

# Qagan Tayagungin Tribe Environmental Department

December 2014

## Program Update

By: Karis Porcinula

Seasons Greetings! The Qagan Tayagungin Tribe Environmental Department has started a new fiscal year. The Environmental Coordinator

and Environmental Assistant have been working hard on their new fiscal year work plan.

The Environmental Department is still collecting electronic waste.

The Environmental Department received their November 2014 clam samples back with high levels.

The Environmental Coordinator and Environmental Assistant attended a three-



day training in Anchorage, AK. The Alaska Tribal Conference on Environmental Management was very informational for the Environmental Department.

The Environmental Coordinator works with the Environmental Teen Group (ETG) almost every week at the Teen Center on Thursday nights for an hour. The Environmental Assistant works with the Environmental Youth Group (EYG) almost every week on Friday at the Boys and Girls Club for an hour.

The website is regularly updated with information

and youth group schedules, don't forget to check it out at: [www.qtribe.org](http://www.qtribe.org).

Environmental Staff have been working with the Alaska Native Tribal Health Consortium on their air quality monitoring.

The Environmental Assistant is working on questions for the Traditional Ecological Knowledge (TEK) the Environmental Department will be conducting surveys where they will be talking to elders about the changes in Sand Point in the last 30 years.

**Happy Holidays!**

## Annual Community Christmas Potluck

By: Karis Porcinula

Don't forget the Annual Community Christmas Potluck on December 13, 2014 at 5:00pm at the QTT Community Center.

Please come and join us at the Qagan Tayagungin Tribe Community Center for our Annual Christmas

Potluck.

Please don't forget to bring your favorite dish to share, we look forward to seeing you there!

There will be a



very special visitor joining us for the evening, so bring your children. If you'd like to take pictures, the gifts will be handed out by siblings.

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*"When we heal the Environment, We heal ourselves"*

*- David Orr*

## Woodstove Safety Tips

By: Karis Porcincula

It's winter once again and everyone is trying to keep their homes warm and cozy. If you have a wood stove here are some safety tips.

When starting your wood stove, you need to be very careful. It is best to start your wood stove with newspaper or kindling. Never burn household garbage. Do not burn coated, painted, or pressure treated wood because it will release toxic chemicals. It is not recommended to burn wet, rotted, or moldy wood. Steer away

from using logs made from wax and sawdust in your wood stove. Keep all flammable household items—drapes, furniture, newspapers, and books far away from the wood stove. Always keep the doors of your wood stove closed while you are not tending to it. Regularly remove ashes from your wood stove into a metal container and store outdoors. Keep a fire extinguisher handy for emergencies. If you use manufactured logs, choose those made from 100 percent compressed sawdust.

Woodstoves are great to have, especially in the colder months, but they can also harm your health. Make sure you have a carbon monoxide detector in your home and make sure you have working smoke alarms.

To find more information, please visit:

<http://www.epa.gov/burnwise/bestburn.html>



## Paralytic Shellfish Poisoning Update

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department is still regularly testing PSP in the local shellfish. The latest results are from the November 7, 2014 clam sample dug at the Sand Point Spit Beach. The sample had elevated toxin levels of 189 micrograms which is over

the FDA approved limit of 80 micrograms. These are dangerous levels. This months sample was collected on December 5, 2014 and we are still waiting for the results. Toxin levels have been high and clams are unsafe to eat.

Tribe neither encourages nor discourage the consumption of the local shellfish, but provides this information for the community members to make a educated decision regarding shellfish consumption.

The Qagan Tayagungin



## Environmental Groups Update

By: Karis Porcincula

The Environmental Teen Group takes place almost every Wednesday night at the Sand Point Teen Center from 7-8pm. The Environmental Coordinator tries to do different projects with the teens, although this last week they picked up trash around the Teen Center, Recycling Center, and in the

parking lot due to a lot of trash on the grounds.

The Environmental Youth Group takes place almost every Friday at the Boys and Girls Club from 3-4pm. The Environmental Assistant has also been doing different projects with the youth. Although last week, the Environmental Coordinator held

the Environmental Youth Group at the QTT Office due to the temporary closure of Boys and Girls Club and the Environmental Assistant being out of town.

