

Spring 2017
Volume 1, Issue 2

APICDA Scholar

STUDENT SPOTLIGHT: DR. MICHELE YATCHMENEFF

APICDA would like to recognize scholarship recipient Dr. Michele Yatchmeneff of False Pass for her astounding academic achievements. In the spring of 2015, Dr. Yatchmeneff earned her doctorate degree in engineering from Purdue University. The fall of 2015, she became part of the engineering faculty at the University of Alaska Anchorage, where she teaches and encourages her students to pursue STEM (Science, Technology, Engineering and Math) careers.

Dr. Yatchmeneff's involvement with STEM began long ago as a student in the Alaska Native Science and Engineering Program (ANSEP). While growing up, she personally felt there was a negative outlook on Alaska Natives and education, which helped motivate her to return to ANSEP in 2007 as Deputy Director to get more Alaska Native youth interested in getting STEM degrees.

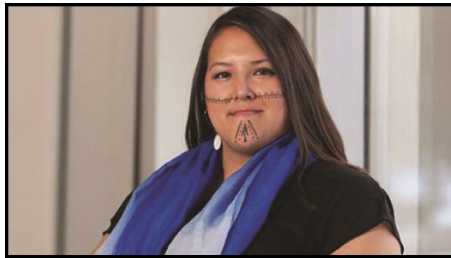


Photo provided by ANSEP™

Dr. Yatchmeneff advises current Alaska high school students to always put school first and to apply to ANSEP's programs.

"ANSEP students inspire me every day because they are knocking down barriers they don't even know exist," stated Dr. Yatchmeneff. "I'm looking forward to helping students learn to navigate the university and getting them excited about their undergraduate engineering degrees."

Congratulations to Dr. Michele Yatchmeneff for her accomplishments and for inspiring others by following her passions.

*Based on a press release
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Training & Education
education@apicda.com
apicda.com

Employee Spotlight - Clarence Gould



Clarence Gould was born and raised in King Cove, AK, and spent time in Niota, Illinois while growing up. He currently lives in Wasilla and works

in Anchorage as the APICDA Vessel Fleet Manager. Clarence has been with APICDA for more than two years. Here is his advice to students:

How did you work your way into the position that you have now?

I started straight out of college expediting materials for a purchasing department and continued into a buyer position within the same company. I later accepted a position as a Director of Organizational Development that supported local communities in Alaska. During this time I spent several summers/winters commercial fishing and later became employed by a private electric utility before ultimately ending up employed by APICDA.

What is your educational background?

Bachelor of Science in Business Management.

What do you like best about your job?

Knowing that every day will be different and I will be faced with another challenge. Repetitious, effort-less tasks cause one to become complacent and in return show little pride in one's work.

What advice do you have for teens and college students?

Teens: enjoy your younger years, create memories, stop and listen and show an interest in something. College Students: study! Take plenty of breaks, travel, meet and network with new people, create meaningful friendships, explore, and lastly...you don't have to have everything figured out right now. When the time is right, it will present itself.

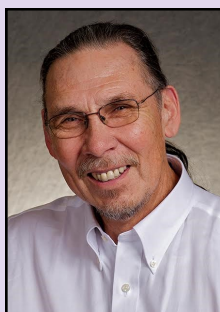
Who are your mentors?

Both sets of grandparents. They've lived, loved and seen it all, and have plenty to show for it.

Tell us something about your life outside of work?

I'm relaxed at home. I enjoy the outdoors, fishing, carpentry, hunting and being around family and friends.

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 Tutia-koff 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 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

Ballyhoo Lions Club Scholarship

The Ballyhoo Lions Club is a non-profit, service-based organization operated by volunteers. The club provides students and other organizations with educational and business opportunities through its scholarship program, which collects funds from sponsored community events.

The deadline for this scholarship is May 1, and is available to residents of Atka, Nikolski and Unalaska. A complete application should include the application packet, institutional acceptance letter, official high school or college transcripts, two letters of recommendation and an essay on what the motto “We Serve” means to the applicant.

