APIA hosted the first Unangał Plant Symposium during August 23-24, 2019 at the Unangam Ulaa in Anchorage. With over 50 participants from Anchorage and the Aleutian/Pribilof region, the event was a great success! With funding from the Alaska Native Tribal Health Consortium, the international organization Land is Life, the APIA Elders Program, the APIA Diabetes Program, the APIA Youth Wellness Program and third party funds, APIA was able to provide 12 regional travel scholarships.

Dr. Gary Ferguson opened the symposium with a presentation entitled “From Traditional Healing Onward: Honoring our Unangał Roots.” His presentation opened up with illuminating slides showing the prevalence of diabetes and obesity among adults on a map of the United States beginning in 1994. Subsequent slides showed the same map and the alarming increase of diabetes and obesity annually in the US through 2015. This information, along with an overview of adverse childhood experiences and their impact on adult disease prevalence, set the stage to highlight, “Our Unangał Pharmacy”, or the many nutrients found in Unangał traditional foods that provide protective factors against diseases prevalent in society today.

Participants also enjoyed listening to other presentations from local and regional experts on topics such as: Ways of Learning about Unangał Plant Use, Intellectual Property Rights in Relation to Plants, Teaching Children about Plants in the Aleutians, Plants and Unangam Tunuu and Edible Roots and Plants of Atka, etc.

In addition to a variety of presentations, participants were actively involved in several workshops, including Aleutian Plant Medicinal Salves, hosted by Melanie Rotter of Sand Point; Aleutian/Pribilof Tea Room and Plant Walk, hosted by ANTHC; and Fireweed and its Many Uses.

Continued on page 7
I want to share some highlights from our Winter Board meeting last month. I hope this reaches you all after having a very Merry Christmas and Happy New Year. May this coming year be filled with much happiness and prosperity for you all.

Funding Update The spending bill for Fiscal Year 2020 was signed by the President on December 20th. We finished the past couple of years with $17.1 Million at FY2018 Budget and $19.2 Million for FY2019 Budget. We are hopeful our budget will continue to grow in FY2020. This funding growth enables APIA to increase quality program delivery to our people.

Opioid & Substance Misuse Summit APIA and EAT continue to partner in hosting an upcoming Opioid & Substance Misuse Summit in King Cove January 29-30, 2020 at which we will continue to build on the progress from the past meetings. Due to the tragic loss, out of respect for those touched, a Community Gathering was held in King Cove on the 2nd of October to focus on healing rather than the originally planned Summit. We hope to see many of you at this important summit. Please feel free to reach out to our Health Department for more information.

Substance Misuse Efforts Our goal is to be on the front end of the issue. Prevention is key! Therefore, we continue to provide various types of community education and outreach events centered on substance misuse. Our Health Department has grown quite a bit with the Behavioral Health being fully staffed. If you are interested in learning more about our efforts, please reach out to our Behavioral Health Division of the Health Department.

Elder Fall Prevention Program This program works through Indian Health Services and is open to Elders 60 and older in our service area. Your local health clinic staff evaluates risk for falls and injuries in the Elders home, then makes recommendations to prevent falls and lower risk of injuries. Then we forward the assessment to Indian Health Services (IHS) to review, purchase and deliver items to the Elders. We are excited to see this needed program become available for our Elders. If you or someone you know is interested or in need of this program, please contact our Elder Service Division in the Health Department.

Elder Meal Program Our first Elder gathering meal program started in partnership with the City of St. George and will now host Elder luncheons 3 days a week. This program will convert the Elder food boxes into hot congregate lunches served 3 days a week for all eligible Elders. This will provide time for Elders to gather and socialize. We look forward to sharing more as this program expands to other interested communities. If your community is interested, please let our Elder Services Division of the Health Department know.

Unalaska Head Start Facility We selected LCG Lantech as our firm to help us through design and construction of the new Unalaska Head Start Facility. This project is expected to be completed by December 15, 2020. I thank Charles Fagerstrom, our Health Department
Director; Mark Hamm, our Chief Financial Officer; and Trina Deuber, our Administrative Operations Manager, for working with me on the site selection portion of this project, and Paula Pinder, our Director of Family & Community Development, for working on the planning, design and construction phases of this project. I also want to thank Ken Selby who continues to work with us on this project as a consultant.

