

Fall 2017
Volume 2, Issue 1

Photo by Johanna Tellman

APICDA Scholar

How awesome would it be to earn while you learn on the job? Apprentices typically spend two to five years learning a trade through employment. If you have ever thought of taking up an apprenticeship, here are some programs to explore:

Alaska Maritime Apprenticeship Program (AMAP)

Created by Calista Corp, this apprenticeship consists of three tiers: Deck side, Engine room, or Galley/Kitchen. The program is designed for apprentices to excel into the next tier while gaining certifications and experience. Two types of maritime focuses are offered: Traditional and Subsistence. Admitted apprentices must attend a training at AVTEC in Seward before they can begin their program.

Additionally, applicants will need to submit a personal statement, a list of their skills and experiences, and a statement about why the applicant is a good fit for the program. High school or college transcripts (or trade school and/or training certifications) must also be submitted. To apply, complete the AMAP application, which can be downloaded at: <http://akmaritimeapp.com/apprenticeship/>.

For more information, please call AMAP Administrator Brenda Pacarro at (907) 275-2818 or email bpacarro@calistacorp.com.

Alaska Apprenticeship Training Coordinators Association (AATCA)

The AATCA is made up of Joint Administered Training Committee's (JATC's) of over 16 varying union construction crafts. For more information and application access, contact the apprenticeship program directly by clicking on a trade. Two examples of building trade union apprenticeships are listed below:

Alaska Southcentral/Southern Sheet Metal Workers

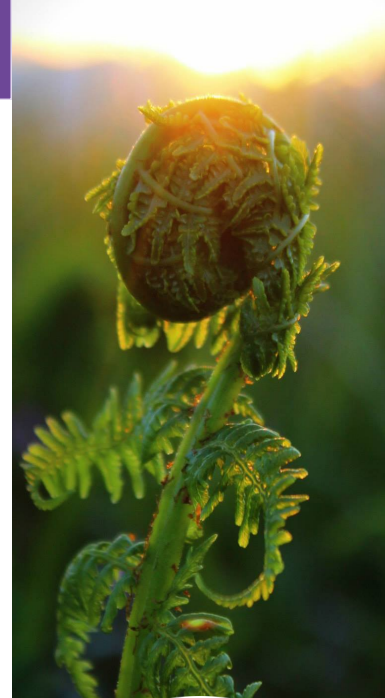
This 4-year, 8,000-hour program is offered to individuals with a valid driver's license and a completed WorkKeys assessment. For more information, please visit <http://local23jatc.org/>, or call Training Coordinator Bruce Bold at (907) 277-5367.

Plumbing and Pipefitting

For those living in Fairbanks, a plumbing and pipefitting apprenticeship is being offered through the United Association Local Union 375. Applicants must provide a valid driver's license and a completed WorkKeys assessment. Further information can be found at <http://www.ualocal375.org/apprenticeship.html>.

Call (907) 456-5989 or email jatc@ualocal375.org for inquiries.

To explore additional trades through AATCA, visit aatca.org/training-programs/.



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Training & Education
education@apicda.com
apicda.com

Student Spotlight

By: Angela Johnson



Photo provided by Angela Johnson

My name is Angela Johnson and I am from Nelson Lagoon, Alaska. I decided to start my higher education journey two years after I graduated

from high school. I always wanted to attend college, but I have an extreme attachment to my hometown of Nelson Lagoon, so I was reluctant to leave.

After contacting APICDA, I found an alternative way to attend college. I enrolled into the UAF distance education program majoring in Rural Development. My main goal in life is to make a difference in my community of Nelson Lagoon. I am very passionate about keeping my hometown sustainable.

The other students that I have worked with taught me that college is totally different from high school. My favorite professor is Mr. John Creed, my English professor, who teaches my favorite class. I have always loved to write and I want to write a few books someday. The classes I had with Mr. Creed helped my writing improve and evolve personally and professionally.

My favorite spot to study is on my couch in my living room with the TV off. I wrap myself in a blanket and get my work done in the comfort of my home. College can be very

overwhelming, especially when you have a fulltime job and a house with pets to take care of.

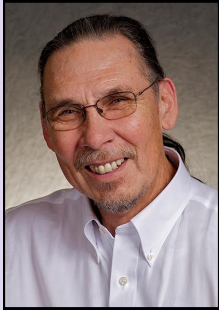
When I get too stressed I turn up the music and sing and dance with my dogs or I go outside into the fresh, Alaskan air and play with my dogs. Basically, my dogs are the best stress reliever. To prepare for a test, I drink lots of water and coffee while I go through my notes and I test myself to see if I remember what I am studying. Three things that I have at all times include my computer, which has all of my notes and syllabuses, water, and my books.

