

THE QAWALANGIN TRIBE OF UNALASKA | SPRING ISSUE 2020

Unangan Tide

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FOR HOPE

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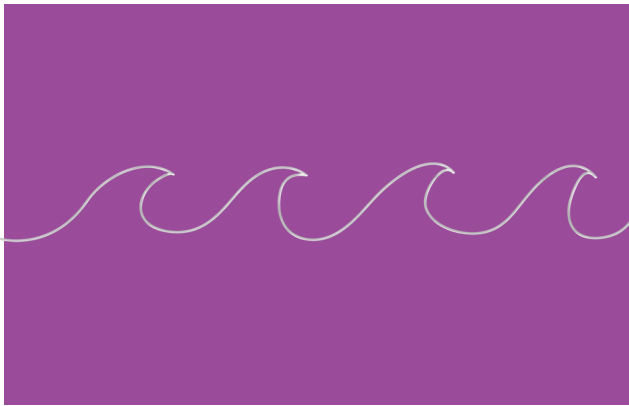
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Qanikingaan malgakuŋ - It is Spring!



Drumming for Hope.

By: Shayla Shaishnikoff

Aleutian residents have begun *Drumming for Hope* at 7pm everyday.

In an effort of solidarity, local Unalaskan's began the daily ceremony of Drumming for Hope. After a difficult year in our community, Tribal member Rande Leggett began reaching out to community members trying to brainstorm a way to spread love, and *hope*. "My goal was to reach out somehow. The intention was never to create a new tradition, but to grasp from old traditions to try and heal and move forward," Rande said.

Participants have explained that when they drum, they are drumming with the heartbeat of our ancestors. Drawing from their strength, the goal is to emphasize that while these times are not easy, *Ataqan Akun- We Are One*. Participants are drumming for loved ones, for the sick, and for the health care professionals on the front lines. "I simply drum for Hope. And we will continue to drum for as long as it takes," Rande said.

A Facebook group named *Ataqan Akun* has since been created as a way for those drumming to "gather" and share their experiences, thoughts, and prayers. Tribal Council member Dennis Robinson who has been involved in the daily drumming speaks of the Facebook page



Above: Kathy Grimnes Drums for Hope, using her True Skin Drum with a Loon painted onto it. Kathy got this drum from AFN in 2002.

Photo Courtesy of Rande Leggett.

saying, "it was born to let people express love, strength, hope and healing in these trying times. I believe it provides a forum of togetherness for the losses our community has had in the past year as well as curing this horrible virus among us."

And the group seems to be gaining a lot of traction. Beyond locals drumming in Unalaska, the group now has people joining in from across the Aleutian Islands, Anchorage, Fairbanks, California, and Maine.

Everyone is invited to join in on Drumming For Hope. "We drum every night we can, for about 5-10 minutes at 7pm." Participants will continue to drum. They drum for those who cannot drum, and they drum for you and your health. *Ataqan Akun. We are One.*

Qagaasakung to all of those who are Drumming For Hope.

Tribal Office Closure

Attention Tribal Members: The Tribal Office is closed to the public until further notice due to COVID-19. Do you need Tribal Services? We are here to help on a limited basis at this time. For an appointment or for more information please call 581-2920. Service will be provided on a case by case basis.

All council meetings will be held via teleconference with call in numbers posted and advertised on our Facebook page. You may also call 581-2920 to request this information. All Tribal members are invited to join all council meetings.



COVID-19 Response and Declaration of Emergency

By Shayla Shaishnikoff

The Qawalangin Tribal council has passed a Declaration of Emergency which authorizes the Chief Executive Officer to take necessary actions to reduce the impact and spread of the corona virus throughout Unalaska, Alaska. What this means, is that the Qawalangin Tribe has committed all available resources and will take all possible actions to combat and alleviate the situation. The Tribal President, Executive Director, and tribal administrative staff will be preparing any and all paperwork, plans, and administrative requirements necessary to seek and obtain technical and all other forms of assistance for addressing the COVID-19 crisis. This is including but not limited to the requirements under the Stafford Act for obtaining emergency assistance from the Federal Emergency Management Agency (FEMA).

The Tribe has since provided funding to the Iliuliuk Family and Health Services, Inc. to be used to purchase a cepheid GeneXpert IV-2 Molecular system, which is COVID-19 testing equipment. This equipment allows us to get same-day results following patient testing rather than sending out kits to state labs.