For more information or direct inquiries, please call Chair Mike Holman at (907) 581-1233 or email mholman@ci.unalaska.ak.us.



Aleut Foundation

Shareholders of the Aleut Corporation and their descendants are eligible for this scholarship. Applicants are required to submit an online application, two letters of recommendation, class schedule, birth certificate and a personal statement. Deadlines for the fall, spring and summer terms respectively are June 30, Nov. 30 and April 30. To access the application, go to www.thealeutfoundation.org/education/educational-scholarships.

Aleutian Pribilof Islands Association (APIA)

Enrolled tribal members are eligible for APIA’s scholarship. Along with the application form, an official institutional budget, FAFSA and class schedule are required. The deadline for submission is June 15 for fall and Dec. 15 for spring. Go to www.apiai.org/services/employment-training-related-services/college-scholarships for more information.

Bureau of Indian Affairs (BIA) Higher Education Grant

To qualify for a BIA grant, applicants must be enrolled tribal members and full-time students. The deadline for all BIA grants is in May, but deadlines and award amounts vary among tribal offices. Please call or visit your tribal office for applications or more information.

Wells Fargo Scholarship for Undergraduates

Administered through the American Indian Graduate Center (AIGC), this scholarship (amounting up to \$5,000 per academic year) is available to full-time American Indian/Alaska Native students. Applications are due May 1, and can be found at aigc.academicworks.com.

Safety Tips from Sean Hislop, Safety Manager



With summer approaching quickly, the last thing you want to think about is safety. It's important to find a balance between enjoying your summer and staying safe. Here are a few tips to help you stay safe:

Make Sure Your Intuition Antenna is UP. Getting from Point A to Point B is when we are all most vulnerable. Be aware of your surroundings and never walk alone at night. Always make sure you have complete directions of the safest route to get to your destination and back home safely. If you are going out, take a few friends with you and be sure that everyone leaves together too.

Alcohol. I know you have heard it a thousand times, but the fact is no one ever thinks something will happen to them until it actually happens. Be smart: DO NOT text and drive and NEVER drink and drive. That includes drinking and operating recreational vehicles like quads, four wheelers, motor cycles, boats, water skis, jet skis, etc. **DRINK RESPONSIBLY!**

Road Trips. If you and your friends decide to hit the road for a weekend adventure, have your car checked out by a mechanic first. Also, have an Emergency Road Kit complete with jumper cables, flares, first aid kit, flashlight, poncho, blankets and gloves. Don't forget to bring a good GPS device and contact numbers. Map your route before you go, and don't take any shortcuts if you aren't ABSOLUTELY positive of where you're going.

Hotel, Motel, Holiday Inn. Most students are on

budgets and while staying at a cheap motel is tempting, it is not always the safest choice. Most motels do not offer the same security measures as large hotel chains. Instead, opt to stay at a reputable hotel. Pick a room by the elevator or highly trafficked area rather than by a stairwell. Also, never open your door to a stranger. If you did not order room service or request maintenance, call the front desk and ask if they sent a hotel worker to your room. If they did not, ask for security to come up and make a report.

Going Abroad. Always check with the Department of State BEFORE you leave to view any current travel warnings about the country you will be visiting. Be sure to register with the American Consulate when you arrive.

Check in Often. Even though you are having the time of your life and home is a distant memory (for the time being), it is important to check in with your parents or a loved one frequently. Leave them a detailed itinerary with contact numbers of hotels and any other important information they might need to get ahold of you. If something were to happen-and you needed help, time is of the essence and being able to track your last whereabouts is vital.

Always have emergency contacts on your device. If you have a smartphone, program emergency numbers into it. It's one of the first things hospital personnel will check if you're admitted alone because it enables them to bypass your passcode and access your contacts.

Operating Machinery. If you take a summer job make sure to you know about on-the-job safety and health requirements. Do not operate machinery that you have not been trained to operate.

Excerpted from: <https://www.sabrered.com/blog/top-10-summer-safety-tips-college-students>

Be aware of your surroundings and never walk alone at night.