My plans after graduation are to improve my community with the knowledge I have gained. My advice for new college students is for them to realize that it is all going to be OK. Do not freak out, you will be fine! Other advice for new students would be to use your resources and don't be afraid to ask questions. There is a lot of help out there, you just have to ask.



Photo provided by Naomi Hagelund

APICDA Programs



**Emil William
Berikoff Sr.
1944-2012**

Emil Berikoff, Sr. served on the APICDA Board for 15 years. His contributions as a trusted board member and to the APICDA community were invaluable.

APICDA Training & Education Programs

APICDA offers higher education and supplemental scholarship programs to support and encourage the education and training goals of community residents. The programs enable our residents to have access to college and university programs and to qualify for jobs within the region that may otherwise be filled by non-CDQ residents.



Emil Berikoff Sr. Memorial Scholarship

Applications must be completed, submitted and RECEIVED in the APICDA office by:

- ◆ APRIL 1 for the summer term.
- ◆ JULY 1 for the fall and spring terms.
- ◆ NOV. 15 for the spring term.

For information about application instructions and requirements, please contact APICDA's Training and Education Manager, Anfesia Tutiakoff at (907) 929-5273, toll-free: 1-888-927-4232, by email at education@apicda.com or visit www.apicda.com.

Supplemental Education Scholarship

A scholarship program designed for APICDA community residents looking for supplemental funding for certificate or vocational training.

How to Qualify:

1. Applicants must be a resident of an APICDA community.
2. Be accepted to an accredited training program.
3. Maintain a 2.0 GPA or passing grade.
4. Applications must be turned in 10 business days prior to payment due date.

Scholarships are awarded up to \$4,000 per year, based on financial need.

Student Loan Repayment Program

This program repays a specific dollar amount (up to \$5,000 per year) of a graduate student's loan as long as the program requirements below are met. This program was created because APICDA no longer awards scholarships to students who are pursuing graduate degrees or higher. The main focus is to encourage graduates to return to the APICDA region for employment and career opportunities.

The program went into effect on Jan. 1, 2014, and will **only include students who were enrolled in a degree program on Jan. 1, 2013, or later**. An applicant must have maintained full-time residency in one of the APICDA communities for at least five years immediately before attending undergraduate college, and must intend to return to, or work for the benefit of, the APICDA region upon award of a degree.

Scholarships for Residents of APICDA Communities

Northwest Fisheries Association (NFWA) Fund

Due: February 15

NWFA provides scholarships of up to \$5,000 to employees of NWFA companies and their families. Some member companies (180 in total) include: AK Airlines, AK Ship Supply, Aleutian Spray Industries, American Seafoods, Cannon Fish Company, Coastal Transportation, Delta Western, Glacier Fish, Horizon Lines/Matson, North Pacific Seafoods, Trident Seafoods, UniSea, Westward Seafoods, and many more.



For more information about eligibility, criteria, and application instructions, please visit www.northwestfisheries.org/scholarships. For direct inquiries, email info@northwestfisheries.org.

AK Process Industry Careers Consortium (APICC) Scholarship

Due: January 13

Up to \$2,000/semester in funds offered to students enrolled in a two-year process technology program at: Kenai Peninsula College, KPC Anchorage Extension Site, or UAF Community & Technical College. Applicants must provide three letters of recommendation, a personal essay, work/volunteer experience, and a college degree plan from an advisor. For more information on this scholarship, go to <http://apicc.org/students/scholarships/>.

Nick Begich Scholarship Intern Fund (NBSIF)

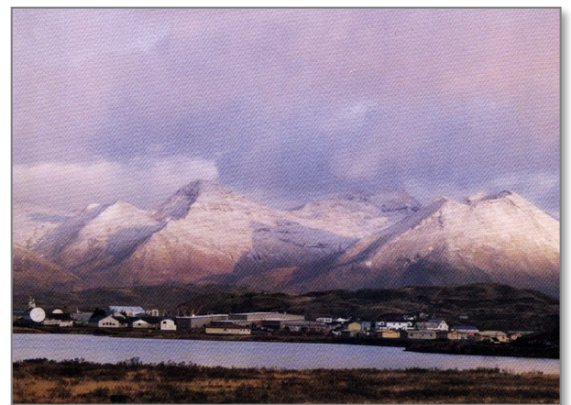
Due: February 17

Alaskan students maintaining at least a 2.0 GPA and majoring in education, government, or public service are eligible for a NBSIF scholarship. Required documents for a complete application include two letters of recommendation and a 500-word personal statement. Award amounts vary from \$500-\$2000. To learn more, please visit <http://www.nickbegichfund.org/>.