Chakin Chxûgâda | Wash your hands

(Cha•Keen •Chkhoo•ga•tha)

Prioritizing Elders

By Shayla Shaishnikoff



At the Qawalangin Tribe, we have been putting concentrated efforts on providing to the Elders during this global pandemic.

On April 10, Tribal staff purchased a variety of produce, fruit, Clorox wipes and other snacks to be distributed. Thirty packages were delivered to Elders by staff who wore proper PPE when handling food and when in contact with Elders.

Furthermore, in response to the State medical officer and Gov. Mike Dunleavy's health alert encouraging Alaskans to wear face coverings in public, Tribal staff were authorized to begin making face masks to be provided first and foremost to Elders.

Masks have now been distributed to Elders and we are offering free masks to the public. Tribal members and at risk individuals will be prioritized. Call the Tribe at 581-2920 to request a mask!

A special thank you goes to the APIA wellness center for letting us borrow two of their sewing machines. In addition, Helen Brown, Genee Shaishnikoff, Harriet Berikoff and Michelle Price all donated personal supplies for use in this ongoing project. Qagaasakung to all!

Top image: Shayla Shaishnikoff and Cheyanne Shaishnikoff sort through produce to be delivered to local Elders.

Middle image: Neon was happy to receive his package of goodies from the QTribe.

Bottom Image: Theckla wears her new teddy bear face mask made by Tribal Staff.



Spring 2020 Environmental Program Highlights

Window Decorating Contest

By Chandra Poe, *Environmental Director*

Happy Earth Day 2020! This year is the 50th anniversary of Earth Day, Wednesday April 22. There are tons of digital events happening worldwide, you can find them on www.earthday.org. Q Tribe is happy to introduce a Window Decorating Contest, with the Earth Day 2020 team "Climate Action".

Please consider decorating your home or office window, taking a picture and emailing it to us at resilience.qtribe@gmail.com, or posting on our Facebook event page by Wednesday 4/22. Our environmental team will announce first, second and third place entries and will share photos on our Facebook page. We encourage you to practice the "Reduce, Reuse, Recycle" philosophy and use the materials you have on hand, plus materials you find in the environment. Thank you for taking part in this fun community activity, we are excited to see photos! On Wednesday 4/22, take a drive or walk around town and admire our community creativity.

Resiliency

By Carter Price, *BIA Resiliency Coordinator*

Hey it's Carter checking in I have been working on the resiliency grant, specifically in the educational outreach sector. Working with people in the St. Paul office we are trying to figure out a way that we can teach students and teachers more about adaptation planning. The end goal is to have students be educated and start thinking about the future especially with the changing climate. Having students think about the future and protecting what's important to them can have a big impact on their region's wellness. We hope to have in class sessions in the future to break down adaptation planning and prioritizing high risk areas from climate change in their towns. Email me at carterprice.qtribe@gmail.com for any questions that concern this. Qaagasakung.

NALEMP/TRP and FUDS Cleanup

By Elise Contreras, *TRP/NALEMP Program Coordinator*

We have been working with the EPA and DoD to prepare and update the new upcoming cooperative agreements for both TRP and NALEMP. Both programs compliment each other's work to clean up contaminated sites on Unalaska and build Tribal capacity. Under the current circumstances, the Agamgik screw stake removal scheduled under the current NALEMP cooperative agreement may not be feasible. We are working to establish extensions or accommodations for this delay.

McLees Lake

By Chandra Poe, *Environmental Director*

We are excited to partner with ADF&G to support a salmon weir at McLees Lake this summer. ADF&G plans to put the weir together in early June, and we will help them with setup and packing out at the end of the run. We also hope to get out there for some hands-on fish sampling during the run!

Solid Waste and Recycling Management

By Chandra Poe, *Environmental Director*

We have been working to inventory materials that might be part of a Back Haul project, including electronic wastes. Keeping these items out of the landfill protects the environment and human health and we are excited to be a pilot community for Back Haul Alaska. Stay tuned for more information about an e-waste collection event, we will let the community know when we have more details.

Tribe and Community Priorities

By Chandra Poe, *Environmental Director*

The environmental team is looking forward to working with the Tribe to develop a long-term strategic plan for our environmental programs. As we move forward, we would appreciate hearing from Tribe members about what your most important environmental concerns are so that we can work on developing ways to address those concerns. Please look for the input form on the new website, and we will be finding other ways to ask you for your thoughts.

