

# NEN' *land* EL *and* TUU *water*

The CVTC Tribal Response Program Newsletter

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Xay (Winter) 2020/2021

Volume 2 | Issue 2

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## **NTS'E BA HNIYAES?**

### **WHAT ARE YOU TALKING ABOUT?**

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Giligak: Book

Environmental Health Explorer

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Bede nt'aenen?

Who is this? (ANTHC)

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Hnats'eta'en

We are playing

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Slaaghe dela dezenda?

Can you help?

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**Ba'aaxe nahwnilkuun'**

*"It is getting warmer outside."*

## GILIGAK: BOOK

Alts'eni na'aaye' (January) is a tough time of year to be motivated. Hwdik'ats'. (It is cold.) Łts'ii. (It is windy.) Guuxi sdestlaan. (I crave coffee.) Adults know that it's important to keep our minds and bodies active when the weather is like this and we're stuck inside. Kids also know this, which is why they're probably driving you crazy trying to find something to do to keep themselves busy. The holidays are over and January is boring, but it doesn't have to be!

Why not use this time to learn something new? Our friends at the Alaska Native Tribal Health Consortium (ANTHC) have created the Environmental Health Explorer Activity Book. It's full of different activities that we can do to learn about all kinds of things: Why do we wash our hands? Where does the trash go? What is a healthy home? (and my favorite) How can we clean polluted places? The best part: you can learn and do these activities inside where it's warm!

I am working on getting physical copies of this book, but in the meantime, why don't you go to this website to see it for yourself: <http://www.atcemak.com/environmental-health-youth-outreach/>? If you would like more information on any of the topics in the book from haiku to preparing for an emergency, I would be more than happy to help you myself or put you in touch with someone who can. If you want your own physical copy of this activity book, just let me know. Let's create more Environmental Health Explorers!

## BEDE NT'AENEN? WHO IS THIS?



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

From healthy homes to brownfields, the friendly people at ANTHC work hard to make sure that everyone in our community thrives! Special thanks to Christy McDonald for helping us get the Environmental Youth Explorer Activity Books! (She was the artist!)

The Alaska Native Tribal Health Consortium is "a non-profit Tribal health organization designed to meet the unique health needs of Alaska Native and American Indian people living in Alaska. In partnership with the more than 180,000 Alaska Native and American Indian people that we serve and the Tribal health organizations of the Alaska Tribal Health System, ANTHC provides world-class health services, which include comprehensive medical services at the Alaska Native Medical Center, wellness programs, disease research and prevention, rural provider training and rural water and sanitation systems construction." (<https://anthc.org/who-we-are/overview/>)



Ba'aaxe' ghilyaats.  
It snowed outside.

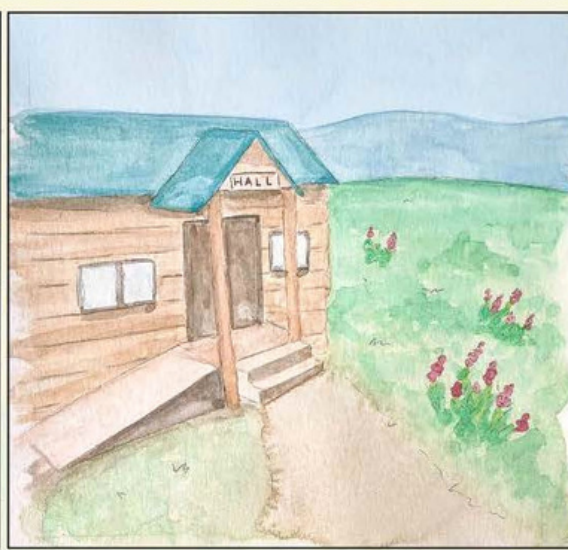
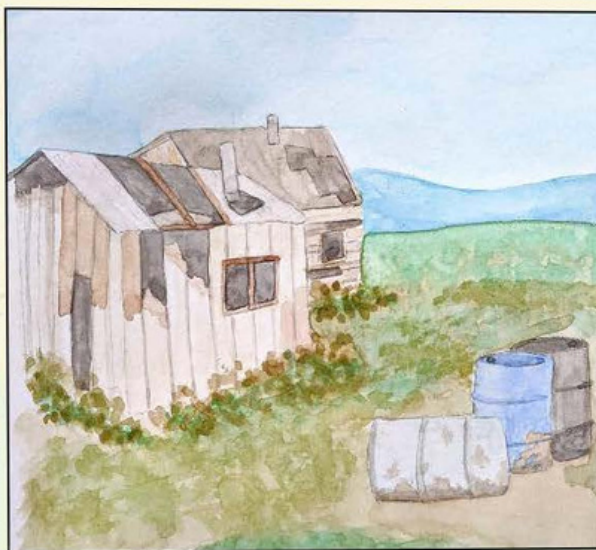


