

Fall 2018
Volume 3, Issue 1

APICDA Scholar

Summer 2018 Internships

This summer, APICDA had ten interns! We had two youth interns with the St. George Seabird Youth Network—Thomas and Maurice Lekanof; three youth interns and one employee intern with the APIA Summer Language Intensive—Timothy Zaochney, Nathaniel Williams, Arnold “Junior” Golodoff Jr. and Laresa Syverson; and three college interns at the Qawalangin Tribe in Unalaska—Kayla Nalam, Nicole Whittern, and Shayla Shaishnikoff.

The two week long Seabird Youth Network internship ended in June. Thomas and Maurice helped track valuable data on Pribilof seabirds including checking rat traps, re-sighting banded bird species, replacing nesting boxes, and offloading gear from the *R/V Tiglax*. Check out the Seabird Youth Network blog to read about the interns’ work and browse some beautiful photos taken during the internship! <http://seabirdyouth.org/>

This summer, T&E staff in Anchorage had the pleasure of visiting Junior, Nathaniel and Timothy at APIA. The interns spent part of their morning reviewing the curriculum, and spent the latter part of the morning playing word games in

Unangam Tunuu. For some, this was their third consecutive year participating in the summer language intensive. The goal of the program is to create young fluent speakers of Unangam Tunuu to preserve the language. We hope to see them back at it next summer!

Our Administrative intern, Haliehana Stepetin, joined the team in Anchorage on June 25th! The projects she worked on include introducing cultural content to social media, developing internal crisis management, and highlighting emergency response protocols on social media. Haliehana’s contributions to our Safety and Media Departments have been invaluable!

In Unalaska, Shayla, Nicole and Kayla worked on eco-focused projects including marine debris clean-up and recycling. Shayla is also wrapping up a final project making salmonberry jam for local elders. We’ve enjoyed learning about all the different projects our interns worked on at the Qawalangin Tribe this summer! We hope to hear more next summer!

By Celeste Kukahiko, Training & Education Assistant

Photo by Zenia Borenin



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Training & Education
education@apicda.com
apicda.com

Employee Spotlight — Dave Heimes



Photo provided by Dave Heimes

Dave Heimes has worked in the Tourism Department at APICDA for five and a half years. His main job duties are selling and marketing fishing and hunting trips.

Dave is married

and has a four-year-old son and two dogs. He and his family enjoy all of Alaska's seasons by camping and berry-picking in the summer and sledding and skiing in the winter.

Where are you from? Describe your relationship with Alaska.

I was born in Adel, Iowa. I was raised in Oregon and I spent most of my adult life in Montana. I've lived in Anchorage for seven years. Before I started working for APICDA, I worked many different seasonal jobs for several years. I spent a year commercial fishing, one year working in a cannery and five years leading fly-fishing trips in Katmai.

What is your educational background?

I graduated from Business School at the University of Montana. While I was studying there, I helped develop a few web-based businesses—some of which are still growing today. I also worked with groups both in and outside academia to fine-tune business plans and models.

What do you like best about your job?

What I like most about my job is the variety of daily tasks. I like outcome-based work because it allows me to track my achievements.

What advice do you have for teens and college students?

Teens: *Look for educational opportunities that interest you and pursue them. Internships and opportunities to volunteer are a few good examples. The more you do while you're young, the more you'll learn about yourself and what you want to do in life.*

College Students: *It is important that you know your professors are there because of you. Remember that they are regular people, like you and me, and try to cultivate relationships with them. Many are great resources and can help you with more than just your course work.*

Who are your mentors?

My greatest mentor is my grandmother. She lived a very long, hard life and believed in working hard and being honest.

Some of my other mentors include my college professor, Dr. Jerry Furniss, and Rob Van Driest, my former Marketing Instructor. For four years I worked with them on projects outside of school, which helped me apply the knowledge I gained from my courses into real life. What I admire most about my professors is their problem-solving skills. They're excellent role models in their ability to analyze a situation, find solutions, and formulate and execute a plan.

C.A.G.E. is a useful acronym they taught me, which can be applied to most everyday situations.