Atka Clinic Update We continue to work with the City of Atka and the Atka Tribe on this project. The City of Atka worked with the USDA to obtain approval of the loan for the new clinic. The sole bid had to be rejected, so the USDA allowed us to sole source. We are working with the sole source on ways to work within or close to the available funds. The project is now expected to be completed by the summer of 2021. Currently, we are no longer operating out of the old clinic and have moved to the Aleutian Housing Authority duplex near the new clinic site. The total cost of the new clinic is about $2.7 Million.

St. George Health Center The remediation portion of this project is done and we will soon start the renovation. A Request for Proposal (RFP) was published, however we did not receive any proposals, therefore we may now sole source the project and are actively talking with contractors. The goal is to award a contractor and start the work as soon as possible.

Tribal Vocational Rehabilitation Although we have had the Tribal Vocational Rehabilitation program for many years, we had to compete for the first time this round as usually it is an automatic award. We were successful in being awarded a 5-year grant for a total over $3 Million with the first year funding of $568,556 and increases gradually year to year of the granting period. I thank Kimber Olsen, our Employment, Training and Related Services (ETR) Coordinator; her staff and Paula’s oversight for this success.

Unangam Ulaa Cultural Kiosk As follow-up from our UAA Economic Development project last year, Millie McKeown, our Cultural Heritage Director, the Cultural Kiosk report on options and funding plan. She is working on the Rasmuson Foundation Tier 1 grant application for the kiosk equipment. Once we have the kiosk in-house, we will continue working on its content. Since the inception of our headquarters, the Board envisioned Unangam Ulaa as the Gateway to the Aleutians. We are very excited about this project as a step toward realizing that vision. We will certainly keep you all updated as this project moves forward.

ANA Language Grant We were awarded a three-year Administration of Native American (ANA) Language grant in the amount of $900,000 ($300,000 per year) for the Unangam Tunuu Teaching the Aleut Language project, which includes our new Unangam Tunuu Teacher Certification Pilot Program. Through this program, students will receive Unangam Tunuu Teacher Certificates once students...
complete the requirements. We were quite fortunate to get this funding, as many times ANA does not fund programs that have been awarded before. As we understand it, they are pleased with our project. If you are interested in becoming a Certified Unangam Tunuu Teacher, please feel free to contact our Cultural Heritage Department.

**Project Unangam Ulaa!** We were awarded our first National Science Foundation (NSF) - Navigating the New Arctic (NNA) program, for a two-year project in the amount of $250,000 for “Project Unangam Ulaa!” This grant supports a scientific investigation into the construction and design of historical dwellings to see how ancient methods can be adapted using modern ways to create energy efficient dwelling specifically designed for the Aleutians yet transferrable to other Arctic regions. Once this project is completed, we can apply for the five-year $5Million grant to build a modern, energy efficient traditional dwelling. I thank Millie McKeown and Dr. Mike Livingston in our Cultural Heritage Department for working on this project.

**Aleutian Fiber Project** You may recall the A-Team Broadband project we were working with Magellan through the SWAMC grant. Unfortunately, their options did not turn out to be viable. We have heard from Quintilian, GCI and ACS about possible projects to improve service to our communities. There are big changes coming in the way internet service will come to the Aleutians, it’s just a matter of time before we know who will be the first to make it happen. I thank Fred Bauer, our Chief IT Officer, attending these meetings. We will keep you all informed as these projects develop further.

We have had a great year at APIA and will continue to do our best to serve you, our people, and the region. Don’t hesitate to reach out and let us know how we are doing, what we can do better, and any program gaps you would like to see us address. Many blessings to you all.

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**Office for Victims of Crime**

All states receive Federal Victims of Crime Act (VOCA) funds from the Office for Victims of Crime (OVC) to help support victim assistance and compensation programs. Information about victim assistance in Alaska can be obtained using the information listed below:

**OVC-funded Victim Assistance for Alaska**

Phone: 907-465-4321 Fax: 907-465-3627

Website: www.dps.alaska.gov/CDVSA/Home

You may be eligible for crime victim compensation benefits, including reimbursement for medical services, mental health counseling, lost wages, and other costs incurred as a result of the crime. Information for services is listed below:

**OVC-funded Victim Compensation for Alaska**

Phone: 800-764-3040 Fax: 907-465-2379

Website: http://doa.alaska.gov/vccb/
Part of APIA’s mission of strengthening and preserving Unangax cultural heritage includes sharing history of our region with others. US Air Force Colonel Michael Griesbaum noticed that military commanders in NORTHCOMM (Northern Command) shared a keen interest in World War II in the Aleutians, but the conversation was devoid of the Unangax people. So Col. Griesbaum (with family connections to Nikolski) encouraged Dr. Michael Livingston to give a presentation to NORTHCOMM as part of their Arctic Speakers Series. On December 12 at the Alaska Command Headquarters on Joint Base Elmendorf Richardson, Dr. Livingston gave a presentation titled “Aleut Spec Ops Seal Team 0.001” which compared Lt. William McRaven’s six principles of special operations (simplicity, security, repetition, surprise, speed, and purpose) to Unangax warring techniques outlined by Russian Orthodox Priest Ivan Veniaminov (1984). In ancient times, Unangax warriors utilized all six of McRaven’s principles of special operations. The targeted audience included officials from the US Army, Coast Guard, NORAD, FBI, USGS, AFN, Institute of the North, Sandia National Laboratories, and veterans. At the end of the presentation, Lt. General Busiere presented Livingston with a commander’s coin of appreciation and opportunities for future collaboration.

**Commander’s Coin**

**DV & MMIW Action Walk**

On October 25, APIA hosted a Domestic Violence (DV) Action Walk honoring Murdered and Missing Indigenous Women (MMIW). Attendees were invited to honor our missing or murdered loved ones by carrying their photograph or a red dress, a symbol of MMIW. The Alaska Native Justice Center, Standing Together Against Rape, Zonta of Alaska, the Arc of Anchorage, and a representative from Senator Lisa Murkowski (a long and powerful advocate of addressing MMIW issues) also attended. About two dozen people participated.

The Alaska Native Tribal Health Consortium reported that homicide is the leading causes of deaths of Alaska Natives between the ages of 15 and 24 from 2012 - 2015. APIA also co-sponsored a resolution at AFN in October to encourage the Alaska State Troopers to post basic information about the 101 cold case homicides between 1961 and 2001. The resolution was adopted. KTVA Channel 11 published a news broadcast on the action walk, quoting participant Natasha Gamache who wore a red handprint across her mouth (another MMIW symbol), who said, “Crimes against Alaska Native women are disproportionately under investigated, under charged, under prosecuted and under sentenced.”
Diabetes Survey  The APIA Health Department conducted a regional diabetes/prediabetes survey in 2018-2019 to collect information and feedback on current and future APIA clinical diabetes/prediabetes services. APIA administered the survey in four communities in the Aleutian and Pribilof region (St. George, Atka, Nikolski, and Unalaska) through the local clinics and the Unalaska health fair. In the fall of 2019, department staff wrote a report which presents the survey’s results. These results are intended to inform future APIA diabetes/prediabetes programming and services. A total of 79 surveys were completed, and several important and consistent findings were noted.

Outside of meeting directly with a provider, the most popular options for future services consisted of physical exercise activities and healthy eating initiatives. These healthy eating initiatives should have a focus on fresh food availability and affordability. For example, one respondent commented, “I really wish there was a way to increase the availability and decrease the price of healthy, fresh foods.” Survey responses also suggested healthy eating initiatives should emphasize the use of traditional foods. Survey results also indicate there should be a focused effort on increasing awareness and availability of Nutritional Consultants and Diabetes Educators in the region. Last, respondents in the region were confident about the prospect of confronting and managing diabetes/prediabetes in their communities. APIA should capitalize on this confidence moving forward.

Regional Health Fairs  After multiple attempts, the Atka Health Fair finally happened! The event was full of activities starting with a Tobacco Fun Run for the community in which 13 people participated on the blustery snowy day. Our Health Fair Booths included information on tobacco prevention, healthy relationships, cancer prevention, immunizations, suicide prevention, and handwashing. Many prizes were given away to the 28 participants.

The upcoming Health Fair schedule for 2020 is tentatively scheduled as follows:
February: St. George
March: Unalaska
June/July: Nikolski
September: Atka
shrub (non-alcoholic syrup made with fireweed blossoms, aromatics, sugar, and vinegar) to bring home. In the Aleutian/Pribilof Tea Room, participants sampled iced chaga tea, and iced nettle tea, rosehip tea, received tea bag samples, and learned about Unanga plants used in teas and their medicinal values.

Volunteers were critical to the success of the symposium and it wouldn’t have been successful without them. We are grateful to the APIA staff and ANTHC for assisting with the symposium!

