Spring 2019
Volume 47

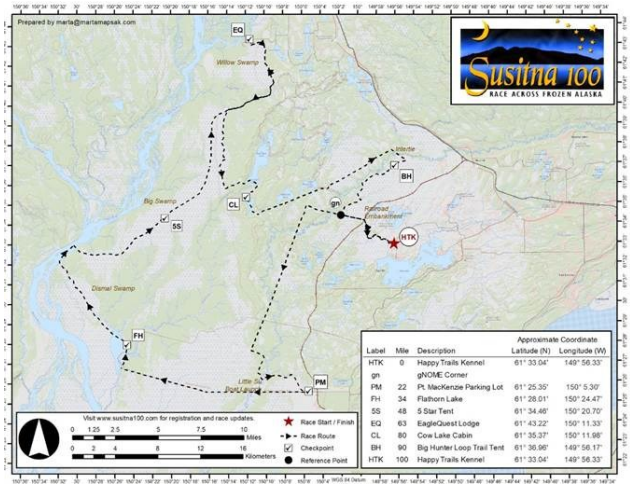
Aleutian Pribilof Islands Association, Inc.
With Spirit and Strength

AANG ANĜAGIN
AANG ANĜAGINAS

BIKING THE SUSISTNA 100

By Mark Hamm, APIA CFO

Over the years, I've found that keeping physically active during the cold and dark winter months keeps me healthier, both physically and mentally. Working at a desk all day and going home to parent my four young boys doesn't leave much extra time, and often can be more sedentary than I liked.



Label	Mile	Description	Approximate Coordinate Latitude (N)	Longitude (W)
HTK	0	Happy Trails Kennel	61° 33.04'	149° 56.33'
gn		gNOME Corner		
PM	22	Pt. MacKenzie Parking Lot	61° 25.35'	150° 5.30'
FH	34	Flathorn Lake	61° 26.01'	150° 24.47'
5S	48	5 Star Tent	61° 34.46'	150° 20.70'
EQ	63	EagleQuest Lodge	61° 43.22'	150° 11.33'
CL	80	Cow Lake Cabin	61° 35.37'	150° 11.98'
BH	90	Big Hunter Loop Trail Tent	61° 36.96'	149° 56.17'
HTK	100	Happy Trails Kennel	61° 33.04'	149° 56.33'

Last winter, several close friends took up the sport of winter fat biking. I had previously not given the sport too much thought, as it seemed a fad or niche activity. Yet, my friends kept working on me and shared with me all the great times they were having and the health benefits they were experiencing. Before I knew it, I was testing out different fat bikes and ended up purchasing one in January 2018.

During the Fall of 2018, I decided that I wanted to challenge myself and set a goal to keep me active throughout the winter. Signing up to race in the Susitna 100 bike race seemed to be just the right challenge for me. The race distance of 100 miles was more than I had ever biked before, and the fact that it took place on remote trail conditions with subzero temperatures would make it that much more challenging.

Over the next few months I trained diligently to increase my stamina and skill at biking in the snow. Most of my training was done at night between 9 and 11:30, after my boys had gone to bed. At first, the prospect of riding my bike 100 miles seemed daunting and overwhelming, but I stuck with it and gradually it started to seem more and more possible.

Before I knew it, February had rolled around and I had logged over 1,700 miles of training on my bike since September. My gear was all dialed in, I felt strong, and I knew that I was as ready as I was ever going to be.

The morning of the race I awoke around 5am and drove to Big Lake for the 9am race start. The temperature was in the single digits, and overcast skies were threatening snow. All 139 of

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PRESIDENT'S MESSAGE

By Dimitri Philemonof, President/CEO

It is hard to believe that Spring is already upon us! We have had some beautiful weather in Anchorage, which has tempted us in believing Breakup is near. Although I believe we still have a couple more snowfalls ahead of us. All of our departments are quite busy with many things going on, so I wanted to share a few highlights:

Federal Budget Status During the government shutdown, we were able to continue our activities as normal without significant disruption by relying on our cash reserves. We were able to do this due to our prior planning for such events by maintaining substantial cash balances to be able to buffer lapses in funding. In mid-February, President Trump signed a budget bill authorizing funding through the end of the fiscal year. It appears that prior year amounts were carried forward for most budget categories. It is a relief to know that federal budget levels are not anticipated to decline significantly through the end of the fiscal year. Therefore, we should be able to continue services without interruption.

