



WHAT'S UP  
INSIDE THIS  
ISSUE

- 6R Recycling Challenge & DIY Fun
- HAB update
- Civil Rights Activist Elizabeth Peratrovich
- SEARHC board vacancy
- Low Income Housing Energy Assistance Program
- Blueberry Oatmeal square recipe
- Upcoming events calendar

# Héén Agunataai

## Whitecaps on the water

VOLUME 3, ISSUE 1

JANUARY, 2018

## Happy New Year from STC

Happy New Year  
**Sigòowo Yées**  
**Tàakwa**

New: **Yées**  
Year: **Tàakw**



We wish you all the best of luck and happiness in the coming year! Gunalchéesh from the Skagway Traditional Council.

## Christmas Open House and Holiday Cheer

On Monday December 11th the Skagway Traditional Council held its annual holiday open house.

The event was catered by Michelle Pierce from Little Log Cabin Bakery with butternut squash soup, home made rolls, appetizers, and cookies of course.

The hall was decorated with lights and Christmas décor as it filled up quickly with family and friends of all ages smiling, laughing, and enjoying each others company and the wonderful refreshments.

STC gave out beautiful and delicious door prizes made by Gladys Moran. Thank you for everyone who showed up to say hello.



# 6R Recycling Challenge



*November 15th was America Recycles Day and STC celebrated by hosting a zero waste event.*

*We screened the documentary Bag It, about Jeb Berrier, a regular American man who makes a pledge to stop using plastic bags at the grocery store and has his life completely changed.*

You can find this movie and watch it on Amazon's Docurama.

**Need Help?  
Call to make an appointment for a free consultation at 907-983-4068 \*11**

The Skagway Traditional Council is committed to reducing waste in and around the city of Skagway. With the new recycling center in the planning phase, STC wants to be on the forefront of helping Skagway's recycling future become a success.

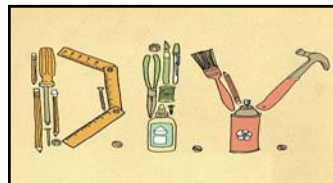
During the month of November STC initiated a friendly competition to encourage citizens to lower the amount of waste they produce, specifically focusing on single use plastics.

We accomplished this by following the 6 R's: reduce, reuse, recycle, rethink, repair, & refuse.

Being conscious of our choices as consumers is a great way of being aware of the small changes we can implement in our daily life to help this community and our environment. There are a lot of little things you

can do to be involved in lowering your waste consumption footprint. By being aware of these changes and creating opportunities to recycle, you as an individual or family can help decrease plastic consumption in your life. This idea of creating change is what the 6R Challenge is all about.

Anyone who participated was eligible for sustainable prizes that were inspired by the 6R's. We had around 75 citizens participate in the 6R Checklist Challenge and many of them went home



with our awesome prizes. In addition to the 6R challenge we held a do it yourself night at the tribal center in November to make laundry soap and toothpaste.


There are so many products that we use on a daily basis that come packaged in plastic.



*DIY night at STC*

With the help of our friends, we were trying to explore how to make some of these products from scratch in our own kitchens with simple ingredients to lower the amount of plastic we buy and consume. It was suds of fun!

Thank you to everyone who was willing to try something new and participate in the challenge checklist. We hope to continue this idea of thinking into the future. With everyone's help we can make a big difference in our small town in Alaska.



## Welfare Assistance

Asking for help is a sign of strength

**STC Programs**

**Alaska Native and American Indian's are eligible**

We provide general assistance, burial assistance, emergency assistance, & tribal work experience (TWEPI)

- must live in Skagway or Dyea
- must NOT receive financial assistance from TANF, ATAP, or SSI
- must apply concurrently to other assistance programs

Are you or someone you know struggling to get by?  
Do you not have enough resources/income to meet the essential need items of food, clothing, shelter, & utilities?  
You're not alone. We can help.