An update from Jazzmyne

Wellness Program Coordinator



The Qawalangin Tribe of Unalaska



@q.tribe

Hey guys,

I am excited about my work as a Wellness Program Coordinator for the Tribe. Right now I am developing some pre-diabetes and diabetes awareness content to share on social media. I'm hoping to grab everyone's attention and motivate people to make small changes within their own households. I want to inspire everyone to become more physically active as well as bringing awareness to some easy food and drink choices that can make a huge difference in our families overall health.

Qagaasakung!

Jazzmyne

Updated Q-Tribe Website!

WWW.THEQAWALANGINTRIBE.COM



The Qawalangin Tribe of Unalaska has launched an updated website!

Visit the website to read about your Tribal Council, Qawalangin staff, Unangan history, Camp Qungaayux and more!

In addition to formatting and informational updates, we have added a comment submission section to the bottom of our home page. "Your voice. Our Tribe. Your voice will help us forward. Let us listen."

Special thank you to staff member Kaye Gumera who has taken on this task of creating our new virtual space!

Txin Qagaasakuqing!

Shayla Represents Q-Tribe on MOTA Board



Tribal member and Camp Qungaayuḡ Coordinator, Shayla Shaishnikoff, received unanimous support from Tribal council to represent the Qawalangin Tribe as a Board of Director for the Museum of the Aleutians. She is excited to get up to speed on everything MOTA and appreciates the opportunity to be involved in more meaningful work for her culture and her home. Qagaalakuḡ, Shayla!

Healthy Kids After School Program

By Kate Arduser

Wellness Program Manager

In March the Tribe's Wellness Program partnered with the Unalaska City School district to launch the Healthy Kids After School Program at Eagle's View Elementary. The fun program fosters physical activity through sport and teamwork and provides a healthy snack to participants. After school sessions are an hour long and public-school bus service is available after each session is finished.

Over 90 students signed up for the program! They kept Kate Arduser, Jazzmyne Shapsnikoff, and Kaye Gumera, the Tribal staff who developed and implemented the program, hopping. When asked about her experience coaching, Jazzmyne recalled, "You could feel the excitement in the gym. The students were so happy to be a part of this program and they were a blast to work with."

First grade teach Mallory McEldery said, "I believe the Healthy Kids Program is a great addition. My first graders told me that they could not wait until the end of the day for Healthy Kids. They said, it was so much fun! They were always excited to see what the snack would be too! When I watched after school, the first graders were excited to be there, engaged in movement and activities, and were connecting with peers and the adults around them. The atmosphere was safe and fun!"



Thank you, Qawalangin Tribe and Unalaska City School District, for working together to make this program possible.

If you would like to know more about this program contact Kate at the Tribe at kate.qtribe@gmail.com or 907-581-2920.

Jazzmyne

Shapsnikoff

Wellness Program Coordinator



My name is Jazzmyne Shapsnikoff, I am the Tribe's Wellness Program Coordinator. I've taken this position to get more involved with the Tribe and my people and to share my health passion and medical background. I love to travel out of Unalaska as much as possible. Most of my time is spent with my two handsome dogs Russell (chihuahua) and Ryker (Belgium German Shepherd). I stay busy keeping to myself, focusing on my fur family, and keeping up on my mental and physical health. I love change and challenge that scare or intimidate me because overcoming them is most rewarding. I look forward to showing everyone what I am capable of and making my father, Robert Shapsnikoff, proud along the way. Thank you for all the support and patience as I learn and become more intertwined.

Staff Features

Elise Contreras

TRP/NALEMP Coordinator



I am a lifelong Alaskan working for the Qawalangin Tribe as the Program Coordinator for the Tribal Response Program (TRP) and Native American Lands Environmental Mitigation Program (NALEMP). I received my undergraduate degree in Biological Sciences from the University of Alaska Anchorage and decided to pursue a graduate degree with a research emphasis in ecotoxicology, earning a Master's from Northern Arizona University. My thesis examined the concentration of polychlorinated biphenyls (PCBs) in subsistence species found at FUD and non-FUD sites on Unalaska. I am working toward completing a doctorate with a similar research emphasis. When I am not working or doing research, you can usually find me spending time with my husband and family, at the ice rink, or hanging upside down in my aerial hoop.