APU Transition to Tribal College

On Dec. 19, 2016, Alaska Pacific University (APU) declared its new collaboration with the Alaska Native Tribal Health Consortium (ANTHC) and its plan to move toward federal designation as a tribal college. Although APU officials had no details to report on what specific alterations will be made, John Wanamaker of the Board of Trustees stated that he expected the university's enrollment to increase and programs to grow, specifically in the healthcare-related fields of study. ANTHC's Chief of Staff LeeAnn Garrick reported that a team of about a dozen newly-elected APU Board of Trustees members are in the process of developing a strategic plan for APU's transition into a tribal college.

"This is a big vision here. I don't think these programs are going to be rolled out tomorrow," said Wanamaker. "This is potential and the potential is exciting. This is the best thing going right now for the state of Alaska."

Dr. Bob Onders, Medical Director at ANTHC and APU's new interim President, said that APU may not submit an application for federal recognition as a tribal college for possibly another three to five years. Because of his credentials and understanding of tribal partnerships, Onders was recently appointed as the university's interim president. In a public statement, Onders announced that "any changes to be made to the university were about growing the strengths and not taking

away good things that are occurring here already."

APU's intentions to become a tribal college indicate some major adjustments to be made within the next few years. The proposed changes are to include a dramatic increase in Alaska Native/American Indian students; 51 percent Native enrollment is the standard for all federally recognized tribal colleges. Partnership with ANTHC will also lead to the implementation of the organization's pre-existing behavioral, community and dental health aid programs within the college. Although there won't be any changes taking place for some time, the direction in which APU is moving surely will provide newfound, gratifying opportunities for Alaska Native students.

By Celeste Kukahiko, excerpted from:

Carpenter, D. (2016). *APU embraces partnership with ANTHC & possible tribal college designation*. Anchorage: NBC 2 KTUU.

Hanlon, T. (2017). *New interim president among big changes at Alaska Pacific University - Dr. Bob Onders has been named the new interim president at Alaska Pacific University, which is seeking a designation as a tribal college*. Alaska Dispatch News.

Hanlon, T. (2016). *Alaska Pacific University plans to become a tribal college*. Alaska Dispatch News.



<http://www.alaskapacific.edu/>

"This is the best thing going right now for the state of Alaska."

Internships

A handful of organizations are striving to make education and training programs available to Alaskans everywhere. A few of the companies offering internship and apprenticeship programs this year are listed below:

APICDA Internships

The following internships are available to residents of the APICDA communities:

Anchorage — HR Assistant, Media Assistant, Tech Services Intern & Safety Management Intern.

Unalaska — Environmental Intern & College Student Intern.

St. Paul — Unangam Tunuu Language Assistant.

Please contact Anfesia Tutiakoff, Training & Education Manager, for more information at education@apicda.com. Applications can be found at www.apicda.com.

Calista Corporation Maritime Apprenticeship Program (March)

Maritime apprenticeship with two track choices—traditional or subsistence—and three areas of training: Deck side, engine room, galley/kitchen.

For more information, call the AK Maritime Apprenticeship Program office at (907) 275-2818 or visit: akmaritimeapp.com/apprenticeship.

Alaska Primary Care Association Apprenticeships (March)

Training offered in Alaskan communities via distance technology for four career paths: Community Health Worker, Certified Clinical Medical Assistant, Certified Billing & Coding Specialist, Certified Medical Administrative Assistant.

For more information, call Cherise Fowler, AP-CA Apprenticeship Training Coordinator at (907) 929-2739, email cherisef@alaskapca.org.