Questions? Call the Skagway Traditional Council to set up an appointment at 907-983-4068 EXT. 11



PosterMyWall.com

**Schedule of Events**

**JANURAY**

- January 1st– New Years Day. Office will be closed
- 15th Martin Luther King Jr. Day. Office will be closed
- 19th– Chief Isaac's Memorial Day

**FEBRUARY**

- 1st– Sealaska Scholarship due date
- 12th-16th: Alaska Forum on the Environment in Anchorage
- 14th -Valentines Day
- 16th- Elizabeth Peratrovich Day– Office will be closed
- 19th Presidents Day– Office will be closed

**JANUARY 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 X	2	3	4	5	6
7	8	9	10	11	13	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**FEBRUARY 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 X	17
18	19 X	20	21	22	23	24
25	26	27	28			

Sealaska Scholarships available & applications are Due February 1, 2018

**Blueberry Oatmeal Squares Recipe**

Turn your winter blues into blueberry squares!

Breakfast is the most important meal of the day. Start off the new year right by eating a wholesome breakfast to help jump start your metabolism. If any of you are like me, your freezer is full of berries you collected this fall. Winter is a great time for getting cozy by the fire, and baking delicious and nutritious foods.

Ingredients:

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1 1/2 C. oatmeal                     | 1 egg                                |
| 1/2 C. whole wheat flour             | 1 C. low fat milk                    |
| 1/2 Tea. baking soda                 | 3 Tbsp. apple sauce                  |
| 1/2 Tea. Salt                        | 1/4 C. brown sugar                   |
| 1 Tea. Cinnamon                      | 1/2 C. blueberries (fresh or frozen) |
| 1/2 C. blueberries (fresh or frozen) |                                      |

Instructions:

- Preheat the oven to 350
  - Bake for 20 minutes
  - Lightly coat the baking pan with cooking oil.
  - Mix all the ingredients together in a large bowl until combined.
  - Pour into pan and bake for 20 minutes.
  - Allow to cool 5 minutes and cut into squares.
- DeCourtney, Christine A., Desiree M. Jackson, and Karen M. Morgan. "Blueberry Oatmeal Squares." *Traditional Food Guide for the Alaska Native People*. Second ed. Anchorage, AK: Alaska Native Tribal Health Consortium, 2015. 146. Print.



**Harmful Algal Blooms Update**



There have been no new harmful algal blooms (HABS) associated with Paralytic Shellfish Poison (PSP) from our blue mussel shellfish samples in recent months. However, please use caution when harvesting shellfish. Stay up to date on local trends and information. There is

Stay up to date on local trends and information. Remember: There is no safe month to harvest shellfish. HAB's and PSP could be present any time of the year. More information: [www.skagwaytraditional.org/PSP](http://www.skagwaytraditional.org/PSP)

# Elizabeth Peratrovich

**“I would not have expected that I, who am barely out of savagery, would have to remind gentlemen with 5,000 years of recorded civilization behind them, of our Bill of Rights.”**

**-Elizabeth Peratrovich’s famous quote in response to comments made by a territorial senator.**

This February we remember our Alaskan heroes who had the courage to stand up for what they believed in to create social and racial change in our state. In this issue we will spotlight one of Alaska’s beloved female civil rights activist, Elizabeth Peratrovich.

Peratrovich was born in Petersburg Alaska in 1911 and grew up moving around Southeast Alaska with her adopted parents. She was in the Raven Moiety of the Tlingit Nation. As an adult she went to school at Western Washington College of Education in Bellingham where she met her husband Roy and had three children.

When they moved to Juneau in the 1930’s they were appalled and saddened by the blatant prejudice all around them. Signs reading “no natives” and “whites only,” hung in store fronts and hotels. Upon arrival in Juneau the Peratrovich’s were denied buying a house because of their native status.

Fortunately, they did not take no for an answer, and had the gumption to stand up for what was right. They spent their lives advocating for basic human rights, equal opportunities for accommodations in public places, and fair treatment for Alaska Natives.

When the U.S. bought the Alaska territory from Russia in 1867 the native people were promised equal citizenship. It was evident from the very beginning that separate but equal and hanging “native ban” signs was not what they had been promised.

During this time period in our countries history the official criteria for citizenship in the U.S. was to have a Christian religious affiliation and to be able to speak fluent English.



*Elizabeth Peratrovich  
Alaska Civil Rights Leader*

For many Alaska Natives and other foreigners this sort of criteria forbade them from speaking their native language and participating in traditional cultural customs, labeling them as “uncivilized.” Schools and business were segregated

and not ready to change.