Kate Arduser

Wellness Program Manager

My name is Kate Arduser and I've been hired as the Tribe's new Wellness Program Manager. I'm a lifelong Alaskan, born and raised in Fairbanks. In 2018 I came to Unalaska with my husband and our two young daughters. My experiences as a mother of Alaska native children, professional ski racer, and coach have made me passionate about fostering tribal wellness. Professionally, I have over 15 years experience in project management and environmental planning with a geography degree from Dartmouth College. When not working, I love to run, ski, and pick blueberries. I look forward to working with and learning from the Tribe to implement wellness programs that positively impact the community.



Chandra Poe

Environmental Director

I am honored to join the staff as the Environmental Director. I relocated to Alaska in 2001 after completing my MS in Ecology.

After 8 years in Girdwood, my husband and I moved to Anchorage with our two kids. Some of my favorite work adventures have included kayaking in Prince William Sound to survey birds, mapping soils and vegetation at remote sites throughout Alaska, and teaching workout classes to moms and their kids. Most recently I spent 5 years working as an analyst for a GIS and software development company. I am excited to bring my experience in ecology, project management and analysis to work to benefit the Tribe and continue developing our environmental programs. Outside of work I love time spent with my family traveling, camping and berry picking.



Tommy Bartlett

Backhaul Coordinator

A year ago I moved to Unalaska with my wife from Washington State. My passion for living in Alaska can be traced back to my childhood as long as I can remember. Whether learning how

to hunt, fish and be self-sustaining out in the wilderness I have been on the path to move to Alaska from the start – and here we are today! Outside the office I stay committed and very busy with my family and do many of my favorite hobbies and passions such as hunting, building new projects and all things fly fishing. Recently I obtained my State of Alaska Sport Fishing Guide license and I also tie custom flies for fly fishing which I began when I was 8 years old and have continued to master the art. Throughout my childhood I spent my time as an amateur Motocross racer with the goal of racing at the professional level. In 2006 I earned my professional license and traveled the country racing both outdoor national series and Monster Energy Supercross series until 2015 when I retired from professional racing. I still have a deep passion for the sport and follow it, but life has lead me to new opportunities.

My family and I love Unalaska, the people and all the great things this small community has to offer. I'm happy to call this beautiful island home.

Kaye Gumera

Special Projects Assistant



I am an artist diving into the world of tattooing as a medium for healing. I love yoga, writing, and nature. I currently work for the Tribe as the Special Projects Assistant handling a variety of tasks all around our programs. In particular, I enjoy being part of the conversation regarding our Wellness Program because I believe that connection is what actualizes “wellness”. It’s great to be able to observe the tribe act as a conduit in providing these spaces. I am grateful be involved in and learn from the Tribal discourse, as it has deepened my sense of community and purpose. I am all the more appreciative of being part of such a unique, resourceful, and humble group of people whose intention is no more than to share such universal values through the lens of the Unangan culture

Kanesia Price

Wellness Program Coordinator



Above: Kanesia holds a sign that says “introduction to hand-washing” in the Amharic language.

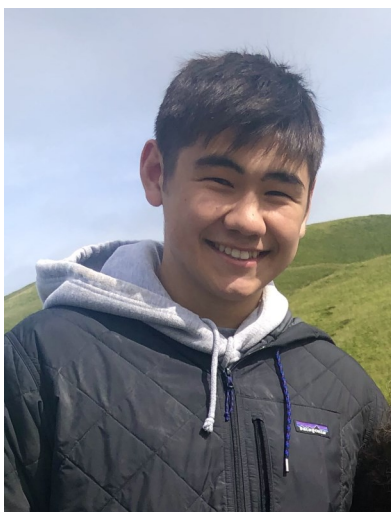
Aang, hope you are all staying safe and healthy during this season of change. The global pandemic we are experiencing has brought me back to Unalaska from Ethiopia where I had been living and learning for the last three months. My original plan was to serve in the Peace Corps as a Community Health volunteer for the next two years, but home in Unalaska is where I am meant to be right now. As we are all patiently waiting for this wave to pass, the Qawalangin tribe graciously let me return to help work on the Good Health and Wellness in Indian Country Grant, which I am extremely grateful and excited for. I will be focusing on addressing heart health in Unalaska, specifically lowering blood pressure through active self monitoring. Research has shown that doing arts and crafts helps lower blood pressure, so I hope to see an increase in traditional craft events, educational classes, and the opportunity to just spend more time with all of you in the near future.

All of us have gone through some sort of change recently, and I recognize the difficulty that may come with it. If you need support or have ideas for future events, please call the tribe or email me at kanesia.qtribe@gmail.com. Qagaasakung!



