

Qagan Tayagungin Tribe Environmental Department

June 2013

Program Update

By: Karis Porcincula

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Summer is finally here! Along with summer comes beautiful flowers and sunshine. This is what the Environmental Youth Group and Environmental Teen Group will be working on right outside the city building. The Environmental Teen Group has planted seedlings and the Environmental Youth Group has started turning the soil for the other plants. This will make our city building bright and beautiful. Every week ETG is at 8:00pm on Thursday



at the Teen Center and EYG is at 2:30pm every Friday at the QTT Office.

Our office continues to dig clams monthly to check for Paralytic Shellfish Poisoning to inform the community about the PSP levels, so they can make informed decisions about whether or not to consume shellfish.

We are still collecting electronic waste for recycling. We do pick-ups for elders who are unable to drop their electronics off. We will be making a shipment

soon, but we will still continue to collect electronic waste.

Our office is currently working on outdoor air quality. If you have a concern about air quality, please visit our website to fill out the air quality complaint form. We will also be surveying the community this summer about stationary and mobile sources of pollution influencing air quality. After we gathered all the data, we will have a better idea of what air quality monitoring would best suit the community.

Electronic Recycling Update

By: Karis Porcincula

The Qagan Tayagungin Tribe is still collecting electronic waste to send to Total Reclaim in Seattle, WA. We are trying to get some electronic waste shipped out this summer. But we will still collect

electronic waste. If you have electronic waste you are not using, or just don't have room for, please drop it off to the QTT office in the city building on the first floor, third door on the left. If you are an elder,

or are disabled and unable to drop off your old electronics, give us a call and we will come pick up your electronics. Thank you for helping us recycle and clean-up Sand Point.



Earth Day Fair

By: Karis Porcincula

The 6th annual Earth Day Fair was held on, Saturday, April 27, 2013, at the QTT Community Center. The morning started off with a green walk, which was accompanied by volunteers, to clean from the



community center, by the clinic, down the boardwalk to the post office, over by NAPA and on the road again back to the community center. Americorps member, Jackie Bishop; Pauloff Harbor Tribe Environmental Coordinator, Lisa Jackson, and many volunteers did a great job of picking up trash. KSDP employee, Marissa Williams, and I picked up bags of trash that left on the side of the road. At least ten bags of trash was picked up from the side of the road.

At 12:30 pm we started the Earth Day Fair. There were many games at every end of the community center gym. Activities included: gold fish toss, plastic bottle ring toss, seed planting, craft table, pop can toss, and face painting. There were also relay races. Relay races held were: wheel barrel race, potato sac race, backwards race, plastic egg/spoon race and three-legged race. There was also a raffle, bake sale, and pop can tab guess. The bake sale did really well and the pop can tab guess had many guesses, but the winner was Uivala Stathis with a guess of 888 pop can tabs, the jar con-



tained 881 pop can tabs. The raffle winners and items were: cell phone donated by Telalaska won by Lorna Osterback, beaded glass ball donated by Karis Porcincula won by Meryl Gundersen, red Peter Pan rain jacket won by Marcy DeCosta, Beaded Glass ball & keychain donated by Carla Chebetnoy won by Patricia Curtis, TelAlaska blanket and handtowels won by Marissa Williams, blue Peter Pan rain jacket won by Lorna Osterback, two community calendars donated by Robin Gilmour and two cell phone charms donated by Anne Morris won by Robert Morris and Eileen Dushkin, mini lamp donated by GCI and hand made earrings donated by Anne Morris won by Robin Gilmour, Trident gift card won by Brittany Gardner, and hand made earring donated by Anne Morris won by Robin Gilmour.

The Qagan Tayagungin Tribe would like to thank the businesses and individuals for their donations: The Aleut Corporation, Aleutian/ Pribilof Islands Association, KSDP Radio Station, Tel Alaska, Alaska Commercial Company, Trident Seafoods, Peter Pan Seafoods,

GCI, City of Sand Point, Anne Morris, Robin Gilmour, and Carla Chebetnoy. The donations were greatly appreciated. All proceeds from the Earth Day Fair went to the cost of putting on the fair.

The purpose of the Earth Day Fair was to influence the community members and identify behavior changes they can make to live a greener life in our community of Sand Point.

Environmental Youth Groups Update

By: Karis Porcincula

The Environmental Assistant has been working with both of the environmental youth groups. Almost every week the Environmental Assistant works with the Environmental Teen Group on Thursday nights at the Teen Center and with the Environmental Youth Group every Friday at the Boys and Girls Club.

