

Georgetown Tribal Council E-newsletter



Many thanks to this issue's photographer's: Kattie Wilmarth, Traci Maczynski, Debby Hartman, Jonathan Samuelson, Tyler Samuelson & Will Hartman. Contact our office if you'd like your photos to be featured in our next issue!



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December 2017; Volume 4, Issue 1

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Photo from Debby Hartman: "My Momma (Ann) has taken up crocheting again. She has made hundreds of stunning pieces in her years, I am thrilled that she is once again creating masterpieces."

From late freeze ups in Red Devil, to extreme warm temperature spikes causing trouble with ice in Anchorage, I think a lot of us are asking ourselves what "normal" winter weather is anymore?

One thing remains the same, however: the disappearing sun. I find myself wondering about SAD this winter. What is it? Do I have it? How do I get OUT OF IT?

SAD stands for "Seasonal Affective Disorder", and it is a form of depression that occurs when periods of daylight are short or in rainy seasons, when natural light levels are low. For some of us, the

combination of these (less light and more rain), can make it seem really dark out there. Even if we don't have SAD, a lot of people feel the effects of this change in light.

So if you are feeling a bit gloomy, maybe it is because we are headed toward the darkest day of the year, December 21st, where in Anchorage there will be fewer than 5 and a half hours of daylight.

So what can we do?

GET OUTSIDE

During daylight hours, try to get outside even if it's just for a short walk. Or maybe turn on that happy

light if you can't get out.

BE ACTIVE

As inviting as the couch can be next to a cozy woodstove, resist the urge to sink into your couch every night.

FIND A HOBBY

"In the Rhythm of the needles, there is music for the soul".

Perhaps one of the things I've found to help the most is embracing some activities that take my mind off of the darkness outside. Pictured above is a masterpiece Ann Vanderpool has been working on crocheting. Not only do you benefit from the activity itself, you could have something beautiful to share with your friends or family.

If all else fails, start a countdown to December 22nd, when we will start gaining back daylight!

-Kate

Food For Thought:

Desserts

Thanks to Traci Maczynski for sharing her favorite cookie recipe (pictured on top left)

Raspberry-Almond Shortbread Cookies

Ingredients:

1 cup butter, softened
2/3 cup granulated sugar
1/2 teaspoon almond extract
2 cups all-purpose flour
1/2 cup seedless red raspberry jam
Sugar for sprinkling
1 cup powdered sugar
3 to 4 teaspoons water
1 1/2 teaspoon almond extract

Instructions:

1. In a medium bowl beat butter medium speed for about 30 seconds. Add the 2/3 cup granulated sugar and 1/2 teaspoon almond extract. Beat until well combined. Beat in as much flour as you can with electric mixer and then using a wooden spoon stir in any remaining flour. Cover and chill for 1 hour or until dough is easy to handle.
2. Preheat oven to 350 degrees. Shape dough into 1-inch balls. Place balls 2 inches apart on ungreased cookie sheets. Using your thumb, press and indentation into the center of each ball. Spoon about 1/2 teaspoon of the jam into each indentation and then sprinkle with sugar (I like to roll mine in the sugar after putting the indentation, but before putting the jam in). Bake about 10 minutes or until edges are light brown. Cool on cookie sheets for 1 minute. Transfer cookies to wire racks to finish cooling.
3. For icing, in a medium bowl combine powdered sugar, 1 teaspoon water and 1 1/2 teaspoon almond extract. Add enough of the remaining water to make a drizzling consistency. Drizzle cookies with icing.