State Budget Status The Governor's proposed budget makes cuts in many programs. For APIA, the State reduced our VPSO budget by $40,331, and we understand the State Head Start grant program budget will be eliminated. This will mean at least a reduction of $30,000 from the State Head Start program. While the VPSO cuts are final, the other adjustments will require a negotiation between the Governor and the State Legislature and is expected to take some time. We will make every effort to ensure that these cuts have a minor impact on our services throughout the region.

Atka Replacement Clinic In collaboration with the City of Atka, we were able to secure a loan with the United States Department of Agriculture (USDA) for the construction and design of the new clinic facility. We are in the process of making sure that loan conditions are being met. We expect to move forward with the ground-breaking this fall. The total cost of the 3,850 sq. ft. new clinic is $2.7 Million. It is quite exciting to have the funding secured and move forward on this project.

Unalaska Head Start Facility Update We are working closely with the Qawalangin Tribe, Ounalashka Corporation, and all appropriate stakeholders in Unalaska on the new Unalaska Head Start Facility. We are in active lease negotiations with the Ounalashka Corporation and have drafted a Request for Proposal announcement for the design and build which will be posted soon. This project should be well underway by this summer. We are happy to see things progressing with this project. Thank you to Charles Fagerstrom, Health Department Director, Paula Pinder, Department of Family and Community Development Director, and Ken Selby, Consultant, for your work on this project.

Regional Economic Development Project On February 13th we met with our consultants, Nolan Klouda and Margo Fliss from the University's Department of Economic Development about the Regional Economic Development Project. They are

PRESIDENT'S MESSAGE

finalizing the plans with the Tribes that elected to participate in this project. They also prepared a regional plan and will make a presentation to the full Board at our Spring meeting, held in Anchorage during the week of April 8th. This has been a year-long project sponsored by APIA. We are hopeful that the plans developed with the Tribes that elected to participate will be helpful to achieve and maintain sustainability in the near, as well as the far, future.

APIA and Eastern Aleutian Tribes (EAT) Collaboration Our Health Department remains committed to partnering with tribes and communities to provide health & wellness and prevention services for our people. We continue to collaborate with EAT on the follow-up items from the Substance Abuse Summit and Mini-Summit. We plan to host the next summit in the region this Fall. Once we have the date and location secured, we will send a save-the-dates. We are always open for suggestions and recommendations, so if there is a certain topic that you would like us to cover, please let us know. Additionally, APIA's Elder Program partnered with EAT to host an Elder and Head Start Valentine Potluck in the community of Sand Point. This was a well-received event in the community. We hope to host similar events in other communities as connecting youth and elders is a priority of ours. Please let us know if you would like to work with us in hosting something similar in your community.

Medication Assisted Treatment (MAT) Program We received a SAMHSA grant to implement a comprehensive MAT program to treat patients with opioid and alcohol use disorders. This program will combine behavioral therapy, primary care and medication to treat substance and alcohol use disorders. We are currently conducting an assessment and will begin to design the program using best practices. This program will support the medications needed for the Intensive Outpatient Program (IOP) being piloted in Unalaska and Sand Point, which is fully up and running since August 2018.

Community Reinforcement and Family Training (CRAFT)
We are partnering with the Alaska Native Tribal Health Consortium on implementing a new intervention in the State of Alaska. CRAFT is an intervention for loved ones of individuals experiencing challenges caused by substance misuse. This model works with loved ones to help them modify the way they respond to stressors. They report a decrease in feelings of hopelessness, anger, and anxiety. When the loved one is better supported, it has been found that it increases the likelihood that the individuals struggling with substance misuse seek treatment. We will share more about this training as the program develops.