Talon Shaishnikoff

Temporary Laborer



I was born and raised in Alaska, and am proud to call Unalaska Island my home. I love to fish, hike, go camping and all outdoor activities. I spent the last year in Seward, Alaska dedicating my time to the trade of welding at AVTEC and am now a certified structural and pipe welder. I plan on pursuing a career in welding somewhere in Alaska, but right now our current events have brought me back home to be with family. I was brought on as a temporary laborer at the Tribe and have helped with COVID and warehouse efforts. I am grateful to have the privilege to be giving back to my community and be working with the Qawalangin Tribe.

Christy Berikoff

Office Assistant

I was originally from the Philippines and moved to Unalaska on January 2001. I'm married to Emil Berikoff Jr. and am the mother of two beautiful girls Julieanne Renee and Yazmine Rae. I love sports, cooking, traveling, and picking berries. I currently work for the Tribe as an Office Assistant. It has been a pleasure working for the Tribe. I've learn so much since I started, I'm more eager to work & learn knowing that I'm serving the Tribe where my family belongs.



Mackenzie Kochuten

Week of Jan. 20-24, 2020



The Principal's pick for Student of the week is Mackenzie for the following reasons:

Mackenzie is having an outstanding year. She has become an outstanding leader in junior high who can be counted on to do the right thing and to help to be a positive leader both in the classroom as well as throughout the school. Her positive contributions to school climate are greatly appreciated. Thank you Mackenzie and keep up the great work.

~Mr. Wilson, Principal

Mackenzie is a blast to have in class. Not only does she always get her work done, she is also a great leader who helps others. But she also keeps things light, laughing and joking. Mackenzie goes with the flow, never complains, asks questions when she's lost or confused, and is always looking to do better. Keep being a great human!

~Mr. Collins-Wilson, English Teacher

Mackenzie has an excellent attitude and is always prepared. She has learned several instruments and is a reliable team player that can be flexible when needed. I am glad to have her in band and proud of her progress. She is on her way to becoming a fine leader.

~Mr. Spring, Music Teacher

Mackenzie is the daughter of Jeff Garth & Zara Kochuten

Tribal Member Student of the Week Feature

Tribal member Mackenzie Kochuten was selected as Student of the Week for her exceptional performance at the Unalaska City High School. Awam Ixamnaa— Good Job!!



Camp Q Update

By Shayla Shaishnikoff
Camp Coordinator

Aang Camp parents, participants & friends,

I want you to know that we are thinking about all of you through these tough times. While we have the highest hopes that we will be able to hold our 23rd Annual Camp Qungaayuŋ this summer, we also want more than anything for you and your loved ones to stay healthy. With the current COVID-19 outbreak we are experiencing throughout the world, I want you to know that this is an issue that remains on our radar, and that we are doing our own research into how we should move forward with our programs in the immediate future.

The Qawalangin Tribe is collaborating with the City of Unalaska and other entities in preparing methods to safeguard our community and the Unangan People.

As we continue to prepare for camp, we will be discussing and considering our options regarding this year's Camp Qungaayuŋ at the upcoming Tribal Council meeting on April 23, 2020.

I want to make sure you know that this is an issue that we are not overlooking, and that I will be sure to notify you about any decisions that might be made regarding Camp Qungaayuŋ. These are stressful times for all of us, but please know that we are all in this together.

Feel free to contact me with any questions or concerns you may have. Qaŋaalakuŋ.

MISSION STATEMENT:

"The Qawalangin Tribe of Unalaska, a federally recognized sovereign nation of the United States since 1989, vows to exercise its powers to further the economic and social well-being of all its members, and in doing so, will safeguard and support the Unangan language, culture, customs and traditions for those generations to come."

ANNOUNCEMENTS:

- Tribal craft night cancelled until further notice.
- Tribal office closed off to the public until further notice. See pg 2.
- Qawalangin Tribe provides funding for rapid COVID-19 testing equipment for IFHS clinic.
- Call us at 581-2920 to request a cloth face mask.
- Join local Unangax in Drumming for Hope! See pg. 1.
- Updated Tribal Website Launched! See Pg. 5.

HOURS OF OPERATION:

Monday-Friday: 9AM - 5PM
Saturday & Sunday: Closed

PHYSICAL ADDRESS:

1253 E. Broadway
Unalaska, AK 99685

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P.O. Box 334
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