Unanga Plant Symposium Participants

‘Loved every minute of it! Thank you so much! Lessons like this bring a connection to our ancestors. They heal us after the trauma of having so much of our culture taken from us. Using our natural medicine is one of the best ways to care for our body and our “own” food plants is our best medicine. Qaqaasakung!’

-Participant comment

Client Success Story: Louise Nevzoroff

Louise Nevzoroff, an Unanga̱ originally from Atka, Alaska, is a single mother of three beautiful children. In May 2019, Louise and her children began working with APIA. One of the first steps in her journey was the decision to further her education to better provide for her and her children. Louise has made wonderful progress towards self-sufficiency. With her own dedicated efforts and the support and encouragement from APIA staff, Louise enrolled as a full-time student at the Alaska Career College and is on track to receive her Associate of Applied Science in Business Administration and Accounting with a projected graduation date of July 2020! She has maintained near perfect attendance and was placed on the Dean’s Honor list for excellence in academic achievement, all while upholding a home and raising a family!

Congratulations and keep up the good work, Louise!
Thank you to our Unangam Tunuu Speakers

Qa’gaasakuq! Qa’gaalakux! Qa’gaasakung!

Thank you!

Thank you to our Unangam Tunuu speakers that were able to contribute to the recording and editing of the recently release Unangam Tunuu (Aleut Language) apps! We are grateful for sharing your time and knowledge as the apps were being developed.

Moses Dirks
Sally Swetzof
Teresa Prokopeuff
Iliodor Philemonof

Dimitri Philemonof
Maria Stowe
Sally Merculief
Beverly Mierzejek

Crystal Dushkin

In addition to our wonderful speakers, these apps were also made possible through grant funding from the Institute of Museum and Library Services (IMLS), Native American Library Services, Enhancement Grant # NG-03-17-022-17! Thank you IMLS!
In **loving memory** of the speakers who are no longer with us but left treasured recordings behind which were used in the development of the Unangam Tunuu Apps.

*We love and miss you all.*

To download the apps, please visit Google Play or the App Store and look for these images or you can search: **Aleut Language**. Then you can choose the Niigugim Tunuu (Atka dialect) and/or the Qagaadan Tunuu (Eastern dialect) app.
**Elder Meal Program—St. George Island**

Introducing: APIA’s Elder Meal Program

APIA's first Elder congregate meal took place on November 1, 2019, served by our first Elder Meal Program cook, Jessie Lekanof in the community of St. George. The congregate meal program will be three days a week and is operating out of the school building in partnership with the City of St. George.

In addition, the development of greenhouses in tandem with the meal program is underway, to ensure the program provides Elders with fresh and local produce. If you're interested in donating to the program, or would like more information please visit: apiai.org

The APIA Elder team will continue the expansion of meal services throughout the region, until all Elders in the region have a safe place to meet and enjoy nutrient rich, hot lunches at a minimum of three days a week. This program conversion will take time to implement and every community will be well notified of any upcoming changes.

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**Axtux Corporation**

On November 3, descendants of Attu filed in the State of Alaska as a nonprofit corporation under the name “Atux Forever: Restoring Attuan’s Freedom.” The incorporators are Helena Schmitz (granddaughter of Chief Mike Hodikoff), Theresa Deal and Sherry Thompson.

Unangax people have lived in the Western Aleutians for thousands of years. Geographic place names such as Massacre Valley on the south east corner of the island record tragedies that occurred when greedy 18th century fur hunters arrived from the Kamchatka Peninsula. In June 1942, 1,200 heavily armed Japanese soldiers quietly invaded the village and then shot hundreds of high caliber bullets into the wooden buildings without warning.

42 Unangax men, women, and children were taken prisoner of war to Japan where 24 Unangax people died, many from starvation. Attu Village was burned, bombed by both Americans and Japanese, and then abandoned. The survivors were never able to return to live on their beloved island, and descendants remained scattered.

The purpose of the non-profit is to “support Attuans, a Unangax indigenous group of people whose families come from Attu…” with the goal to “help Attuans revive their cultural heritage and to support the interests of Attuans.” The Attuans have endured many injustices. Even the published satellite photograph by NASA cuts off the east end of the island—and the village of Attu.
CRAFT Therapy Available

Community Reinforcement and Family Training (CRAFT) is a form of therapy that supports family members and friends who have a loved one struggling with substance misuse. It is a new therapy offered at APIA, in partnership with ANTHC. CRAFT is available to concerned family members and close friends who want to improve their relationship with a loved one who is misusing substances and encourage their loved one to reduce or end his/her substance misuse. CRAFT services are open to individuals 18 years and older.

