

# ALASKA FELLOWS PROGRAM

A scenic landscape photograph of a riverbank. The foreground is dominated by a calm body of water that perfectly reflects the vibrant autumn foliage of the trees on the opposite bank. The trees are in various shades of yellow, orange, and gold, with some evergreens interspersed. The sky is a clear, bright blue. In the distance, two small figures of people can be seen walking along the shoreline. The overall mood is peaceful and beautiful, capturing the peak of fall colors.

**2022 WINTER  
NEWSLETTER**

# HELLO FROM ALASKA!

The '22-'23 Fellows have been settling into their new homes at four different sites around AK: Fairbanks, Anchorage, Juneau, and Sitka. The Alaska Fellows Program matches recent college graduates with non-profit and public-sector organizations. Fellows live communally in program-organized housing while they work full-time and contribute to the local community.

The beginning of the year came with an all-sites opening retreat, organized by our wonderful Executive Director, Tina Buxbaum. The cover photo depicts the fall foliage we got to enjoy from Gaalee'ya Spirit Camp. We spent that time getting to know one another, cooking in teams, hiking around the grounds, and embarking on our new adventures.

Please enjoy the biographies of the amazing fellows, as well as some creative pieces, musings, and recipes.

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# FAIRBANKS



## GRACIE



Hi! My name is Gracie. I'm originally from Oak Park, Illinois (right outside Chicago). I went to college at Harvey Mudd College outside LA, where I majored in engineering with a concentration in environmental policy. This year, I've been working with Upward Bound and Teaching Through Technology on site development and building engineering curricula. I've also been working on some winter-friendly hobbies! Between XC skiing, knitting, woodworking, and watching Great British Bake-Off with my cohort, we've been keeping busy up here. I've also been taking plenty of classes at the Fairbanks Folk School (shoutout to next year's cohort!). My favorite memory of Fairbanks so far is going aurora hunting! Watching green, white, and even pink lights dance across the sky is a magical experience that I'm lucky to share with my fellow fellows!



# MAXINE

# F A I R B A N K S

I'm currently in Fairbanks doing a communications and marketing fellowship at the UAF Museum of the North. I've been spending a lot of time dusting off my writing skills and taking lots of photos of the beautiful building the museum resides in. In Fairbanks, I've been adjusting to the cold weather! I've been learning how to rock climb, cross country ski, and ice skate. Every day is an exercise in humility when you are learning so many new things :) I'm excited to be here and can't wait to see what the next 5 months hold!

# SAVANNAH

Hello, I'm Savannah! Originally from Arizona on Hohokam and Upper Pima lands, I now live in Fairbanks on Tanana Dene lands. I graduated from Yale University last year, earning my degree in Biomedical Engineering and working as a User Experience Designer. I'm now the Alaska Center for Energy and Power's Learning Designer, which means that I spend my days thinking about how to make high school STEM curriculum about mariculture, food systems, and renewable energy more accessible and fun! I love spending time with my cohort cross country skiing, DJing on UAF's radio station, making art to hang up in Tamarack, cooking for each other, or chasing the aurora. We are currently celebrating the winter solstice with fireworks and friends—a milestone of our fellowship and a promise of longer days ahead.





My name is Sarah and I am currently working at Alaska Microgrid Group! Since being here I've taken up lots of new hobbies like knitting and climbing, and continuing other hobbies like reading and painting! I also love to cook and bake with my awesome roommates. My favorite place in Fairbanks is Bad Mother Vintage, located downtown. I love to thrift shop and they have some great winter finds.

# SARAH

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Ashley Guernsey is an Innovation Fellow with University of Alaska Fairbanks' Alaska Center for Innovation, Commercialization, and Entrepreneurship. She graduated from Franklin and Marshall College in Pennsylvania with a joint degree in Religious Studies and Economics this past Spring. After growing up in Moose Pass, Alaska she is enjoying the transition to Fairbanks. Her hobbies include reading, knitting, skiing, and baking. She has knitted more in the past four months than in the past year

# ASHLEY



Asma Alomari is from so called Richmond, Virginia /Powhatan land. Asma works with the Alaska Space Grant Program where they are currently researching the relationship between underrepresented students and STEM programs at UAF. When not trying to solve the university problems, Asma loves cooking and considers making bellies full and warm one of the world's greatest pleasures. Since arriving in Alaska, they have taken up a large paint by numbers and have taken a renewed interest in logic puzzles.

