



Qagan Tayagungin Tribe Environmental Department

December 2012

Program Update

By: Cathy Adams

The staff at the Tribe hopes you all are enjoying a wonderful Christmas Season! We will be continuing to meet with the Environmental Youth Group (EYG) on Friday afternoons and the Environmental Teen Group (ETG) on Thursday evenings every week. In October I went down to Flagstaff, Arizona to attend a class on the Introduction to Tribal Air Quality. I learned a lot about air quality and I will be sharing with the community. In November Karis and I attended the Alaska Tribal Convention on Environmental Management. We learned about outdoor



air quality and dust control strategies some Alaskan villages like Galena have used. The Qagan Tayagungin Tribe just held their annual Christmas Potluck on December 15, 2012, which went very well. We were pleased with the turnout. The QTT Environmental Department is still collecting electronic waste to be sent out for recycling. If you are an elder or for any reason can't drop off your electronics, give us a call at 383-6968, and we can come by and pick them up. We are introducing the Local Environmental Observer (LEO) Network to

Sand Point. There are three LEO's in Sand Point, Peter Devine, Karis Porcincula and Cathy Adams. Please feel free to contact us with information regarding Environmental changes you observe. We are starting the Earth Day Fair Theme Poster Contest. Submissions are accepted until Friday, February 15, 2013 to the QTT Environmental office. For more information and rules see our website. Our Environmental office is still collecting clam samples to check for Paralytic Shellfish Poisoning. Thankfully the toxin level has maintained a low level since September and is at acceptable levels for consumption.

Electronic Recycling

By: Karis Porcincula

Just a reminder we are still collecting electronics for recycling. When we accumulate enough electronics we will be sending them out on Coastal to be recycled. If you have electronics that need recycling you can drop

them off at our office located in the City Building on the first floor. If you are an elder or are disabled and can't bring your electronics down, give us a call in the Environmental office and we can come pick them up. The

Qagan Tayagungin Tribe Environmental Department will be happy to take your electronics for recycling. Electronics accepted: televisions, dvd players, fax machines, printers, copying machines, etc.

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Air Quality

By: Cathy Adams

With respiratory illnesses like bronchitis and asthma on the rise, the Tribe is concerned about the air quality in Sand Point. Outdoor (ambient) air quality is the condition of the air in the surrounding environment. The quality of the air directly affects our health and the world we live in.

Everyone can be affected by poor air quality. However, children and those with chronic respiratory problems, are the most sensitive to air pollution. Children breathe more

rapidly and inhale more pollution per pound of body weight than adults, so their lungs have a greater chance of being exposed to harmful air pollutants. Polluted air also damages and kills trees, crops and other plants. Air pollution contributes to water pollution because many airborne contaminants eventually end up in rivers, lakes and the ocean, either blown in the water or by rainfall washing the pollutants into the water. On days the wind is blowing hard and dust is flying

around, if you have breathing problems, the best thing you can do is stay inside.

Other things we can do to help contribute to a cleaner environment are: conserve energy by turning your thermostat down a couple degrees, drive less, ride your bike or walk, carpool, make sure your car is well-tuned, take care not to spill gasoline when filling the tank of your car, lawn mower or recreation equipment and make sure chemical product lids are closed tightly.

Paralytic Shellfish Poisoning Update

By: Karis Porcincula

The Qagan Tayagungin Tribe has been working with the State of Alaska on Paralytic Shellfish Poison (PSP) Testing. QTT and the State of Alaska have been working together on this project since June of 2012.

From June through August the samples collected had PSP levels above the recommended levels considered safe for human consumption. The FDA limit is 80 micrograms, there-

fore shellfish was not recommended to be eaten. By the time of the September sample, clams were considered safe for human consumption again. PSP levels got down to 66 micrograms. Every month after, the PSP level would go down even more. The last time we dug clams for testing was on December 11, 2012 and they were sent out for testing on December 12, 2012. The results came back to us by email on

Friday, December 14, 2012 at 44 micrograms, which is below the FDA limit of 80 micrograms. The Clams are still considered safe for human consumption.

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.

Flagstaff Training

By: Cathy Adams

In October the Environmental Coordinator went to Flagstaff, Arizona to attend an Introduction to Tribal Air Quality class the Institute for Tribal Environmental Professionals (ITEP) held.

Eighteen people attended the class, from ten different states. The classes were intense. We learned what tribal air quality looks like and why

it looks this way. We learned the concept of pH as it relates to air quality, and about air toxins and their effects. It was interesting to learn about the different ways that air quality affects people. The class taught me about how pollutants get into the air. We can reduce them by doing things like: walking instead of driving and recycling. There are many ways we can help keep our air clean, and we all

should pitch in and do our part. One simple method to help our environment is to make a small reduction in your household's temperature, which can make a huge difference in your fuel use. For every 1 degree Fahrenheit reduction you make, you can save 3 percent in total energy use - savings that will surely be welcomed during this winter season.