YOUTH & LANGUAGE CENTER

**ella qanillrani ernerpak
nuna qat'riug**



**ella qanillrani ernerpak
nuna qat'riug = when it
was snowing all day, the
land became white**

**ella = world; outdoors;
weather; sky; universe;
awareness; sense**

qanir- = to snow

**-(r/l)i- = to become or
cause to become V**

ernerpak = all day

**nuna = land; place; soil;
earth; ground; village;
country**

qat'riug = it became white

**qat'ri- = to become white;
to turn white**

SOURCE Steven A. Jacobson, *Yup'ik Eskimo Dictionary*, 2nd ed. 2012

For more, visit the

Facebook page:

"Learn Useless Yup'ik"



The annual Yup'ik Spelling Bee for Beginners will take place again this year, for it's 7th year! If you are interested in having your 3rd - 8th grade child participate, contact your child's school principal and ask if his/her school will be taking part in this. If your child's school is not participating, email Freda Dan, at yupikspellingbee@gmail.com, you will be considered at-large and responsible for your child's spelling practices. Participation includes the spelling bee packet, which is the spelling list, and rules and program of play, and an optional weekly email covering spelling practice. You do not have to know the spelling system, it is tailored to inform you about the orthography before giving the child spelling lessons. For more information, check out this short video, produced by Ezra Dan. Link: <https://vimeo.com/223857776>

Pictured here: First Place speller in 2017, Ayaginag Daniel Hunter, 8th grade, Sheldon Point School, Nunam Iqua.

YOUTH & LANGUAGE CENTER



An Overview of The Resource Basket, By Tara Christiansen-Stiller

The Resource Basket Training and Technical Assistance Center was established in 2012, at the start of RurAL CAP's partnership with the Office of Juvenile Justice Delinquency Prevention (OJJDP). The program is housed in the Rural Alaska Community Action Program, Inc. (RurAL CAP) in Anchorage, Alaska. It is managed by Tara Christiansen-Stiller, MPH, Alutiiq/Aleut, whose passion is to support her fellow Alaska Native Peoples through the development and sustainability of health education programs that are culturally relevant. The Resource Basket team includes: Cathie Clements, Director of Community Development; Greg Anelon TTA Coordinator, and Amy Modig, Community Wellness Coordinator.



Pictured above are Tara, Cathie and Greg

The mission of the The Resource Basket is to help rural communities to support healthy, resilient and culturally connected Alaska Native Youth. The Resource Basket works to reduce Alaska Native youth delinquency rates by:

1) increasing tribal community's and service provider's capacity to better meet Alaska Native youth's cultural needs and support their successful functioning through statewide training and technical assistance (TTA) services; and 2) providing culturally appropriate TTA and associated support to Alaska OJJDP Tribal Youth Programs and Juvenile Healing to Wellness Courts grantees.

These efforts will operate concurrently and collaboratively, targeting youth-serving organizations and tribal communities, particularly in rural communities where the need and associated risk factors are the greatest.

The program works with Tribes, Youth Program Staff, Criminal Justice professionals, parents and volunteers. Training is based on needs assessments and requests from communities and grantees. The program can provide some training scholarships to cover travel logistics, as funding is available, to youth providers and community members. Technical assistance can provide support to communities and youth providers to help connect to resources such as: Grants, Training opportunities, Grant writing and navigation, partner connections, specific OJJDP Grant Special Conditions reporting.

Current training focuses are: evidence-based Positive Youth Development and Circle Facilitation training. We also have quarterly webinars, if you would like partner with Resource Basket and/or be a presenter please contact us! Our TTA Coordinator, Greg Anelon will be happy to connect. The Resource Basket would like to share your community's success stories! Like us on Facebook www.facebook.com/resourcebasket and visit our website at: www.resourcebasket.org Quyanna! - Tara

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GTC COMPLETES VULNERABILITY ASSESSMENT

The Georgetown Tribal Council recently completed work on a Climate Change Vulnerability Assessment, with help from the GEOS Institute. This article will provide you some pieces of the final report. If you would like a printed copy of the **Vulnerability Assessment**, please contact the office at (907) 274-2195 or e-mail Kate at kate.schaberg@georgetowntc.com. The reports are also available on our **website**.

Change is a part of existence for the Native villages along the Kuskokwim River and throughout Alaska. Climate change is a natural phenomenon that has been occurring for millennia. Recent change, however, has been greatly accelerated by burning of fossil fuels and deforestation around the world. Residents of the Middle Kuskokwim report changes to weather, seasons, ice and snow, plants, animals, and people's health and safety.