Northern Industrial Training, LLC (NIT) is a company that provides extensive training opportunities to aspiring folks interested in vocational programs. Here are a few of their upcoming courses. Go to www.nitalaska.com for specific deadlines and requirements. To view funding options, visit: www.nitalaska.com/Admissions/Financial-Aid-Options

Vocational Programs (March-July)

- Mechanics (Outboard, ATV, Service Oiler)
- Professional Truck Driving
- Construction Equipment



Safety Courses (March, April)

- 8-, 24-, or 40-Hour HAZWOPER
- Forklift
- First Aid/CPR/AED
- OSHA 30-Hour General Industry

Computer Courses (March-May)

- Microsoft Office, Excel, Outlook & Project

Helpful Tips from Celeste, T&E Assistant

Choose Your Classes Wisely

- ◆ **Don't wind up with a bad professor.** In some college courses, the quality of a professor's teaching can make (or break) your grade. Use professor evaluation sites like ratemyprofessor.com so that you can choose the professor best suited for your style of learning. Also, keep in mind that some colleges have student evaluation databases.
- ◆ If your classes are scheduled back-to-back, be sure they are a short distance one another. To do this, check your campus map before registering for classes. Take it from me, being sweaty, moody and anxious about being late every other day gets old pretty fast.

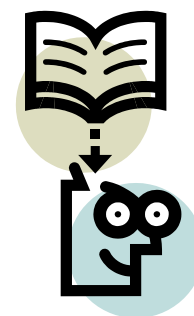


Time Management is EVERYTHING!

- ◆ Get a planner or calendar (whiteboards are handy) to mark down important dates and stay organized. It might be tedious, but planning out your schedule at the beginning of each month REALLY helps with being on top of things and winning at life.
- ◆ You shouldn't burn yourself out, but you also shouldn't give yourself too much free time. Staying moderately busy will prevent you from becoming a "dorm rat" and will help with the "student-to-adult" transition, so you can better manage work and playtime.

Minimize Distractions

- ◆ **TURN OFF YOUR PHONE WHEN STUDYING.** If you're like most of us, when your phone buzzes from a notification, 90 percent of the time you're going to pull out your phone to check it. It's perfectly healthy to take breaks from studying, but you won't retain as much information or get as much done if you constantly check your phone. If you don't give studying your full attention, the process will take longer and be less efficient.



Don't Ever be Afraid to Ask for Help

- ◆ Visiting your professor during their office hours is one of the most effective methods to get academic help. After all, who knows your course material better than your instructor?
- ◆ If you're taking a challenging course, it's a good idea to get acquainted with your classmates. Having a study buddy or two can help you retain information, especially because teaching is said to be one of the most effective ways to learn.
- ◆ Utilize campus services (i.e. health, counseling, tutoring, etc.) for any help you may need. These services are usually included in tuition, and there are always caring professionals readily available to work with and serve YOU.



"You shouldn't burn yourself out, but you also shouldn't give yourself too much free time either."

If we did all the things we are capable of, we would literally astound ourselves.
-Thomas Edison

curiano.com

**APICDA
Congratulates a
New 2016
College Graduate:**



Shasta Anderson



Aleutian Pribilof Island Community Development Association

Photo Contest

2017 *Get Ready, Get Set, Get Snapping!*



\$100
for each
winning entry!

We are looking for images from the APICDA communities of:

**Atka • Akutan • False Pass • Nelson Lagoon
Nikolski • St. George • Unalaska**

All original photos must be maximum resolution for quality reproduction use in the APICDA 2018 Calendar and/or 2017 Christmas card. Capture the seasons, holiday traditions, cultural events, people at work, children at play, wildlife and scenics.

Click often and send us your best shots by 5:00 pm on September 15, 2017

APICDA • 717 K Street • Anchorage, Alaska 99501 • 1-888-927-4232 • media@apicda.com

Volunteer Opportunities



Why Volunteer?

With our busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family and your community. Serving others through volunteering can help you to reduce stress, find friends, reach out to the community, learn new skills and even advance your career. Giving to others can also help protect your mental and physical health.

Volunteering offers assistance to people in need, worthwhile causes and the community. Volunteering and helping others can help you combat depression, keep you mentally stimulated and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your day.