How to Deal With Spiders?

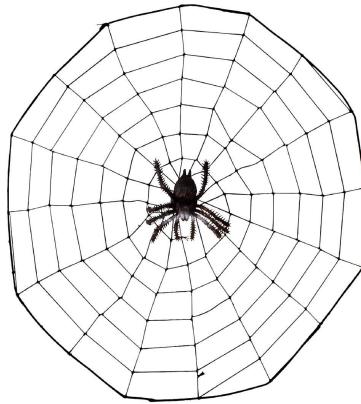
By: Cathy Adams

This time of the year, when it's cold outside, we get some unexpected visitors in our warm, cozy houses. Spiders are common pests that like to make homes in cracks, corners and areas not ordinarily used. Most spiders are harmless and help by trapping flies in their webs, but some spiders are very poisonous. It does not matter what type of spider gets in the house, most people want to get rid of it.

When getting rid of creepy pests, it is important to use safe pest control methods so poisonous chemicals aren't spread around your home. Some sprays available from stores cause allergic reactions or are dangerous to children or pets.

Here are some organic ways to rid your house of spiders:

- *Maintain a clean house. Clutter on the floor can become



a breeding ground for spiders. Vacuum your house regularly.

- *Seal any openings or cracks in your doors or windows.
- *Keep your food and leftovers covered
- *Keep your trees and bushes trimmed, and dead vegetation away from your house
- *Mix Vinegar and Water in equal

proportions and spray around your house to kill the pests

- *Scented natural oils like eucalyptus oil, tea tree oil, neem oil, and rose oil can kill spiders. Just mix 20-30 drops of an aromatic essential oil in one quart of water and spray infested areas.

- *Fix leaky faucets and pipes

- *Kill any other insects in your home, spiders feed on them. If spiders can't find food, they will leave.

If you should get bit by a spider, stay calm to keep your heart rate down. Try to catch the spider. Wash the bite with soap and cool water and pat dry. Apply ice to the bite to numb the pain and reduce swelling. Apply a topical anesthetic such as Orajel, Anbesol or Solarcaine. If this does not help, please seek help at the clinic.

Climate Change

By: Karis Porcinula

Have you noticed any difference in the climate lately? Do you think we are experiencing climate change? What do you think causes climate change?

Climate change is caused by many different sources. Earth's average temperature has risen by 1.4 degrees Fahrenheit over the past century. Small changes in the temperature of the planet can translate to large and potentially dangerous shifts in climate and weather.

Climate change affects everyone.

Our lives are connected to the climate. Our lives are connected to the climate. We've enjoyed the stable climate since the last ice age that ended about 100,000 years ago.

Although, there are some changes to the climate that are unavoidable, such as, the affect from Carbon Dioxide. Carbon dioxide can stay in the atmosphere for almost a century, which continues the warming of the Earth, by making good choices like reducing pollution and preparing for the changes currently underway, we can shape the world our

children and grandchildren will be living in. Take action and start taking the steps to protect our climate. Many of the steps we can take can save money and improve your health, such as walking or riding a bicycle to work. Buy your appliances energy efficient by, finding appliances with the Energy Star rating and buy energy saving light bulbs. There are ways to make a change. For more information you can go to: <http://www.epa.gov/climatechange/basics/>



ATCEM Training

By: Karis Porcincula

In the beginning of November, the Environmental Coordinator and the Environmental Assistant attended Alaska Tribal Conference on Environmental Management (ATCEM) in Anchorage, Alaska.

While at training, they mainly concentrated on Ambient Air Quality management, as the QTT Environmental Department is interested in learning strategies to improve air quality. The Environmental Coordinator and Assistant attended many trainings, and even received a certificate from the Institute for Tribal Environmental Professionals

(ITEP) for completing an eight hour course in Basic Air Pollution Source Assessment (Ambient Air). They also went to training for the Local Environmental Observer (LEO) Network. The Environmental Coordinator and Environmental Assistant became LEO members at the beginning of 2012 and report any unusual occurrences in our community. More information in next article on LEO Network.

The Coordinator and Assistant attended the Community Emergency Response training where they learned about how to find their

emergency contact, the chief of police, in a natural disaster.

There were plenty of guest speakers. Lisa Murkowski and Roald Helgensen were guest speakers who talked about how having an Environmental Department in tribes is important.

This training is attended every year by the Environmental Department and each year they learn something different. It is a great way to learn about abilities to change the environment of your community for the next generations.