# ASMA

I'm Gabby (she/her) and I'm working at University of Alaska Career Services in Fairbanks! I was born and raised in Brooklyn, NY and recently graduated from Yale University with a major in history. In my fellowship position, I've been helping to plan and launch career fairs and creating professional development resources for students and employers. In my spare time, I've been learning how to bake, watching even more movies than usual, and staying up later than I should talking with my fellow fellows! I've also joined the Fairbanks Symphony Orchestra – I've played in two concerts so far, and they've both been a blast. I've had an amazing time so far and can't wait to downhill ski, try more new food (I live with some excellent cooks) and see the aurora again!

# GABBY



# FAIRBANKS

# ELIZABETH

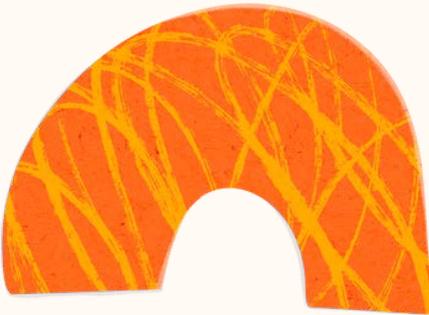


I'm Elizabeth, also known as Fafa, born and raised from the traditional unceded homelands of the Council of the Three Fires: the Ojibwe, Odawa, and Potawatomi Nations, which many of us now call Chicago. I studied Ecology and Energy Studies in college, and have been working and learning at the UAF Center for One Health Research. My work thus far has been two-pronged: educational/outreach work, and then research-based work. Right now I'm writing this to you from the American Geophysical Union Fall 2022 Conference, working with COHR's outreach side while simultaneously attending sessions on co-production, spectroscopy, and more! In Fairbanks, as my cohort knows, I ski... a lot. Even though I'm used to the cold (relatively), I've been trying to lean into new hobbies and crafts, while hanging out with the goofiest bunch in town (us)!





# ANCHORAGE



## NAKESHIA



Nakeshia is a research fellow at Sightline Institute working on housing and democracy issues in Anchorage. So far she has really enjoyed learning about local politics and meeting community members who are passionate about promoting equity and accessibility. She recently graduated from Yale with a degree in Political Science, and considers Washington, D.C her hometown. In her free time, Nakeshia enjoys doing arts and crafts, curling up on the couch to binge T.V shows, and reading historical fiction novels. Nakeshia is excited about exploring Alaska and further engaging in the community. She already knows that she will make life-long friends from the fellowship and can't wait to embark on new adventures, whether it's ice-skating on the lagoon, volunteering in rural Alaskan communities, or chasing aurora!



Hi, it's Carly! I grew up outside of Anchorage on Dena'ina lands, studied politics at Pitzer College, and currently work at the Alaska Center. I love snow and hate kids, and am emotionally illiterate. Beep boop. Shoutout to the other Anchorage gals who are cool, kind, calm, quirky, and overall gr8 roommates and friends. <3

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**CARLY**

My name is Yu and I work with ACEP on the Community Appropriate Sustainable Energy Security initiative. I'm also a PhD student in Political Science working on my dissertation now regarding mining companies' social performances. I've been enjoying the past few months in Alaska. It's great to be back to Alaska again after a few years in Arizona. In my spare time, I love to watch TV and eat.



**YU**



Hi I am Nuzhah! I was born and raised in Mauritius, and have travelled to over 14 countries. I graduated from Stanford with a BS in Earth Systems and a Notation in Science Communication in 2022. I am working as a climate tech fellow at Launch Alaska and I am passionate about sustainability and conservation.

**NUZHAH**

Sarah grew up in Connecticut, where she graduated from Yale with a degree in Political Science this past spring. She is now the Alaska Fellow at the Alaska Children’s Trust, where she has been working on different projects related to the primary prevention of child abuse and neglect - including trainings on preventing child sexual abuse, developing materials to teach kids and families about online safety, and planning ACT’s Child Abuse Prevention Month efforts. Outside of work, Sarah has been enjoying sunrises over the mountains, cross country skiing, long walks and short runs by Westchester Lagoon, climbing at the rock gym, hiking, learning how to be crafty, documenting Anchorage’s love for personalized license plates, and eating lots of wild scoops. She is excited for more adventures with the Anchorage fellows <3



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**SARAH**



Kristi comes to Anchorage, Alaska from her hometown of Sacramento, California, and more recently from Chicago, Illinois where she graduated from UChicago with a degree in Biology. Now, Kristi’s day-to-day is spent working at the Arctic Encounter, where she is a Program Fellow. As a Program Fellow, Kristi is heavily involved in speaker and sponsor outreach for the Arctic Encounter’s international convening which gathers domestic and international attendance to Anchorage to discuss Arctic issues. Speaker and sponsor outreach lead to virtual and in-person meetings, where Kristi has had the chance to meet with leadership from Alaska Native Corporations (ANCs) all the way to members from the Department of Homeland Security. Beyond her fellowship experience, Kristi has enjoyed embracing all that Alaska and Anchorage have to offer – from staring at the Chugach Mountains every possible second she can, to trying her best not to face plant while cross-country skiing, to taking advantage of the yummy Anchorage food scene (shoutout to Yak and Yeti!).