The purpose of this project was to identify which populations and resources, relevant to the Native Village of Georgetown, are most vulnerable to impacts associated with climate change. We are looking forward to working in collaboration with neighboring communities on climate change issues, and hope to use the information from this report to inform future work.

Information was collected in many ways. Georgetown staff coordinated interviews with elders, for the purpose of collecting Traditional Ecological Knowledge (TEK). Some of the quotes from TEK interviews that were used to inform this project are included in the final report.



“ Yeah, it was different. I never see this kind of break up long ago. You know how it went this last year, never saw that long time growing up.”

Our contractor, GEOS Institute, gathered information by mapping and graphing environmental data, reviewing published literature, and talking with local scientists and natural resource managers. Some of the most vulnerable resources identified included berries, salmon, moose, and other game animals. In addition, issues related to food storage, access, health, economics, and spiritual well-being are also at risk.



“They used to pick berries on this hill over there, used to pick back here but there's too much brush now”

VULNERABILITY ASSESSMENT, CONTINUED.

Information was also collected during a workshop, which was held in Sept. 2017. The workshop included Georgetown Tribal members and individuals from neighboring villages. During the workshop participants were asked to assess a list of risks to Georgetown and provide their knowledge and expertise on each of the risks.

The vulnerabilities were ranked based on how much the Native Village of Georgetown would be impacted (Sensitivity) and whether there are already behaviors or resources in place to reduce the potential impact (Adaptive Capacity). Highest priority vulnerabilities, as identified by workshop participants, are shown in bold type. The box here shows the vulnerabilities that we are expected to have higher sensitivity to, and less capacity for adaptation. The full table can be found on page 7 of the full report.

Vulnerabilities with most sensitivity/least capacity to adapt

- **Increased dangerous & restricted winter travel**
- **Limitations on fuel and supply deliveries**
- **Less predictable berry harvest**
- **Declines in salmon harvest and meat quality**
- **Declines in game animals from pests and disease**
- **Economic & Health impacts from loss of wild foods**
- Well contamination (bacteria)
- Overall changes in natural systems that lead to a loss of native species, including birds, mammals, plants, insects and others

Beginning at page 40 of the Vulnerability Assessment, there is a long table that lists a summary of our vulnerabilities and their relative rankings based on sensitivity and adaptive capacity. **Certainty rankings reflect the level of certainty in climate change projections, as well as the potential response to the projected changes.** Temperature and snowpack projections, for example, have higher certainty than streamflow projections. The issues most important to Georgetown, regardless of vulnerability, are prioritized in the far right column. Here is an example:

Sector	Risk	Exposure	Certainty	Time	Sensitivity	Rank	Adaptive Capacity	Rank	PRIORITY
Ecosystems	Overall changes in natural systems that lead to a loss of native species, including birds, mammals, plants, insects & others	Overall changes in temperature and precipitation, changes in extreme conditions, shifts in species ranges	M	Already an issue, increasing severity over time	Individual species are expected to respond differently, causing ecological relationships to collapse	H	Some species will be more adaptable than others; studies show it will be difficult for species to adapt fast enough to match the rate of change	L	M

GTC staff gave a presentation on this report to other IGAP recipients in the middle Kuskokwim earlier this fall, and has held follow up discussions with several communities since then. We will be presenting information on this project at the Alaska Forum on the Environment in February.

This resource is already being used up and down the river, and we look forward to its continued use in the region and across the state of Alaska. If you have questions or wish to talk more about this resource, please give Kate a call at 907-717-5292 or e-mail at kate.schaberg@georgetowntc.com

Quyana to all Traditional Knowledge bearers and local experts of the Kuskokwim River and across the state who contributed information for this project.



FROM AROUND THE KUSKOKWIM

Please find below the joint announcement from the Alaska Department of Fish and Game and U.S. Fish and Wildlife Service for fishermen in the Kuskokwim Area.