Hope to see everyone in the following weeks!



## Keep Warm & Happy Holidays

By: Karis Porcincula

That time of year has finally arrived, when it's starting to get chilly out and the days are getting shorter. Snow is starting to pile up on the mountains which means its only a matter of time until we get hit with snow and cold winter days. Don't forget to dress warm for these holidays. A warm coat, snow pants, boots, hats, gloves, scarves, and maybe that one favorite fleece sweater is all you need. While you are keeping warm there are also those holiday favorites to keep you warm.

Here is a recipe for apple cider for after you are done playing out in the snow:

### **Apple Cider:**

**1 (64fl oz) bottle of apple cider**  
**3 cinnamon sticks**  
**1 teaspoon whole allspice**  
**1 teaspoon whole cloves**  
**1/3 cup brown sugar**

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to

a boil over high heat. Reduce heat, and keep warm. This makes 8 servings. Total prep time is 1 hour and 5 minutes.

Hope you enjoy your holidays and remember to keep warm and have fun.

For more Apple Cider recipes or another other holiday favorites, please visit: <http://www.allrecipes.com>



## FDPIR Food Program

By: Karis Porcincula

The Qagan Tayagungin Tribe is working with the Alaska Native Tribal Health Consortium on the Food Distribution Program on Indian Reservations (FDPIR), which is a food program that provides commodity foods to low-income American Indian and non-

Indian households.

Each month participating households receive a food package to help them maintain a nutritionally balanced diet.

If you would like to apply for this program, you can contact Wendy at the QT

Tribe or visit our website: [www.qtribe.org](http://www.qtribe.org).

Households cannot participate in both FDPIR and SNAP (food stamps) at the same time.

## Air Quality Monitoring

By: Karis Porcincula

The Environmental Coordinator and Environmental Assistant have been working with Patrick Bloecher and Josh Liles with the Alaska Native Tribal Health Consortium on Air



Quality Monitoring. The air monitoring was conducted this summer. Now the staff are talking about conducting another monitoring to find out what types of

particles are in the dust tested this summer.

The Environmental Department will go collect small samples of dust from the boat harbor to send out to a lab to find out what the dust contains, once we receive the equipment.



## Alaska Tribal Conference on Environmental Management (ATCEM)

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Staff attended the Alaska Tribal Conference on Environmental Management (ATCEM) in Anchorage, AK from October 28, 2014 thru October 30, 2014. During the conference, the Environmental Coordinator and Environmental Assistant focused primarily on air quality trainings with a focus also on LEO and climate change. Air quality is a main focus for the Qagan Tayagungin Tribe Environmental Department but we are slowly moving in to climate change and solid/hazardous waste.

This conference is held by

the Alaska Native Tribal Health Consortium in the beginning of each fiscal year, with sponsorship from Alaska Airlines, Alaska Natives Foundation, LEO, National Tribal Water Center and Ravn Alaska. Many tribe from around Alaska come together to learn and talk about the environmental issues in their communities and to help others on what to look for or what they can do to address the environmental issues. The Environmental staff listened to many keynote speakers who talked about the environmental

issues they have faced and how they think the tribes are doing a great job caring for their lands. The keynote speakers talked about the accomplishments of all the tribes since the Alaska Tribal Conference on Environmental Management (ATCEM) started.

This is the education we need to keep our communities healthy for future genera-

tions.



## Imagination Library

By: Tiffany Jackson

The Qagan Tayagungin Tribe, in partnership with Best Beginnings and Aleutian Peninsula Broadcasting, and many generous sponsors, have been proud to provide Dolly Pardon's Imagination Library in Sand Point for the past year. The objective of this program is to ensure kids arrive ready to succeed in school by helping to improve early language and literary skills. We do this with donations from our sponsors by providing one free age appropriate book to each child age 0 to 5. Currently, this program has enrolled 42% of eligible children in Alaska, and 100% of

children in Sand Point! By the end of December 2014, we will have provided the youth in Sand Point with 470 books.