Gates Millennium Scholars Program

Due: January

Scholarship offered to qualifying students of color: American Indian/Alaska Native, Pacific Islander, African-American, or Hispanic-American. To apply, you must be an incoming college freshmen with a 3.30 cumulative GPA or higher, and create an online scholarship profile at <https://scholarships.gmsp.org/>. Required application documents include letters of reference and multiple personal essays. For more information, please visit <http://www.gmsp.org/>.



Safety Tips from Sean Hislop, Safety Manager

A few months ago, I read an article from the college I attend about National Helping America's Youth



Month, which was May. Yes, I attend college, and I have two kids in college as well. During the 22 years I spent in the Air Force, we had new airmen that needed some help with life skills every couple of months.

There are too many to list, so I picked a few that I have taught previously and that were repeated in almost every web page I visited.

- How to handle money, how to save, how to use credit, and what a credit score is.
- How to say “NO”, to drugs, to alcohol, or any time you feel the need.
- Simple car stuff (e.g. changing a tire, checking fluids, how to jumpstart a car).
- Simple house stuff (e.g. laundry, cleaning, maintenance).

Over the years, I've tried to teach my kids about money. Although I know I did a good job, they did not always listen. A few years ago, my son had saved enough to purchase a newer vehicle. I told him I would co-sign so that he could get a lower interest rate. He had hoped to get a loan on his own, as did I because that would mean a success on my part as a



Photo provided by Naomi Hagehund

parent for teaching him about his credit score. After filling out a credit application, the dealership pulled up his credit report and told him, “Come back with your dad.” I told him to ask for a copy of the report so that he could see what needed fixing. That's when I saw “the light go on.” I chose not to lecture him too long because I realized he had to learn the hard way. Since the incident, he has been working diligently to fix his credit issues.

You are in school to learn how to do something, so when someone attempts to teach you a life skill, pretend that you are in school, listen, and learn. By no means is this list all-inclusive, but it is a good place to start. From my experience in the military, I know firsthand how unprepared people can be when they get out on their own. As parents, we need to begin teaching our children how to survive once they leave home so that we can be confident in their abilities and proud of their independence. As a young adult, if you aren't familiar with all of the skills listed, I encourage you to seek out someone you trust to learn from, or you can also use YouTube as a resource.

Take some time to explore the sites below and others to see what life skill you may not have acquired yet, and take some time to learn them.

<http://communicator.columbiasouthern.edu/2017/05/national-helping-americas-youth-month-10-things-to-learn-before-leaving-the-nest/>

<http://www.sheknows.com/parenting/articles/1093421/life-skills-to-teach-your-kids-before-college>

http://www.huffingtonpost.com/emily-mendell/the-bubble-list_b_4783336.html

<http://kindredspiritmommy.com/16-life-skills-every-kid-should-know-before-leaving-home/>

“You are in school to learn how to do something, so when someone attempts to teach you a life skill, pretend that you are in school, listen, and learn.”

Beating Shyness in College

If you didn't know any better, you might think that shyness and social anxiety are the same. De facto, they are actually two different entities that don't interact directly with one another. Individuals with social anxiety may attempt to avoid common social situations due to an intense fear of humiliation, or that he or she will be harshly judged by others. Shyness, on the other hand, is something everyone experiences. Unlike social anxiety, it can be argued that shyness is not as extreme because it is not typically impairing like social phobia. If you are looking for ways to overcome your shyness, here are ten tips to help you reach your goal:



1. Avoid toxic people and do your best to ignore negativity. Surround yourself with positive people who build you up and energize you, rather than people who drain your life source.
2. Educate yourself about yourself. Find out what triggers your shyness by keeping a journal handy to write in whenever you are feeling anxious or stressed.
3. Don't let yourself be consumed by fear. Verbalizing that you are afraid may help you notice your feelings in the present moment, rather than trying to push them away. *Don't be afraid or ashamed to ask for the help you need.*
4. Plan and prepare. Get a head-start on major tasks, set mini deadlines, and anticipate problems so that you can work to solve them.
5. Stay organized. Filing and clearing your desk and computer may rank low on your priority list, but they can save you time in the long run and may prevent a crisis later.
6. *Do your best* instead of trying to be perfect. Perfection isn't possible, so be proud of the job you've done and learn to *be less hard on yourself.*
7. Accept that not everything that comes out of your mouth will make sense.
8. Learn to adjust your expectations in new situations.
9. Attempt to say yes instead of no. The word 'no' creates a barrier in conversations. Instead, when you affirm what another person says and build upon it, it is empowering for both people.
10. Be realistic. Don't overcommit or take on projects that you do not actually have enough time for.