The preliminary 2018 Kuskokwim River Chinook Salmon forecast is for a total run of 140,000–190,000 fish. The drainage-wide Chinook salmon escapement goal is 65,000–120,000 fish. If the run comes back within this range, then there may be enough Chinook salmon to provide for escapement and subsistence needs. The 2018 Chinook salmon forecast will be revised once 2017 Chinook salmon subsistence harvest estimates and all escapement numbers are available in early 2018. It is unlikely that the revised final forecast will deviate significantly from the preliminary forecast based on the available stock assessment information. However, additional subsistence fishing opportunity may be warranted if the run materializes as projected. The finalized forecast will further inform discussion of management strategies with the Kuskokwim River Salmon Management Working Group and Kuskokwim River Intertribal Fisheries Commission.

For additional information concerning **this news release:**

ADF&G: Aaron Tiernan 907-267-2379

USFWS: Ken Stahlnecker in Bethel 907-543-3151

Kuskokwim River Inter Tribal Fish Commission (KRITFC) Update from Georgetown's Commissioner

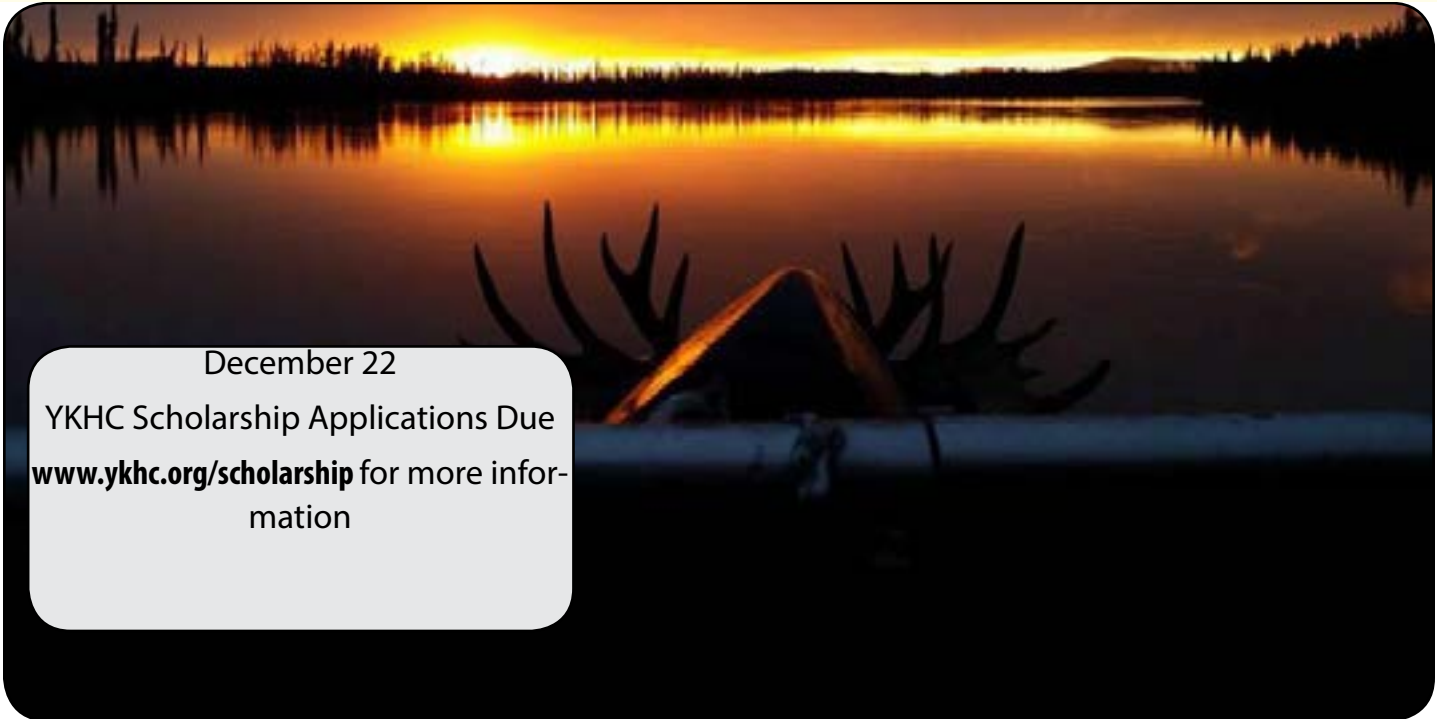
As we approach the coldest part of the year (historically anyways) salmon take a back seat to, trapping, firewood, and other winter activities. Throughout the off-season, however, the KRITFC is busy working to ensure a fishing season that meets multiple goals. The Executive council of the KRITFC met in early December to discuss strategies and outcomes of 2017 management and areas we can work on moving forward. Stronger communication was noted as a priority for The Commission, especially during the fishing season. Plans and outlooks for 2018 management were also discussed and then brought to a joint meeting between The Commission, USFWS, and ADF&G. Getting an early start to conversations regarding one of our most important resources was seen as positive and beneficial to all parties and we all look forward to trying to streamline management in the future. The Executive Council will meet again early in 2018, at which time more information should be available. If you have any questions, concerns, or comments please contact us.