Unangam Tunuu Program Although the three-year Administration of Native Americans (ANA) language grant ended last July, with my approval to utilize carryover funds available, we are continuing the language program through this fiscal year to continue the work started with the ANA grant. We have 3 part-time Unangam Tunuu Interns and plan to hold one 10-week Summer Language Intensive, six 10-day workshops, secure travel for participants to attend the workshops and staff support to implement the activities. We are preparing a new ANA language grant application to request funding to support an Unangam Tunuu Teacher Training (language workshops) and Certification program. The grant is due April 15th for up

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PRESIDENT'S MESSAGE

Continued from page 3 to $300,000 a year for three years. This will assist the region in establishing a team of Itinerant Teachers who can travel to communities which do not have fluent speakers or teachers of Unangam Tunuu.

Unangam Tunuu App Our language team is finalizing the vocabulary for the Unangam Tunuu app. Don Thornton with Thornton Media Inc., was at APIA from March 10 – 21, and recorded and worked with speakers and Cultural Heritage Department staff to review and edit app content. We expect the app to be completed by the end of June. We are excited to see this project come to fruition. I thank Millie McKeown, Cultural Heritage Director, and all of our speakers and staff who have been working on this project.

Cross Cultural Communication Training

Photo from www.orthodoxcruises.com

Rev. Dr. Michael Oleksa, or as many of us know him as Father Oleksa, has served over the last three decades as a Russian Orthodox priest in over a dozen Alaska Native villages. In 1988 he completed his doctoral degree at the Orthodox Theological Faculty in Presov, Slovakia, with an emphasis in Native Alaskan History during the Alaska Russian period (1741-1867). Father Oleksa is a leader in the development of cross-cultural education in Alaska, an educator of Alaskan teachers, and a student of Alaska Native languages and cultures. He recently has published a book in collaboration with the Association of Alaska School Boards entitled *Another Culture/Another World* that explores the great diversity and common humanity of Alaska's cultural mosaic. Father Oleksa provided a Cross Cultural Communication Training on March 22nd at APIA.

The Winter Bear Project *The Winter Bear* is a play that tells the story of an Alaska Native teenager who, with the help of mentor Sidney Huntington, rises above his past traumas to become a leader. *The Winter Bear Project* combines the play with outreach developed in cooperation with rural Alaskan communities." (www.winterbearproject.com) We are partnering with the production to bring *Winter Bear* to Unalaska and we are reaching out to youth from the APIA Health Service area of Atka, Nikolski, Saint George and Belkofski tribe to travel to Unalaska to attend this event! During the event in Unalaska, youth will work on digital stories with KUCB. If you would like to learn more about this project and how your youth can participate, please contact our health department.

Urban Unangax Culture Camp Camp is scheduled for June 17 – 21, 2019 and the applications will be available by mid-April. This year, we are piloting our first digital camp application that can be fully completed online and signed electronically. We are partnering with the Aleut Foundation once again to hold the camp closing ceremony at the same time as the annual Aleut Picnic. It will be held on Saturday, June 22nd at The Aleut Plaza. Join us for camp or the closing ceremony/picnic if you are in town!

If you would like to learn more of what APIA is up to, please visit us online at www.apiai.org or look for us on Facebook! Feel free to give us a call anytime at 1-800-478-APIA.

HEALTH FAIRS

Health Fairs We are working with Nikolski, Atka and St. George to facilitate 2019 Health Fairs. We hosted our first health fair of 2019 on March 2nd in Unalaska! We have had increased attendance in all locations and continuously review feedback for the planning of future health fairs.

The Unalaska Health Fair was a great success with 155 people in attendance and 20 vendors hosting booths! The participants enjoyed a variety of interactive activities including: healthy snacking, playing hopscotch, A1Cs checks, CPR training, coloring canvas bags and workout challenges. Vendors that participated included: several APIA programs (Diabetes, Suicide Prevention, Behavioral Health, IOP, Tobacco, Elders Programs, Child Support), ANTHC Elder Programs/Injury Prevention, Unalaskans Against Sexual Assault & Family Violence (USAFV), Alzheimer's Resource Center, City of Unalaska Parks and Recreation, City of Unalaska Public Library, IFHS and much more! Participants enjoyed many great prizes, including: OptimEra internet cards and t-shirts/sweatshirts, reusable sandwich bags, metal straws, gift cards, and reusable bags. APIA is thankful for all of the generous donors and contributors to the event, including: Unalaska City School District, Ounalasha Corporation, OptimEra, KUCB, City of Unalaska, Aleut Corporation, Qawalangin Tribe of Unalaska, Big Dipper Clothing Company, KUCB, Keeping it Reel Charters, USAFV, and everyone who helped make this Health Fair a success!