## HNATS'ET'AEN: WE ARE PLAYING

This is my favorite page in the new Environmental Health Explorer Activity Book because it's about brownfields! Here are some words to give you ideas for what else you can put in the pictures: gasoline, berry patch, moose, dead fish, stream, spawning fish, oil spot, buried garbage, leaking car, rusty car, flowers, dead plants, sick person

(Did you play? Send your picture to [rechiolero@chickaloon-nsn.gov](mailto:rechiolero@chickaloon-nsn.gov) so he can put it on the website!)

### How can we clean polluted places?



Pollution is when something gets into the environment that is unhealthy, like spilled oil. This polluted site had dangerous old buildings, old oil tanks, and other hazards. The community wanted to clean it up. They got some help from environmental health workers. They removed the dangerous hazards and created a new safe place for the whole community. Now this is a place where the community can enjoy nature and celebrate their culture and community members.

Does your community have a polluted site like this? Draw or write about what a polluted place would look like after clean up if you were in charge.

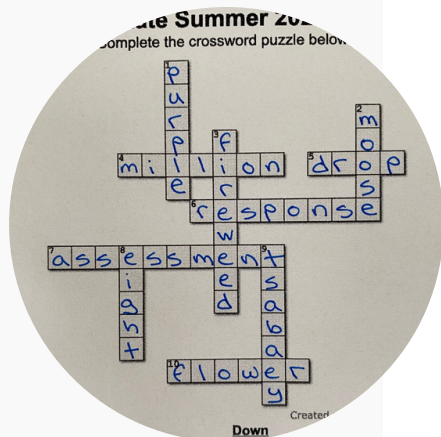


# HNATS'ET'AEN: WE ARE PLAYING

It's crossword puzzle time!

Fill in the blanks by following the clues below.

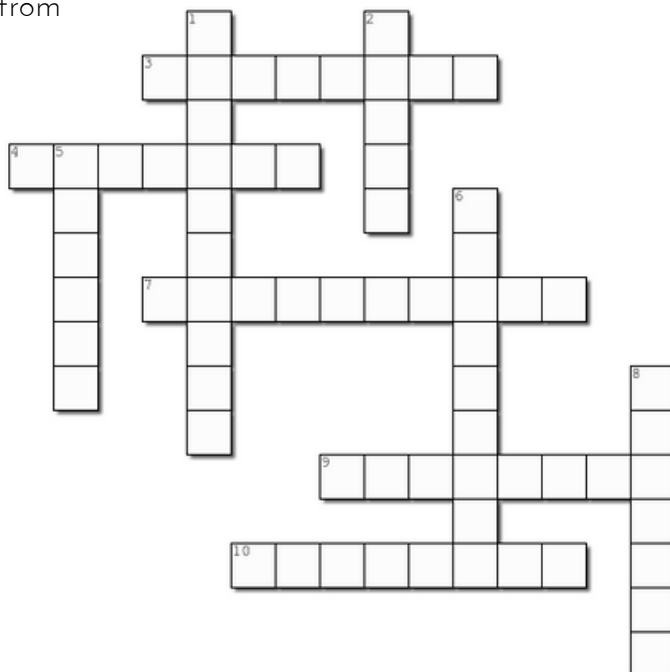
All of the answers were taken directly from the articles in this newsletter.



Name: \_\_\_\_\_

## Winter 2020/2021

Complete the crossword puzzle below.



Created using the Crossword Maker on TheTeachersCorner.net

### Across

3. How can we clean \_\_\_\_\_ places?
4. Special thanks to \_\_\_\_\_ McDonald.
7. hwdik'ats'
9. dliigi
10. Tribal \_\_\_\_\_ Program

### Down

1. Alaska Native Tribal Health \_\_\_\_\_
2. It's windy. (Ahtna)
5. Environmental \_\_\_\_\_ Explorers
6. \_\_\_\_\_ is when something unhealthy gets into the environment, like spilled oil.
8. 'Book' in Ahtna.



Dliigi - Squirrel



@brownfieldbear

## SLAAGHE DELA DEZENDA? CAN YOU HELP?

Curious about the Tribal Response Program? Wanna talk about brownfields or have me do a presentation? Got an idea for an article you'd like to see? I'd love to hear from you!

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