If you're not sure who the commissioner is for your community, we're happy to help you get in touch. Contact Georgetown's Commissioner Jonathan Samuelson at jonathan@georgetowntc.com

CALENDAR OF EVENTS

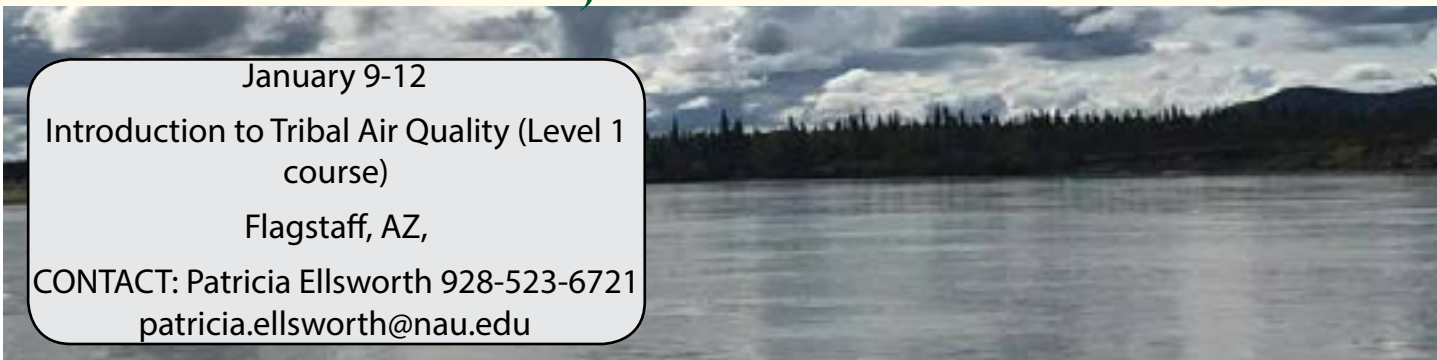
DECEMBER



December 22

YKHC Scholarship Applications Due
www.ykhc.org/scholarship for more information

JANUARY




January 9-12

Introduction to Tribal Air Quality (Level 1 course)

Flagstaff, AZ,

CONTACT: Patricia Ellsworth 928-523-6721
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FEBRUARY



February 11

GTC Environmental Committee Meeting
Anchorage, AK.

<http://www.georgetowntc.com/environmental/environmental-committee.html>

February 12 – 16

Alaska Forum on the Environment.
Anchorage, AK.

<http://www.akforum.org>

www.georgetowntc.com/Environmental.html

<https://georgetowntc.wordpress.com/>

GUESS THE BABY



Happy Holidays!

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