We also hosted the first fun walk/run up Bunker Hill on the morning of the Health Fair. Over 50 people started the walk/run at 9 a.m. and enjoyed a beautiful sunrise along the way. Along the trail, participants were met with motivational health posters related to walking, smoking cessation, healthy eating, and general positive messaging. The weather cooperated perfectly! Participants received a performance cap and enjoyed snacks at the completion of the event. We would like to thank the Ounalashka Corporation for providing a permit for the event, KUCB for advertising, OptimEra for prizes, and the City of Unalaska for providing EMT/safety services, printing posters, and the PCR for donating supplies!

Department of Family & Community Development

We would like to thank the Aleut Corporation for donating funds to purchase Christmas gifts. With their generous support we were able to provide a gift to our children in care.

Qaĝaasakuq! Qaĝaalakuŝ! Qaĝaasakung!

Annual ICWA Gift Wrapping L-R: Valerie Foster, Trina Deuber, Renee Kauffman, Jacquline Hartman, Exenia Malagon, Dimitri Philemonof, Thomas Mack, Paula Pinder, Amanda McAdoo, Malinda Beiler, Stacy Gundersen, Denise Godbehere and Diane Rain. *Photo courtesy of Angela Bourdukofsky*

Employment, Training & Related Services (ETR) ETR officially welcomes Jami Aki Creasey to the team! Jami's position is a shared position with UAF-Bristol Bay. She has been conducting outreach in a variety of ways. She most enjoys traveling to the region, testing and assisting youth in finding the best career path to follow.

Jami hosting an informational booth at an event

Indian Child Welfare Act (ICWA) Join us in welcoming Vitamay Southworth as our new ICWA Caseworker stationed in Unalaska! She has been undergoing training. We are excited to have her join us!

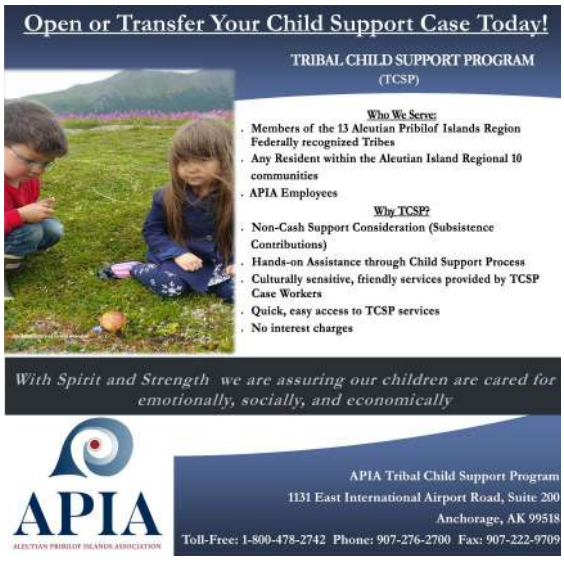
Village Public Safety Officer (VPSO)

Cpl. Monte Chitty has recently been facilitating D.A.R.E classes in Akutan. D.A.R.E. stands for Drug Abuse Resistance Education. It's an officer-led series of classroom lessons that teaches children from kindergarten through 12th grade how to resist peer pressure and live productive and violence-free lives.

Cpl. Monte Chitty with students in Akutan

Tribal Child Support Program (TCSP)

Check out our ad at the Tom Madsen Airport the next time you're in Dutch Harbor/ Unalaska!



For more information or an application for services, please contact Teresa or Malinda at 1-800-478-2742.

BIKING THE SUSISTNA 100

Continued from page 1 the racers at the start realized that if it started seriously snowing, the race would become significantly harder.

