Wellness Report

OVK carver, Eric Hamar had a 5-day form line workshop in May.

Darren Holmes, a Tribal Administrator for the Kalispell tribe did a one-day class on leadership and working with people with the students at Kasaan school.
The IGAP department has been working on clean ups with the Tribal Environmental Consortium (TEC) this year to help clean up Kasaan, Craig, Klawock and around the island. We also work with the school to help the younger students learn about recycling. This year we worked on recycling food waste through vermicomposting and started the Worm Club. We meet most Tuesdays to learn something new about worms, check our vermicompost bin by turning the worms, checking their food supply and keeping them damp/wet so they don’t dry up.

Everyone is encouraged to join on Tuesdays at 1pm at the school greenhouse where we check our worms first!
Do you feel safe? Are you being hurt or controlled?

Even if you are unsure of your answer to the questions above, call an advocate today, we are here for YOU! An advocate prioritizes your needs and will support and respect your choices.

You can say "no" to any help offered. You always get to choose. Here are some of the ways an advocate can help:

- Listen and believe you
- Identify abuse or harassment if you’re unsure
- Make a plan that helps you feel safe
- File a police report or protective/restraining order (only if you choose to!)
- Be with you to make sure you are treated with respect in court
- Support at the clinic if you’ve been hurt or raped
- Connect you to mental health support, disability resources, shelter, etc.
- Work with the school, your employer, or housing to support your safety and healing
- Create cultural healing opportunities (not just AK natives - any person/any culture)

Free and confidential for EVERYONE!

Call "911" in emergencies!

OVK advocate: (907)401-3441
HOPE advocate: (907)401-1611
The third quarter of our IGAP year the TEC team took to the road to clean up! We started with electronics recycling 3-day event where we collected over 2,000 pounds of electronics/household batteries from islanders. Then we worked on cleaning up 2 miles of the Klawock/Control Lake Highway for the upcoming marathon when we found a large dumpsite that filled 17 ALPAR bags with garbage. Not fun, but it looked so good when we were done. Our team then worked together to do community clean-ups of Craig (the road by the landfill), Klawock (we started at the smoke shop and worked our way around) and then Kasaan where we had our Earth Day, Community Luncheon and Clean-up Day. We had collected over 240 pounds of garbage with the help of our TEC members, friends, families and associates from all over the island.

Our TEC team works great together to clean up the island with the help of others.
What is ocean acidification? How does it happen?

Ocean acidification is a global threat to the world’s oceans, estuaries, and waterways. It is often called “climate change’s evil twin” and is projected to grow as carbon dioxide continues to be emitted into the atmosphere at record-high levels.

Like a sponge, our oceans are absorbing increasing amounts of carbon dioxide from the atmosphere. This exchange helps regulate the planet’s atmospheric carbon dioxide concentrations but comes at a cost for the oceans and sea life, particularly shellfish such as commercially valuable oysters and clams. Ocean acidification is best known for its osteoporosis-like effects on shellfish, which makes building and maintaining shells difficult for these creatures. Acidification also affects other species vital to the marine ecosystem, including reef-building corals and pteropods (tiny snails eaten by numerous species such as fish and whales). (NOAA Fisheries)

Phytoplankton, microscopic marine plants or algae are normal components of all aquatic environments. They are the base of both the marine and freshwater food webs and produce 50% of the world’s oxygen. As with terrestrial plants, different phytoplankton species grow best under different conditions. When water conditions allow one species to multiply especially rapidly, it is known as a “bloom” or an “algal bloom”. Large phytoplankton blooms are a natural part of every marine ecosystem and are frequently an important food source for predators, but some phytoplankton species can produce harmful biotoxins or can irritate the gills of small fish. When a phytoplankton bloom causes large fish kills or produces a lot of toxins, it is known as a harmful algal bloom (HAB).

HABs are present and growing threat to virtually all U.S. coastal waters. Their impacts can include devastating economic impacts to farmed fish or shellfish, large die-offs of marine birds, and – most saliently for Alaskans – wide-scale contamination of shellfish. When a phytoplankton bloom produces biotoxins, they can quickly accumulate in shellfish. While those toxins may accumulate within a few days of the bloom, they often take months or years to fully leave the shellfish, compounding the human health risk. The Southeast Alaska Tribal Toxins (SEATT) partnership works to detect harmful algal blooms by sampling the water for potentially harmful plankton species and testing shellfish for high levels of toxins. (SEATOR)

SEATOR lab is down again and they’re waiting for their testing supplies. We’re still sending in shellfish for testing, but PSP shellfish reports will not be available until further notice.
OCEAN RESEARCH PROJECT ON THE STEADFAST 2023

In June I was fortunate enough to be invited to join the Ocean Research Project on the ship Steadfast. Our crew consisted of high school students, college/university students, teachers/professors and me, from Oregon, California, Alaska, Alabama and Washington, along with the crew of the ship. We sailed up into Breezy Cove and the islands around there to clean up the shorelines of marine debris for 8 days. What we saw and cleaned up was mind boggling as this is a pristine place that humans do not live in. Total marine debris collected around 25,000 pounds in 8 days!