The goal for this program is to expand it so it can be available to all children age 0-5 in the State of Alaska.

Best Beginnings has given the Qagan Tayagungin Tribe the green light to start working with other communities in our region in order to serve more children in the Aleutians. In order to do this, we are looking for local advocates in each community who would be willing to enroll children, and promote

the program in their community. We'll also be looking for sponsors to help us purchase the books for each of these communities.

If you're interested in being an advocate for your community to provide this program, please call the Qagan Tayagungin Tribe at 907-383-5616 and ask for Wendy or Tiffany, and we'll work with you on how to start enrolling children and working on sponsorship.



**BEST BEGINNINGS**  
Alaska's Early Childhood Investment



# Electronic Recycling Update

By: Karis Porcincula

The Environmental Department is still collecting electronic waste at the Environmental office.

If you have any old electronics such as: telephones, computers, lap tops, cell phones, printers, fax machines, radios, routers, gaming systems, DVD players, power tools, etc., please drop them off at

the Qagan Tayagungin Tribe Environmental Department at the City Building on the first floor, third door on the left. If you are an elder or disabled, give the Environmental Office a call and someone can stop by and pick up your electronics. The Environmental department is also collecting used

ink cartridges from printers, fax machines, and copying machines. If you have any of these, please don't hesitate to drop them off, we will recycle!

Thank you for recycling!



# QTT Tribal Council & Staff

## Council Members

**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 Members, Seat F*

**Dick Jacobsen**

*Council Members, Seat G*



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## Staff

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*Executive Director*

**Nikki Gundersen**

*Finance Director*

**Wendy Gardner**

*Administrative Assistant*

**Carla Chebetnoy**

*ETR Case Manager*

**Karis Porcincula**

*Environmental Coordinator*

**Jasmine Maligaya**

*Environmental Assistant*

**Tabitha Holmberg**

*Gaming Manager*

**Vacant**

*Gaming Assistant*

**Judith Morgan**

*Janitor*

**Dennis McGlashan Sr.**

*Maintenance*

## Planning Underway to Secure Funding for Alaska's First Recovery House in Sand Point

By: Tiffany Jackson

Organizations and individuals involved with Reclaim Alaska are moving forward with plans to establish a recovery house in Sand Point for those wanting to live an alcohol and drug-free lifestyle. If it comes to fruition, it would be the first recovery house in rural Alaska. The goal would be to follow the Oxford House model, an international organization with democratically-run, self-supporting drug and alcohol-free recovery houses located throughout the United States, Canada and Australia.

"It all started with the Reclaim Alaska Substance Abuse Summit" said Jennifer Harrison, executive director with Eastern Aleutian Tribes (EAT). "People in Sand Point said they wanted a recovery house."

On September 30th, a meeting was held in Sand Point, which included all three tribes, the City, the Aleutian Housing Authority, EAT staff members and others involved with the Reclaim Alaska effort.

"At that meeting, everyone was supportive of the Oxford House model," said Harrison. "It's a place for people who have been clean and sober for at least a couple of months and where they can be around other people who are also clean and sober."

The next step to get a house going in Sand Point is to propose the idea and have it included in the governor's budget. If that happens, Harrison said it's up to the region's leadership to advocate with our Alaska legislative representatives to keep the fund-

ing in the budget. "This is really important," said Harrison. "This is what it's all about. They would need to tell the governor what a great pilot project this would be, not only for the Aleut region, but for the entire state because this would be the first one in rural Alaska."

For the full article written by Laura Tanis, check out In The Loop at [http://www.aleutianseast.org/vertical/sites/%7BEEDABE05-9D39-4ED4-98D4-908383A7714A%7D/uploads/In the Loop - Nov. 18 2014.pdf](http://www.aleutianseast.org/vertical/sites/%7BEEDABE05-9D39-4ED4-98D4-908383A7714A%7D/uploads/In%20the%20Loop%20-%20Nov.%2018%202014.pdf)

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We are also on the Web:

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