Local Environmental Observer (LEO) Network

By: Karis Porcincula

Have you ever wondered what a LEO was? LEO stands for Local Environmental Observer. What we do is we observe Environmental changes in our community and record to the LEO network anything we think is abnormal or unusual. We mostly submit weather changes and if we happen to find any deceased animals beached on our lo-

cal beaches. Some LEOs have posted about abnormal insects or spiders they have found in their areas. Sand Point has three local LEOs. Cathy Adams, Karis Porcincula and Peter Devine Jr. are the local LEOs and are always looking for anything you may think is abnormal or unusual. You may bring us any infor-

mation you have on deceased or beached animals, unusual weather conditions, unusual insects or anything else changing in our environment. You can learn more online at: www.anthc.org/chs/ces/climate. Remember LEOs are the eyes, ears and voice of our changing Environment.

Earth Day Fair Theme Contest

By: Karis Porcincula

It's that time of the year again for the Earth Day Fair Theme Contest. The Earth Day Fair takes place every year during the third week of April. This year we are looking for a new poster to represent Earth Day.

We are asking for children, as well as adults, make a poster and submit it to the Qagan Tayagungin Tribe Environmental Office. Guidelines for the posters are: the poster must

be on white letter-sized paper (8.5"x 11in). The deadline will be Friday, February 15, 2013 at 5 P.M. The QTT Environmental Department is hoping to receive many posters for the tribal council to choose which one will be the next Earth Day Fair theme. There will also be a prize for the winner which will be announced when the deadline nears.

The judging of the posters will take

place at the first board meeting after the due date. The Qagan Tayagungin Tribe's Tribal Council will decide which poster they like the most, without knowing who composed each poster.

Our Earth Day Fair Poster winner last year was Ms. Savannah Kalmakoff, with a wonderful drawing of the Earth. So, please keep in mind that anyone of our community members can submit an entry.



Environmental Group Updates

By: Karis Porcincula

The Environmental Youth Group and Environmental Teen Groups have been moving right along on the new curriculum adopted by the QTT Tribal Council.

The Environmental Youth Group has just finished working on painting the napkin holders used at the Qagan Tayagungin Tribe Annual Christmas Potluck. This was teaching the youth about recycling different materials to craft different de-

signs. They have done a great job and are now working with the Environmental Coordinator on learning about the Animal Kingdom and Plants, their habitats, and how they survive.

The Environmental Teen Group has just finished making the napkin holders the youth group painted for the Christmas potluck (again using recycled materials) and has started



working with Origami to learn about the animal kingdom. The Environmental Assistant is hoping to make many different types of animals using creative skills.

These groups have been working hard and are going to keep working to achieve their goal of learning about the environment and its habitats and having fun. The Environmental Department is excited to keep teaching about the Environment.

Qagan Tayagungin Tribe Council Members & Staff

Council Members

David Osterback

President (Seat E)

Dennis Gundersen

Vice-President (Seat C)

Glen Gardner Jr.

Secretary/Treasurer (Seat D)

Peter Devine Jr.

Council Member (Seat A)

Dick Jacobsen

Council Member (Seat G)

Rayette McGlashan

Council Member (Seat F)

Alvin Osterback Jr.

Council Member (Seat B)



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Christmas Potluck

By: Karis Porcincula

This years Qagan Tayagungin Tribe's Annual Community Christmas Potluck was held on Saturday December 15, 2012 at the QTT Community Center. The potluck had a great turn out this year and was put on with the help of many businesses. There was plenty of food to go around. Thank you to the community members who brought their favorite dish to share, it was greatly appreciated. There were Christmas presents for each child which were handed out by Old Saint Nick, along with presents and a money tree raffle for the adults. Everything turned out great.

The Qagan Tayagungin Tribe would like to thank all of the entities and individuals who helped make the potluck a success this year.

Thank you to: *Eastern Aleutian Tribes, ACE Cargo, Aleutian Housing Authority, Pauloff Harbor Tribe, A/PIA, KSDP, Agate Pulltabs, City of Sand Point, Unga Tribe, Marine View B&B, Alaska Commercial Company, Cut R Loose Coffee, The Aleut Corporation, Trident Seafoods, QTT Staff, Shumagin Corporation, F/V Buldaro—Dave & Cathy Adams, Rayette McGlashan, Dick Jacobsen, Jason Bjornstad, David Osterback, Glen Gardner Jr., Edith Jacobsen, F/V Temptation—Melvin & Marilyn Larsen, Peter Devine Jr., Sand Point Fire Department, Ernest Gilbert, F/V Ms. Ingrid—Dick & Edith Jacobsen, Keomi Chrim, Matthew Bravo, Lanie Kuchenoff, Maynard Maglaya, Edwin Gundersen, Jolan Rotter, Carla*

Chebetnoy, Harold Bendixen, Amy Eubank, Carmen Dushkin, Dave Dillard, Ingrid Cumberlidge, Shalene Chebetnoy, Charlie Jackson, Patricia Curtis, City of Sand Point Harbor Crew, Sand Point Police Department, and Pastor Scott Morgan.