We are excited to be offering CRAFT at APIA!

If you or someone you know is interested in CRAFT, please contact the APIA behavioral health clinic for questions or to schedule a CRAFT appointment, 907-222-9764.

APIA Celebrates Two Years as a Tobacco-Free Campus
WWII Dog Tags returned to Families

Honoring warriors who protect our villages is a traditional Unangax̂ value, so when a man in Cold Bay started talking this fall about finding dog tags in a World War II military dump, it caught the ear of an APIA cultural heritage department employee. After some extensive family tree research, the families of two soldiers were located, and the dog tags were mailed to them.

The families were surprised to receive the news and delighted to receive the tags. One said, “I got the dog tag! It was super cool. I am the president of our local genealogical society and I shared the story yesterday at our meeting. You should have heard all the ‘cool, wow, that’s awesome and wonderfuls.’ I have been doing family research for about 40 years, really serious the last 20 - I can’t stress enough to people just how important it is to find your roots. I always tell folks to be sure and interview your elders and write your own story for future generations!”

Project Unangam Ulaa

On October 1st, the National Science Foundation (NSF) awarded a $250,000 grant to APIA’s Cultural Heritage Department for Project Unangam Ulaa. One of NSF’s 10 Big Ideas is a program called Navigating the New Arctic (NNA) which addresses rapid changes in the Arctic environment. The two-year planning grant will be utilized to bring together indigenous peoples with scientists (engineers, archaeologists, architects, and social scientists) to learn how ancient Unangam Ulaa (also known by the Russian word “barabaras” or the American word “sod houses”) were built and utilized for thousands of years in the Aleutians. Villages in the region will be surveyed and visited to determine their level of interest and resources. During the two-year planning phase, APIA will apply for the five-year, $5M field research project during which Unangam Ulaa will be built as they were (driftwood, grass, dirt) and used. This culturally-informed understanding will be transformed into modern materials to design and construct sustainable and resilient Aleutian housing that can be adapted to other Arctic regions. Please contact Dr. Mike Livingston at mikel@apiai.org if you have questions. See also NSF NNA award abstract #1928254.
DIFFERENT WAYS TO SUPPORT APIA

Do You Shop on Amazon?

The AmazonSmile Foundation donates 5% of the purchase of eligible products to the charitable organization of your choice! Proceeds benefit culture camps, language preservation, and elder and youth programs.

Follow these steps to support APIA:
• Follow this link https://smile.amazon.com/ch/92-0073013
• Sign into your account (you must be signed in to AmazonSmile on your web browser. Donations cannot be made through the Amazon app)
• Shop & place your order
• Amazon donates 5% of your eligible purchases!

Do You Have a Fred Meyer Reward Card?

Help us earn donations while you shop! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

• Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to APIA at www.fredmeyer.com/communityrewards.
• You can search for us by our name or by our non-profit number GV826.
• Every time you shop and use your Fred Meyer Rewards Card, you are helping APIA earn a donation!

Angunasix Qa’galaku’xtxin!
Qa’gaasachxuzakuq!
Thank you Very Much!
**Unangam Tunuu (The Aleut Language) Opportunities**

Did you know that APIA hosts Unangam Tunuu Community Night on Thursdays and Unangam Tunuu Lunch Hour on Wednesdays? Stop in and see what’s happening! All levels of speakers and learners in all dialects are welcome!

*Please call our Cultural Heritage Department to confirm.
Some days may be cancelled due to holidays, illness, travel, or other reasons.*
Order Online!
Visit APIA’s website at http://www.apiai.org to order these publications, apparel (and more!) 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*

Grey and Black APIA Hoodies
Embroidered with the new APIA logo and the Aleutian and Pribilof Islands on the right sleeve
$45.00

Qaqamiigux
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
By Barbara Sweetland Smith with Patricia J. Petrivelli
$15.00
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 Unanga\(^2\) community;
- To promote, strengthen, and ensure the unity of the Unangan/Unangas; and
- To strengthen and preserve the Unanga\(^3\) cultural heritage.

\(^1\)Unangan [Eastern dialect], Unangas [Atka Dialect] - Aleuts, plural form; \(^2\)Unanga\(^3\) - Aleut, singular form

ALEUTIAN Pribilof Islands Association’s Board of Directors

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