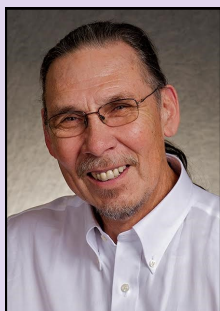
C ompliment

A nalyze

G oals

E xercise (to achieve goals)

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.



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 department toll-free at (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 ten business days prior to payment due date.

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

Emil Berikoff Sr. Memorial GPA Scholarship

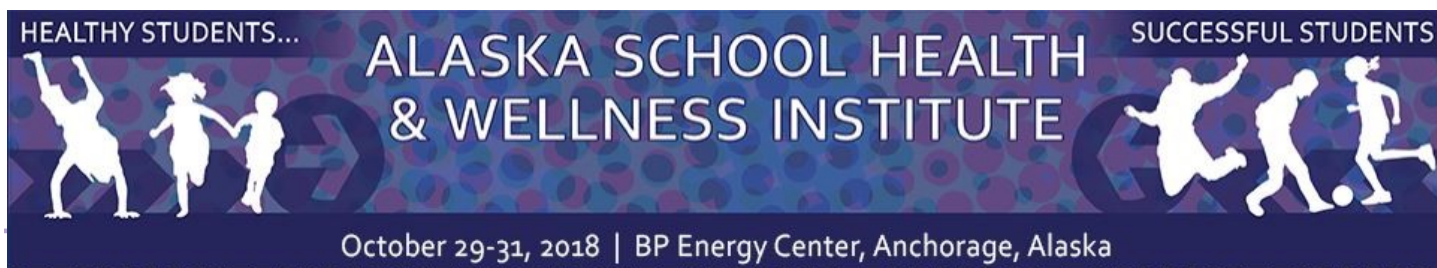
Did you know that earning good grades can get you additional scholarship money from APICDA? All full-time returning EBMS students who earn a 3.5 GPA or higher will receive an additional award. Think of it as our way of patting you on the shoulder for all of your hard work as a student. Below lists the award amount you'll receive based on the term GPA you earn:

- | | |
|-----------------|--|
| * 3.5—3.74 GPA | \$500/term up to \$1,000 per school year |
| * 3.75—3.99 GPA | \$750/term up to \$1,500 per school year |
| * 4.0 GPA | \$1,000/term up to \$2,000 per school year |

Educational Opportunities

Annual Alaska School Health & Wellness Institute Conference

The Alaska School Health & Wellness Institute (SHWI) recognizes that healthy students make successful students. This year, the 13th annual SHWI is Oct. 29-31 at the BP Energy Center in Anchorage. Travel scholarships are offered. Spread the word at your local high school and encourage school staff to register today! <http://dhss.alaska.gov/akshwi/Pages/default.aspx>



2018 Alaska Federation of Natives Convention

When: Oct. 18-20

The Alaska Federation of Natives (AFN) Convention serves as a platform for the voice of the Alaska Native community to be heard. Critical issues that impact the community are addressed and strategic plans are developed by delegates. There are also many keynote speakers, panels, cultural performances and story sharing. Talk to your high school counselor/teacher or your CLO if you're interested in attending!

2018 TAC Village Conference

When: Oct. 11-12

All shareholders are welcome to attend The Aleut Corporation's 46th annual Aleut Village Conference. Representatives report on what's happened within our communities and the corporation within the past year. Additionally, introductions to board candidates are presented. Please speak with your high school counselor/teacher or your CLO if you're interested in attending!

Aleutian Housing Authority Post Secondary Housing Assistance Program

This assistance program is available to Alaska Native students pursuing higher education and living in the Aleutian-Pribilof Islands Region. The scholarship is also available for Alaska Native students currently in school who lived within the region immediately prior to submitting an application.

To read about additional requirements and to access an application, visit <http://ahaak.org/Post-Secondary-Housing-Assistance-Program.html>.

Safety Tips from Sean Hislop, Safety Manager

Fire Preparedness on Campus and in Dormitories



With school starting, fire safety is probably the last thing on your mind. You may want to rethink that. If I could go back in time

and redo anything in college, it would be to evacuate my room every time the fire alarm went off. In my building, there was a person that would set off the fire alarm between midnight and 5am, which they did multiple times over a six-month period. After about five times, my roommate and I stopped evacuating. Our room was on the first floor and we had a large window we could use to escape if needed.