By Celeste Kukahiko, excerpted from:

Anxiety and Depression Association of America (2014). Got Anxiety?

Sarah Laskow (2014, June 3). *How to overcome shyness.* Real Simple.



News & Articles

UA Budget Cuts

On April 26, Senate Bill 103 was approved in a 13-7 vote. The bill was referred by the House to the Education and Finance committees on May 3. If passed by the House, the bill will eradicate the Alaska Performance Scholarship (APS) by fiscal year 2020-2021, as well as eliminate the Alaska Education Grant. To do so, the Senate has proposed removing the lower two tiers of the APS, meaning that students must achieve at least a 3.5 GPA to be eligible for an award. In other words, the top tier award amount of \$4,755 will still stand, but scholarships originally offered to students with 2.5 or 3.0 GPA's will no longer be available.

According to the Alaska Commission on Post-secondary Education, APS funds worth nearly \$48.8 million have been utilized by 8,606 University of Alaska (UA) students since 2011. From the time that the APS was first introduced by former Gov. Sean Parnell, the scholarship has successfully increased enrollment at UA campuses. However, UA officials say that getting rid of the scholarship program and Education Grant could impact UA tuition revenue by almost \$8 million per year. Prospectively, this may cause tuition rates to rise, which may also result in declining enrollment in the university system.

By Celeste Kukahiko, excerpted from:

Hanlon, T. (2017, April 27). Alaska Senate cuts scholarships and financial aid to create 'innovation' grants. Retrieved from <https://www.adn.com/alaska-news/education/2017/04/26/alaska-senate-reduces-state-scholarships-and-eliminates-financial-aid-program-to-create-innovation-grants/>

University Ombudsman

(Pronounced “om-budz-man”)

When a student feels that they have been mistreated with regard to their overall college experience (e.g. receiving a poor grade on a well-written paper), a university ombudsman can serve as a representative to help the student address and solve his or her issues. Some ways that a university ombudsman can assist students with resolving conflicts are: 1) listening to understand the student's perspective of the issue; 2) helping the student to prepare for formal interactions with necessary parties and with preparing proper documentation; and 3) making the students' concerns known to the organization for resolution.

While many universities have an ombudsman, not all of them do. To see how your college can help you tackle university-related dilemmas, explore your campus Student Union today!

By Celeste Kukahiko, excerpted from:

International Ombudsman Association. (2017).

What is an Organizational Ombudsman?
Retrieved from <http://www.ombudsassociation.org/Resources/Frequently-Asked-Questions/What-is-an-Organizational-Ombudsman.aspx>

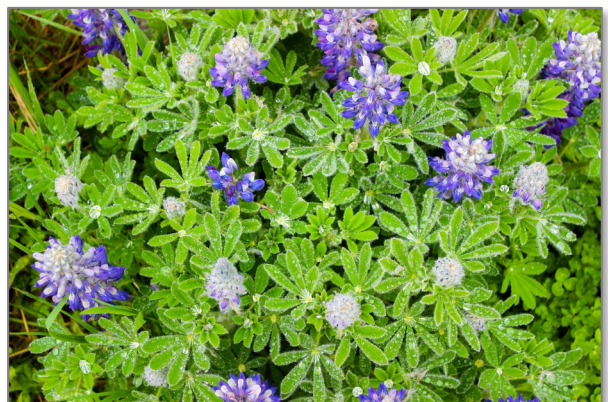


Photo provided by Naomi Hagehund

Life Hacks

Balancing Work & School

1. **Create a schedule and stand by it**—A detailed schedule can help you with sticking to it, which makes a good impression on employers and professors and helps you to be prepared for unanticipated events (e.g. impromptu group study session).
2. **Communicate with family, friends, and roomies**—It can feel overwhelming initially when juggling school- and work-related responsibilities. Therefore, it is so important to ensure you have a good support group to rely on in times of stress. Open and frequent communication will maintain your relationships so that those close to you will support you when you need it the most.
3. **Talk with your boss frequently**—As stated above, maintaining healthy relationships with the people you interact with day-to-day is vital. It is always a good idea to keep your boss in the loop about your school schedule and career goals, as they can help you to accomplish those goals.
4. **Apply for financial aid**—Really, this should be a given. After all, the more financial aid you receive, the less you or your family will have to pay out-of-pocket for your education.
5. **Maximize your resources**—Take some time to explore what resources are available to you at work and school, as you may not initially take notice of all the types of services offered (e.g. recreation, counseling, university ombudsman (see page 7), public transportation passes, etc.).