**KRISTI**



# JUNEAU



Natalie was raised on unceded Haliwa-Saponi homelands in Chapel Hill, NC and is thrilled to be working for the Alaska Council of School Administrators in Juneau this year. Natalie has been gearing up for the legislative session by facilitating ACSA's setting of legislative priorities, researching policy issues, and following the state process of drafting regulations ahead of implementation of the Alaska Reads Act. She also had the opportunity through work to travel to Homer and Anchorage for statewide superintendents and principals conferences. Outside of work, Natalie enjoys exploring Juneau's many beautiful trails, dog sitting, baking with her sourdough starter Edna Mode, and taking Lingít language classes through Tlingít and Haida. She is always looking for more friends with cats so if you live in Juneau and have a cat, please reach out. Gunalchéesh!



## NATALIE

# ANGELICA

Hi there, it's Angelica! I'm originally from Panama, more recently from Delaware and this past summer I was kicked out of Spain. I graduated from University of California Santa Barbara in 2020 with a degree in Environmental Studies, and I am still working on my master's thesis from Universitat Pompeu Fabra in Barcelona, but I'll get the degree soon(ish). I'm currently working at Alaska Municipal League in downtown Juneau. It's a teeny-tiny non-profit that has taught me a lot about what a small dedicated group of people can do for a whole state, and fervor that Alaskans have for their state is starting to kick in. Juneau is smaller and sleepier than I expected but we have drag shows once a month, a local burlesque group, and occasionally a rock band from Ketchikan will crash our parties. I'm learning to love the cold, and hoping that the sunrise over the mountains on Douglas, the persistent rain and ever-present ravens will provide inspiration for my art sometime soon.



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It wasn't a huge jump to move from Washington's Kitsap Peninsula to Juneau. Same thick forests, foggy views, and pearly white hues. I felt at home right away, especially with my amazing cohort (shout out to Lauren, Natalie, Ankles, and Austin <3). It also helped that I was welcomed with open arms by those at my host site, Sealaska Heritage Institute. Fresh from graduation at Whitman College in Anthropology-Environmental Studies, I never thought I would have this many opportunities to take initiative and be invited to apply my learning right away. My team, the Education Department, tackles issues of educational inequity for Alaska Natives... and we sing, drum, and drink enormous amounts of coffee while doing so. In my first two-ish months here, I have had countless experiences that I will never forget, but chief among them are the moments where I feel intensely a part of this community. Whether it's loud open mic nights at the crystal or listening quietly to the incredible Ernestine Hayes lecture to me at work, all opportunities here lead to learning and growing with those around you. In Juneau, if you start a conversation with a stranger, you'll soon realize you know all the same people and suddenly they're at your apartment celebrating Halloween with you. Juneau is a state capital, but a quirky small town first and foremost. I don't yet know if I'll stay in Alaska beyond the Fellows Program, but Alaska will always stay with me in my future endeavors, professionally and personally. With five months left to go, I am excited to see what new adventures await and what new songs I'll add to my "Alaska" playlist on Spotify.

# SARA

My name is Austin Bernales and I just set out on my great Alaskan adventure. This may not be my first day in Alaska but this definitely the start of my true adventure. I am not alone out here. Sealaska has put me to work in this strange white box in the center of A'akw Kwaán land. The only other living creatures here are the animals and my housemates. I have prepared for this. I know I am ready. After leaving the lower 48, I flew into Fairbanks and hopped into a stranger's van. The driver's name was Meghan and we were not in any danger since I am now writing this. The land is vast and the trails seems almost never ending. It is cold but not unbearably so. I planned to forage for dinner with my site coordinators and find edible plants and berries to last me through the winter. This may be my last big adventure I take on. The reason for that may be my own choice or the choice of nature. Things look good at the moment and I do not see a reason for that to change. As the days pass, I have come to sit more closely to the fire pit. I smell heavily of ash and baby wipes. All kinds of food are increasingly desirable and for a split second I yearned for an acai bowl. But alas I only have one meal of beans left. I don't get lonely easily and I don't particularly seek out human companionship, but I do feel as if I may start to miss some of the people who I have come to be attached to. If you're reading this- I miss you.