Even giving in small, simple ways can help others immensely and improve your own health and happiness. Below are a few reasons why you should look into becoming a volunteer:

- **Builds connections with others:** Volunteering is just one of many ways to increase your social circle and improve your relationship skills.
- **Good for your mind and body:** Counteracts the effects of stress, anger and anxiety. Combats depression and increases happiness. Boosts self-confidence and provides a sense of purpose. Promotes good physical health.
- **Can advance your career:** Volunteering your time and services for a good cause can help you gain career experience and job skills, which shows professionalism and adds bulk to your resume.
- **Brings fun and fulfillment to your life:** Providing service to others is not only internally rewarding, but also usually highly enjoyable.

Excerpted from: www.helpguide.org/articles/work-career/volunteering-and-its-surprising-benefits.htm

“The best way to find yourself is to lose yourself in the service of others.” ~ Mahatma Gandhi

Volunteer Opportunities

Salmon Beyond Borders

Duties include assisting in protecting the environment to sustain Alaska's wild salmon. For more information on volunteer locations or to access the application, visit: www.salmonbeyondborders.org/volunteer.html.

Alaska Public Lands Information Centers

Duties vary from outdoor physical activity (i.e. maintaining hiking trails, serving as campground host) to office work. Volunteer sites are located in Anchorage, Fairbanks, Chugach, Southeast, Kenai, Kodiak, Mat-Su Valley and the Prince William Sound region. For more information, visit: www.alaskacenters.gov/volunteer.cfm.

Alaska Maritime National Wildlife Refuge (AMNWR)

Volunteers perform a range of tasks, varying from collecting wildlife species samples, maintaining equipment and facilities, documenting seabirds and educating the public. Volunteers can be based in Homer, the Pribilof Islands, Adak and other Aleutian islands. To learn more, go to: www.fws.gov/refuge/Alaska_Maritime/what_we_do/volunteer.html.

Beans Cafe (Anchorage)

Duties range from preparing and serving meals, performing office work and assisting with special events. For more information, visit: www.beanscafe.org/volunteer.

Friends of Pets (Anchorage)

Tasks include assisting with the information center, adoption applications and events, educating, finding animal foster homes and dog walking or cat snuggling. To learn more, visit: www.friendsofpets.org/people.html.

The Alaska Center

The Alaska Center administers youth volunteer opportunities, volunteer internships and hands-on outdoor projects. To learn more about locations of volunteer sites, go to akcenter.org/aye/aye-get-involved/volunteer or call (907) 274-3621.

Municipality of Anchorage—Parks & Recreation

Duties range from picking up trash, digging holes, building trails, pulling weeds, removing graffiti, planting flowers, etc. To access an application, visit: www.muni.org/departments/parks/pages/volunteering.aspx.

Announcements

JOIN US IN UNALASKA

- June 2-4, 2017 -

As we commemorate the 75th anniversary of the bombing of Dutch Harbor on June 3 & 4, 1942 and the evacuation and relocation of the Aleut residents of the Aleutian and Pribilof Islands to Southeast Alaska.

- EVENTS INCLUDE -

- MEMORIAL CEREMONY Honoring and Acknowledging Veterans & Aleut Evacuees
- HISTORICAL PRESENTATIONS - TRADITIONAL ALEUT FOODS LUNCHEON
- PERSONAL STORIES - MESS HALL MEAL - TOURS OF WWII FORTS & BUNKERS
- FLYOVERS BY HISTORIC AIRCRAFT

For more information, contact Lydia Gordon, Unalashka Corporation, at (907) 581-1276, or Rachel Mason, National Park Service, at (907) 644-3472.

In collaboration with the National Park Service, the Unalashka Corporation, along with the City of Unalaska, Museum of the Aleutians, Aleutian Pribilof Islands Association, the Alaska Veterans Museum, the Aleutian Pribilof Island Community Development Association, the Qawalangin Tribe, and The Aleut Corporation.



Ad donated by the Unalaska/Port of Dutch Harbor Convention & Visitors Bureau, artwork by Sabrina Wilt.

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

Give your CLO a call today to start the discussion.

Akutan

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Currently vacant.
Contact education@apicda.com