Since the Boys and Girls club is closed for the summer, EYG will be meeting at the Qagan Tayagungin Tribe Environmental Office at 2:30pm on Friday's unless announced otherwise.

Up until now, the Environmental Youth Group has met on Fridays at the boys and girls club and helped get ready for the Earth Day Fair. Now since we are going to start meeting at the QTT Environmental Office, we are going to start working on our little garden outside the city building. EYG will start meeting on Fridays to dig up the soil and get it ready to plant flowers, following our curriculum on the environment.

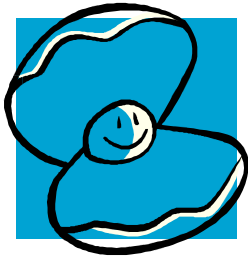
The Environmental Teen Group has

been working to plant flowers for the flower box. On the nights of May 30th and June 6th from 8-9pm, ETG has been planting and replanting their growing flowers, waiting for EYG to prepare the flower box. We have also been picking up trash outside the Teen Center.

The Environmental groups have been working diligently to make our flower box beautiful and contribute to the communities environmental health.

Paralytic Shellfish Poisoning

By Karis Porcincula



The Qagan Tayagungin Tribe Environmental Department has been working with the State of

Alaska for the past year to monitor Paralytic Shellfish Poisoning (PSP).

The Recreational Shellfish Pilot Program is funded through the State of Alaska. The State of Alaska funds

communities from Alaska, to help monitor occurrence and distribution of PSP toxins. This will increase the communities' capacities in devising a mechanism to better respond to the threat and minimize the risk of poisoning. The samples are analyzed by the Alaska Department of Environmental Conservation using approved analytical methods. The State of Alaska is funding testing for the Sand Point Spit Beach PSP levels until the summer of 2015.

The latest results for May 2013 turned out to be 99.5 micrograms, which is above the FDA limit of 80 micrograms. These are dangerous PSP levels.

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.

Air Quality Complaints

By Karis Porcincula

Do you have major concerns about all the pollution in the air? Or maybe all the dust on the road? The Qagan Tayagungin Tribe Environmental Department is collecting air quality complaints. There is a complaint form located on the QT Tribe's website under the environmental section.

When we have gathered some information on where air pollution problems are located, we will be able to determine what can be done to improve the air quality in that area, and to the community. We are doing this to find ways to make our community better and a healthier place to live.

If you could fill out the form it would be greatly appreciated. To get the air quality complaint form on our website, visit:

<http://www.qttribe.org/Environmental>

On the panel on the left under Environmental is a link to the air quality complaint form.



Upcoming End Of Summer Clean-Up

By Karis Porcincula

At the end of summer, the Qagan Tayagungin Tribe Environmental Department is going to host the 3rd annual End of Summer Clean-up. The City of Sand Point did an amazing job with their city clean up this year, and we would like to contribute to make sure the

community of Sand Point is a beautiful place. There will be more details as we move closer to time for the clean up.

We will have prize drawings for the people who cleaned up. When you show up to clean, you will get your name on a ticket and thrown

into the can to be drawn for a prize.

The Environmental Assistant will be posting flyers and making announcements on the radio for a date and time. Hope to see you all there helping to keep Sand Point beautiful.



Sand Point Culture Camp 2013

By Karis Porcincula

This year, Sand Point Culture Camp is going to be held on July 15—25, 2013 at the Qagan Tayagungin Tribe Community Center. The camp director, Carla Chebetnoy, has been working hard to put camp together and get everything ready for the youth and adults. Culture Camp had lost some substantial funding this year. While camp will still 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. Elders 60 and older are exempt from this fee.

There are great instructors, many of whom are coming back as they are regulars to Sand Point Culture Camp. We will host **Sally Swetzof**, the regalia instructor; **Patty Gregory**, the hat making instructor; **Karis Porcincula**, the full crown headdress and dance instructor; **Elizabeth Chebetnoy**, dance instructor; **Sharon Kay**, basket weaving instructor; **Peter Devine**, hat making and traditional foods instructor; **Teresa Anderson**, traditional food gathering & fish drying rack instructor; **Anne Morris**, traditional foods instructor and cook; **Jamal**

Bernsten, cook; **Eileen Dushkin**, K-4 camp instructor; **Josephine Shangin**, language instructor; **James Kaiser**, stain glass instructor and **Lydia Vincler**, drum making instructor.

This is Culture Camp's 14th year in Sand Point, Alaska. The youth attend camp for two weeks and learn the many different ways of their culture.

We will wrap up camp on July 25th with our annual potluck, exhibition, and art auction.

