blend with the snow, but with climate change, snow in some areas is melting faster than hares have grown adapted to, leaving them bare in less snow.

American Pikas are now disappearing from several areas. Some are migrating to higher elevations to avoid reduced snow packs and warmer summer temperatures.

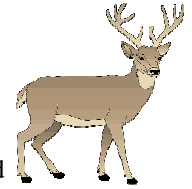


Various sea turtle species, and their nesting sites, are helpless to sea-level rise, which increases wildness and changing temperatures.

In Gulf of Maine, puffins are having trouble finding their food sources of white hake and herring. As the sea warms, the fish are moving deeper into the ocean or further north, which makes it hard for puffins to eat and feed their young ones.

Alaskan caribou are traveling long distances in search of acceptable food. The temperatures increase and wildfires burning hotter could change the caribou's habitat and winter food sources.

Piping plovers are iconic shorebird which breeds and nests along the Atlantic Coast, Great Lakes, and Great Plains. With increased human use for the beach as well as sea levels and storm outpourings can threaten this specie.



Polar bears have become the symbol of climate change; they were listed as threatened species. Sea ice is shrinking each year; they need sea ice to survive.

For more information, please visit: <https://www.doi.gov/blog/9-animals-are-feeling-impacts-climate-change>

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