Excerpted from https://www.saltmoney.org/content/media/Article/balancing-work-and-school/_/R-101-2311?WT.mc_id=ECS-C5-UC.

Prime Student Perks



Many of us are aware that Amazon Prime members have access to quick, free shipping, but did you also know that memberships for college students are listed at 50% of the regular price? If you are unsure of whether you want to purchase a membership, you may register for a 6-month trial and cancel or upgrade at any time. A Prime Student membership could help you save up to 90% on textbooks, which you can rent, buy, or sell. With a Student membership, you will automatically have access to streaming thousands of popular movies and TV shows, which you can download to your device to watch whenever you please. To see what other benefits Amazon Prime Student has, go to <https://www.amazon.com/Amazon-Student/b?node=668781011>.

Live Tutoring and other Resources for AK Residents

This free service, provided by the Statewide Library Electronic Doorway (SLED), is available for K-12 grade and intro-level college students. Homework help is offered seven days a week from 12pm-2am. An electronic database of journals and magazines is also accessible through this website, and may serve as a useful source of information for research. To find out about what other services SLED provides, please visit <http://lam.alaska.gov/sled/home>.

Announcements & Inspiration

Congratulations to our Spring 2017 Graduates! We at APICDA applaud your accomplishments and wish you continued success. Please congratulate the following individuals if you get the opportunity to do so:

- Darling Anderson of False Pass
- Christina Gordon of Unalaska
- Douglas Krukoff of Unalaska
- Jesse Lestenkof of St. George
- Levi Vernon of Unalaska



An Alaska Small Business Development Center FREE workshop!

Starting a Business and Tools and Tips for Writing a Business Plan
A great learning opportunity to strengthen your Aleutian Marketplace Competition submission!

Sponsored by the Aleut Corp. and APICDA



Sign up today!

Please RSVP to:

media@apicda.com

or call APICDA at: 907-929-5273

Toll Free: 1-888-927-4232

Monday, October 16, 2017
Noon to 5:00 p.m. with pizza lunch
at 1901 Bragaw Street, #199, Anchorage

(UAA's Alaska Small Business Development Center office with free and close parking!)

Located at the corner of Bragaw Street and the light at E. 20th, across from East High School

This workshop will also be available by remote access via live webinar.

Open to residents and former residents of the APICDA and TAC region.

Please note—workshop is not a requirement to enter competition.

This workshop is supporting the Aleutian Pribilof Island Community Development Association (APICDA) and Aleut Corporation business plan competition. Updated competition rules will be posted October 11, 2017.



ALEUTIAN
marketplace

Businesses must be located in one or more of these communities:

Adak • Akutan • Atka • Cold Bay • King Cove • Nikolski • False Pass • Nelson Lagoon • Sand Point • St. George • St. Paul • Unalaska

www.apicda.com/aleutian-marketplace

It's a trap to be fueled by praise or defeated by criticism. Neither define you. We're constantly becoming, changing, growing- so nobody's opinion can embody who you are. Don't commit to approval, commit to growth. The growth that takes place when no one is watching. The growth that outlives the opinions of people. There's a stark contrast between making real self-improvement and wanting to be noticed. -Brittney Moses

You could win seed money to start your in-region business!

Have a Fantastic Fall Semester!



Contact your Community Liaison Officers (CLO) to Secure your APICDA Scholarship

Give your CLO a call today to start the discussion.

Akutan

April Pelkey

Phone: (907) 698-2449

Cell: (907) 538-9957

akutancllo@apicda.com

False Pass

Tammy Shellikoff

Phone: (907) 548-4002

falsepasscllo@apicda.com

Nelson Lagoon

Katie Johnson

Phone: (907) 989-2210

nelsonlagooncllo@apicda.com

Nikolski

Vincent Lestenkof

Phone: (907) 576-2220

nikolskicllo@apicda.com

St. George

Melanie Prokopiof

Phone: (907) 859-2240

stgeorgecllo@apicda.com

Unalaska

Genee Shaishnikoff

Phone: (907) 581-1222

unalaskacllo@apicda.com

Atka

Currently vacant.

Contact education@apicda.com