Vehicle Emissions

By Karis Porcincula

Have you ever wondered why vehicle exhaust is harmful to not only the environment, but to you as a human being? Vehicle exhaust can cause health related problems such as: cardiovascular disease, asthma, chronic obstructive pulmonary disease, lung cancer and diabetes. Exhaust can

affect lung function and can promote allergic reactions and airway restrictions. All vehicles, especially diesel engines, let off very fine particles which can deeply penetrate lungs and inflame the circulatory system. Mobile emissions are believed to present the greatest health risks include: ozone, partic-

ulate matter, acetaldehyde, acrolein, benzene, formaldehyde, and diesel exhaust. Be careful when sitting in a running car where vehicle exhaust can leak in, it isn't good for your health. Make sure to keep children away from vehicle emissions as well.



Shop Environmentally

By Karis Porcincula

Everything purchased these days affects the environment. But if you shop environmentally, there can be less of an impact. It's called green purchasing, and it's easy to do. Here are some tips to "green purchasing".

1. Buy recycled items made from paper, plastic, or other recycled materials.

2. Buy products in bulk or multi-packs.
3. Buy used items such as clothes and other accessories.
4. Trade with friends, instead of buying something brand new, trade with friends or a family member for something they may like.
5. Combine bags when you are at

the mall. Don't use a different bag for everything you buy.

6. Buy energy-efficient items such as light bulbs. Look for the ENERGY STAR logo.

These are just a few tips to get you going on your way to green purchasing. It's fun, safe and easy, saves money, and helps the environment.

Volcanic Ash

By Karis Porcincula

Volcanic ash consists of small jagged pieces of rocks, minerals, and volcanic glass the size of sand, less than 2 millimeters in diameter. Volcanic ash is hard, doesn't dissolve in water, and is extremely abrasive and mildly corrosive. It conducts electricity when wet. Ash is formed during explosive eruptions, which occur

when gases dissolved in molten rock (magma) expand and escape violently into the air.

When ash begins to fall during daylight, the sky will turn hazy and dusty, and sometimes a pale yellow color. The ash may become so dense during daylight it turns grey or even black.

It is not a good idea for people to be outside during ash fall because inhaling the ash can cause difficult breathing and coughing. The strong smell of sulfur and intense darkness can cause people to become lost or extremely disoriented.

To keep safe during ash fall, make sure you have a mask

on covering your nose and mouth so you don't inhale ash. Protective glasses are a good idea to wear. Also, make sure you have bottled drinking water as the ash fall may have landed in your local water supply.

For more information, visit:

<http://volcanoes.usgs.gov/ash/>

QTT Tribal Council Members & Staff

Council Members

David O. 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)

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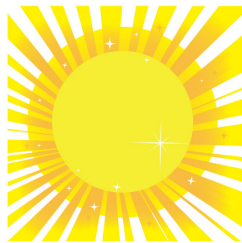
Dennis McGalshan Sr.
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Sun Screen & Your Protection

By: Karis Porcincula

It's that time of year again, summer time is here! It's time for sunscreen. Everyone should use sun screen in the summer because anyone, with any skin color, can get skin cancer. The UV rays from the sun cause more than 3.5 million skin cancers and more than 2 million people are diagnosed annually. Sun screen protects the skin from UV rays causing cancer. The American Academy of Dermatology (AAD) recommends everyone use a sun screen with broad spectrum protections (again UVA and UVB rays), with

Sun Protectant Factor (SPF) 30 or greater, and is water resistant. Sun screen which offers all of these factors helps to protect your skin from sunburn, early skin aging, and skin cancer. Sunscreen alone can't fully protect your skin. It is also advised you wear protective clothing such as long sleeved shirts, pants, and sunglasses; seek shade when you feel you've been in the sun for too long and use extra caution near water and sand



as they reflect the damaging rays. Get vitamin D safely through a healthy diet and vitamin supplements. You should also avoid tanning beds because ultra-violet light from tanning beds can cause skin cancer and early aging as well.

You should use sunscreen everyday if you plan on being outside. Even on cloudy days UV rays can harm your skin.

Also use enough sunscreen to coat all skin not covered by clothing. Most people only

apply half of the amount of sunscreen recommended which is 1 ounce, about a shot glass full. Apply sunscreen to dry skin before heading outside to make sure you have covered all areas of showing skin. Skin cancer includes your lips, make sure to wear a chap stick with SPF 30 or higher. You should reapply sunscreen every two to three hours while outdoors to better protect your skin.

So when you are outdoors, make sure to stay covered up whether it be clothing or sunscreen. Your skin will



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