The start of the race went out fast, as if everyone knew the snow was coming and wanted to get as far down the trail as possible. The lead pack kept a blistering pace as snow started falling, and I knew I couldn't keep up that pace for 100 miles. Around mile 15, my front tire caught a rut in the snow and I had a minor crash and tumbled to the ground. After dusting myself off, having a quick drink, and getting back on my bike, I decided that I needed to take it down a notch if I was going to make it all 100 miles.

The 100-mile journey begins!

As far as I could see down the trail in either direction, there was no one. Little did I know that I would be riding the next 84 miles and 14 hours alone. I started peddling and kept following the tracks of the leaders in front of me. As the hours and miles went by, I would reach the periodic checkpoints spaced every 20 miles and continue on.

Around 6:15pm, I was at mile 63 and I turned on my headlamp as the sun had gone down. About two inches of snow had fallen by that point, and the trail was already mushy and slow from all of the snow machine traffic. At that point I'd been riding for over 9 hours, but felt strong after drinking a few cups of Coke and eating a hot cinnamon roll at the EagleQuest Lodge checkpoint.

The last 20 miles were a struggle. It was dark, I was lonely, and I had been pedaling along in the dark for hours and hours. The snow was getting deeper and deeper. It was with relief and joy that I finally saw the lights of the finish in the distance as I slowly made my way down the trail.

At mile 22 and still feeling fresh!

I crossed the finish line in 10th place at 12:59am with a total time of 15 hours and 59 minutes. I was spent, but happy that I had been able to accomplish something difficult and challenging. It was over two hours until the next racer finished, and ultimately only 36% of those who started the race finished.

It's good to do hard things and to challenge ourselves. It teaches us who we are and what we are capable of.

An exhausted Mark, greeted by his wife Lauren at the finish line.

So what are you going to do next winter to keep active? Will you join me on the trail for another go at the Susitna 100?

Congratulations, Mark!

Health Department News

APIA's Ph. D Intern, Ryan Malone, had a wonderful visit in Atka the week of February 28th. During his five-day visit he was able to participate in a potluck, a swim trip fundraiser, go on a beach field trip and host a football camp!

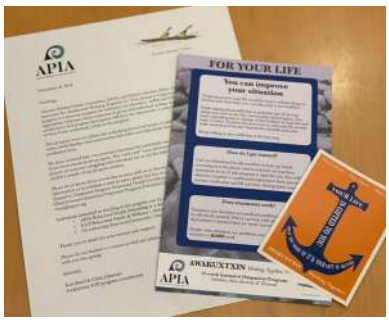
Ryan also had an opportunity to attend the February Elder Tea in Atka!

APIA Youth Council APIA has formed a Youth Council. We want to hear from the youth to shape our services to best align with what is on their minds. If you know a youth that would like to join the council, have him or her reach out to Amy Carlough at amyc@apiai.org to fill out an application!

APIA and EAT Collaboration APIA is committed in partnering with our communities to provide wellness and prevention services in the Aleutian and Pribilof Communities. We have been collaborating with Eastern Aleutian Tribes (EAT) on the follow-up Substance Abuse Summit. We are aiming to host the next summit in the region this coming Fall. Once we have the date and location secured, a save-the-date will be distributed. If there is a certain topic that you would like us to cover, please send your ideas our way. We are always open for suggestions and recommendations.

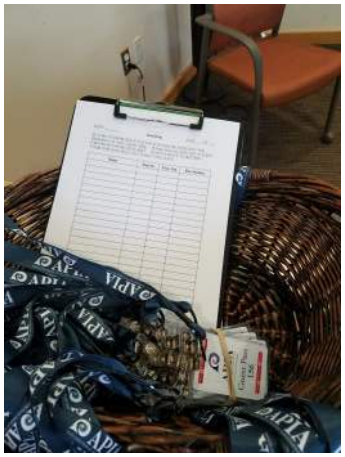
Medication Assisted Treatment Program in Development APIA received a SAMHSA grant to implement a comprehensive Medication Assisted Treatment (MAT) program to treat patients with opioid and alcohol use disorders. This program will combine behavioral therapy, primary care and medication to treat substance and alcohol use disorders. We are currently conducting an assessment and will begin to design the program using best practices. This program will support the medications needed for the Intensive Outpatient Program.