Much to their dismay, Elizabeth and her husband Roy joined together with the Alaska Native Sisterhood (ANS) & Brotherhood (ANB) to address racism and create equal rights for all Alaskans. As the President of the ANS Peratrovich began organizing Alaskans, writing petitions, and testified in the Senate.

On February 16, 1945 the Alaska Anti-Discrimination Act was passed 11-5. She was present and a witness to the signing of the act. Passing the Anti Discrimination Act was the first of its kind in U.S. history and was perceived as “radical thinking” at the time.

We celebrate February 16th in honor of Elizabeth Peratrovich and her unwavering dedication and “radical” belief in social change. In the face of discrimination and racial persecution she was able to inform citizens and politicians in a respectful, powerful, and non violent way that there was no room for discrimination in Alaska.

You are remembered and we thank you for your service.

Duncan, Pauline. *Elizabeth Peratrovich*. Sitka, AK. 1999.

**Gunalchéesh**

# Would you like to be an Alternate Board Member for Skagway?

We are currently looking for an alternate SEARHC board member to share meeting duties with our current Board Member.

Duties of an alternate would include attending one or more of the SEARHC board meetings generally held out of town (Travel and Per Diem etc are paid by SEARHC). The board member is to represent the beneficiaries of Skagway and is responsible for

reporting back to the Skagway Traditional Council Board of Directors.

### QUALIFICATIONS

- Is a member of STC who resides in Skagway
- Can pass a background check
- Approval by the Tribal Council

If you are interested please send a statement of interest to [Sara@skagwaytraditional.org](mailto:Sara@skagwaytraditional.org)



For questions, comments, or concerns regarding this position or SEARHC in general please feel free to contact Judean Gordon at [Judeang@searhc.org](mailto:Judeang@searhc.org)

# Low Income Housing Energy Assistance Program

The Low Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps low income households with their home energy bills. The Federal LIHEAP Program serves households with income that fall into the 150% Alaska poverty level.

The LIHEAP Program provides a one-time benefit to eligible households to assist with home energy heating costs. The amount of the benefit is determined by household income, household size, fuel type, and geographic location.

### When can I apply?

Applications for Heating Assistance are accepted November 1st through May 15th of each year.

If you are legally disabled or age 60 and older, you are eligible and may apply. All other applications will begin processing on December 1st.

### To qualify, you must:

1. Complete the LIHEAP application.
2. Meet income guidelines
3. Assistance may apply to heating or electric bill



You must first make an account at the bottom right corner of website, and then apply online.

Apply here: <https://thrha.force.com/members>

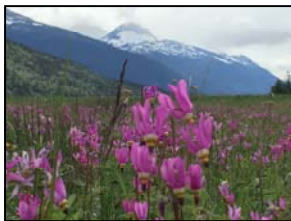
**NOTE:** there is a new application form.

\* If you need help with the application process come into the tribal center and use our computer by making an appointment with Sara at 907-983-4068.

*There is a new online Application this year. Need help with your winter heating and electric bill? Check this out*



## STC'S Northern Notions



As part of our 6R Recycling state of mind, we bring to you a fun (yet sad) fact about straws. In the U.S. alone over 500 million straws are used and thrown away everyday ([www.ecocycle.org](http://www.ecocycle.org)). EVERYDAY!

WHY?!

Why do we need all these straws? When did we start using straws to drink our beverages on a daily basis?

We'll tell you: In the early 1900's polio and tuberculosis were rampant in the U.S. so people started using straws to prevent the spread of contagious diseases! Thus began the obsession with straws. These tiny plastic drinking utensils, when not disposed of properly, end up in our rivers and oceans.

**SAY NO TO STRAWS!**



## Skagway Traditional Council

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## Gunalchéesh

*“Our mission at the Skagway Traditional Council is to nurture and protect our tribal members by persevering cultural heritage, natural resources, improving partnerships and economic sustainability, while upholding tribal sovereignty.”*

This is a free newsletter brought to you by the Skagway Traditional Council. For more information about tribal history, election, activities, and upcoming events visit our website.



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