Looking back, having the window as a second exit didn't make it acceptable for us not to evacuate each time the alarm went off. We could've succumbed to carbon monoxide or smoke inhalation if there had been a real fire, and we could've died. No amount of sleep is worth the possibility of losing your life. Evacuate **every** time you hear the fire

alarm and only activate a fire alarm in an emergency. Place some weather appropriate clothes nearby your door in case of an alarm; this way you won't be outside freezing in shorts.

The next time you're in a dorm, take a few minutes to locate the fire alarms, fire extinguishers and all exits—also, check for sprinklers. All these things are very important in an emergency.

DID YOU KNOW?

- There was an estimated, annual average of 4,100 fires in dormitories, fraternities, sororities, and other related properties from 2011-15.
- Sep. and Oct. are the peak months for fires in dormitory properties.
- Dormitory fires are more common during the evening hours: 5-9pm.

<https://www.nfpa.org/Public-Education/By-topic/Property-type-and-vehicles/Campus-and-dorm-fires>

"No amount of sleep is worth the possibility of losing your life. Evacuate every time you hear the fire alarm and only activate a fire alarm in an emergency."

Easy Recipes for Dorm Life

Berry Green Smoothie

Serves 1

Ingredients:

- * 1 cup frozen mixed berries
- * 1/2 cup baby spinach
- * 2 tablespoons fresh orange juice
- * 2 tablespoons water
- * 1 (5.3-oz.) container Greek yogurt
- * 1 medium ripe banana

Instructions:

1. Throw all the ingredients in a blender until well-blended and you're done!



Avocado Toast

Serves 1

Ingredients:

- * 1-2 slices toasted bread
- * 1 avocado
- * Other toppings (see instructions)



Instructions:

Start with a slice or two of toast. Spread with mashed avocado and a dash of salt and pepper. Eat as is or spice it up by topping with fried egg, hummus, or black beans and salsa.

News & Articles

Workplace Etiquette Tips

1. Keep it Professional

Don't discuss confidential or private matters in your cubicle. If you need to discuss confidential matters, reserve a conference room or other space with a door to ensure privacy.

If you must make a personal call, take your cellular phone to another location where you can speak in privacy.

2. Speak Softly

If you work in a cubicle, most of the walls are fairly short, allowing your voice to travel over the walls into neighboring cubicles.

Try to speak in a normal voice at a low volume and avoid whispering since it can be even more distracting.

Do not use a speakerphone when making calls, since the other party's voice will carry as well.

3. Be on Time

Make sure to always be on time for meetings. Meetings that start late often end late, pushing everyone's schedule out of sync.

Being late to meetings shows a lack of respect for others.



4. Have a Meeting Agenda

When you are running the meeting, always have an agenda and distribute it prior to the meeting. This will allow attendees time to prepare for the meeting.

During the meeting, stick to the agenda; if new issues arise, schedule another time to discuss them outside of the meeting.

5. Respect a Person's Time

When calling on the phone, ask if now is a good time for the other person to talk. If it is not, ask when you should call back.

<https://www.guidanceresources.com/groWeb/s/slideshow.xhtml?nodeId=486045&conversationContext=1>

"During the meeting, stick to the agenda; if new issues arise, schedule another time to discuss them outside of the meeting."

Have a Fantastic Fall Semester!

Congratulations to our Spring 2018 Graduates! APICDA applauds your accomplishments and wishes you continued success. Please congratulate the following individuals if you get the opportunity to do so:

- **Jessica Anderson, Unalaska**
- **Bobbie McNeley, Nelson Lagoon**
- **Rosie Pound, Unalaska**
- **Jacob Stepetin, Akutan**
- **Melissa Streitmatter, Unalaska**
- **Preston Walker, Unalaska**



“SOMEWHERE,
something
incredible
is waiting to be
KNOWN.”

- carl sagan -

ASTRONOMER AND ASTROPHYSICIST

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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

Currently vacant.

Contact education@apicda.com

Unalaska

Harriet Berikoff

Phone: (907) 581-1222

unalaskacllo@apicda.com

Atka

Marii Swetzof

Phone: (907) 839-2218

atkaclo@apicda.com