Awakuxtxin (Working Together 9 + You) Recovery Program The program is fully up and running. The Intensive Outpatient Program started August 2018. Today we have a handful of participants between the APIA and EAT communities. A program evaluation will take place this spring. Thus, if you have feedback for the program, please share as we strive to strengthen services in the region.



NEW GUEST PROTOCOL

After the earthquake in November 2018, we were able to account for all staff in the building using our staff sign in/out sheet. Thankfully, we were all safe and accounted for. We thought the same safety practice should be put in place for our guests.



On March 4th, we implemented a Guest Log for guests to sign in/out. All guests will be required to sign in and receive a Guest Pass. We ask that you sign out before you leave and return the Pass to the front desk.

This is a new protocol, so please bear with us as we smooth out the process. If you have any suggestions or questions, please let us know.

Thank you for your cooperation!

APPAREL & PUBLICATIONS FOR SALE

$45

Grey and Black APIA Hoodies
Embroidered with the new APIA logo and the Aleutian and Pribilof Islands on the right sleeve

Limited size/ quantity available

$65

Grey and Black APIA Women's Jackets
Embroidered with the new APIA logo and Unangaŝ on the right sleeve

Order Online!

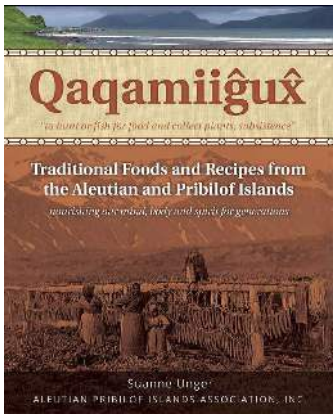
Visit APIA's website at **http://www.apiai.org** to order these publications online! From APIA's homepage, select "Store" from the menu on top, then select a publication and proceed. If you would like to order by phone, please contact us at (907) 276-2700. **Prices do not include shipping & handling**

Limited size/ quantity available

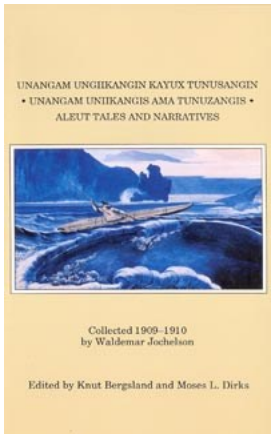
$70

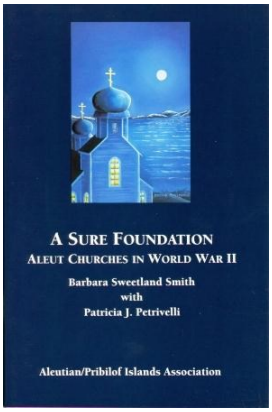
Men's APIA Jacket
Embroidered with the new APIA logo and Unangax̂ on the right sleeve

Qaqamiigux̂
Traditional Foods and Recipes from the Aleutian and Pribilof Islands
by Suanne Unger (Hardbound)
$55.00



Unangam Ungiikangin Kayux Tunusangin (Aleut Tales & Narratives)
Collected by Waldemar Jocjelson
Edited by Knut Bergsland and Moses L. Dirks
$30.00





A Sure Foundation
Aleut Churches in WWII
Bu Barbara Sweetland Smith with Patricia J. Petrivelli
$15.00

APIA

ALEUTIAN PRIBILOF ISLANDS ASSOCIATION

OUR MISSION

- To promote self-sufficiency and independence of the Unangan/Unanagas[1] by advocacy, training, technical assistance, and economic enhancement;
- To assist in meeting health, safety, and well-being of each Unangax̂[2] community;
- To promote, strengthen, and ensure the unity of the Unangan/Unangas; and
- To strengthen and preserve the Unangax̂ cultural heritage.

[1]Unangan [Eastern dialect], Unangas [Atka Dialect] - Aleuts, plural form; [2]Unangax̂ - Aleut, singular form

ALEUTIAN PRIBILOF ISLANDS ASSOCIATION'S BOARD OF DIRECTORS

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