# AUSTIN

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# LAUREN

Hello, it's Lauren! Here I am in Juneau with our lovely family of Austin, Angelica, Sara, and Natalie. We live in a beautiful home on A'akw Kwáan, bordering T'aaku Kwáan, ancestral lands. My fellowship is placed at The Nature Conservancy and I am working most closely with the community development team to support indigenous-led conservation among Native Southeast Alaskans. I call the San Francisco Bay Area home (Miwok lands) so this move has been quite the adjustment, but I am so quickly learning how to make Juneau my new home. I have loved exploring the mountains, waters, plants, and animals of the local area. Juneau has so much to give (especially rain)! The community here is so warm and welcoming. I have found many a friendly face at the Rock Dump (our local climbing gym) and out running on the trails. I am looking forward to diving into snowy winter activities and traveling around Southeast to see more of the beautiful lands, waters, and people here. Come visit if you can! Our home is warm, smells like incense, and has a hugely emphasized barge-in policy :)

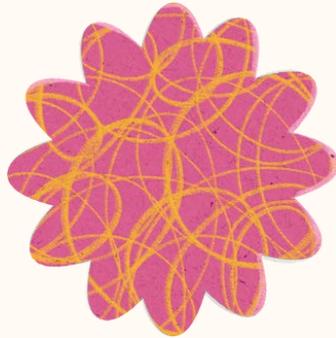




DIGITAL COLLAGES BY LT



# SITKA



## ZEBA



Zeba Kokan serves as a Health & Resilience Guide at Mt. Edgecumbe High School (MEHS) where she develops strategies to build a culture promoting substance-free living, positive mental health, and student success. Zeba is the oldest daughter of Indian Muslim immigrants who came to the United States in the 1990s. She was born and raised in Indiana and graduated from Purdue University in 2021 with bachelor's degrees in Brain & Behavioral Sciences and Global Studies. Following graduation, she spent six months as a digital nomad working on action-oriented health policy research for the Weitzman Institute. She spent time in Istanbul, Washington DC, London, and the Bay Area. Her favorite part about MEHS is working with youth from all across Alaska, leading the Audiovisual Storytelling Club, and learning about language revitalization in Alaska Native communities. She enjoys watching Avatar the Last Airbender with her cohort, running into rainbows on her walk to work, and investigating the best swings in Sitka.

# JACK



Jack Boland is from Herndon, Virginia, and he graduated from the University of Notre Dame with a degree in Political Science in 2022. As the Internship and Work Experience Guide at Mount Edgecumbe High School, he connects students with internship opportunities and works with them to improve their professional skills and to discern potential careers. In his free time, you can find Jack hosting his radio show at KCAW, playing soccer and basketball, or coaching a local sixth-grade soccer team. Some highlights for Jack so far in Sitka have been seeing the sun set over the mountains while kayaking in the ocean and having a bald eagle fly next to him during the WhaleFest 5K run.

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Selena is currently working as a College and Career Guide at Mt. Edgecumbe High School. Originally from Seattle, but having lived the last year in Northern Ireland, she's very excited to be back in the Pacific Northwest! She's been helping high schoolers with college applications, essays, future plans, scholarships, and the occasional subbing or field trip/excursion chaperone opportunity, which keeps her days exciting! Highlights of living in Sitka so far have been kayaking with sea lions at sunset, hiking up Mt. Edgecumbe with the seniors, and shenanigans with housemates.



SELENA



# YUKI

Yuki was born and raised in Fairbanks, AK on Tanana Dene lands and is the Program Operations and Recruitment Fellow at Outer Coast this year through the Alaska Fellows Program. She graduated in 2022 with a degree in Political Science/International Relations at Carleton College. She loves to travel abroad, but Alaska will always be her home and she is eager to give back to its communities. In her free time, she enjoys making ceramics, swimming (she is a recently retired "swammer"), itching mosquito bites, doing anything outdoors, and cooking and sharing food with people.



# RILEY

# SITKA

Riley is from Western Massachusetts and graduated from Hamilton College in 2021 where she studied philosophy, art, and education. She is working at Sitkans Against Family Violence as a Peer Education fellow. She has been working with teens to provide presentations on healthy and unhealthy relationships in the local school district. She has loved Sitka so far and feels lucky to be living in such a beautiful place with a great community.

Annie is the youth outreach coordinator for Sitka Counseling. Through work, she coaches Boys Run and leads two wellness groups, among other tasks. Before coming to Sitka, Annie went to Marquette University in Milwaukee, Wisconsin, where she studied journalism. Outside of work, she enjoys baking, hiking and spending time with the other Sitka fellows. Her favorite part of Sitka has been seeing the open ocean every single day.

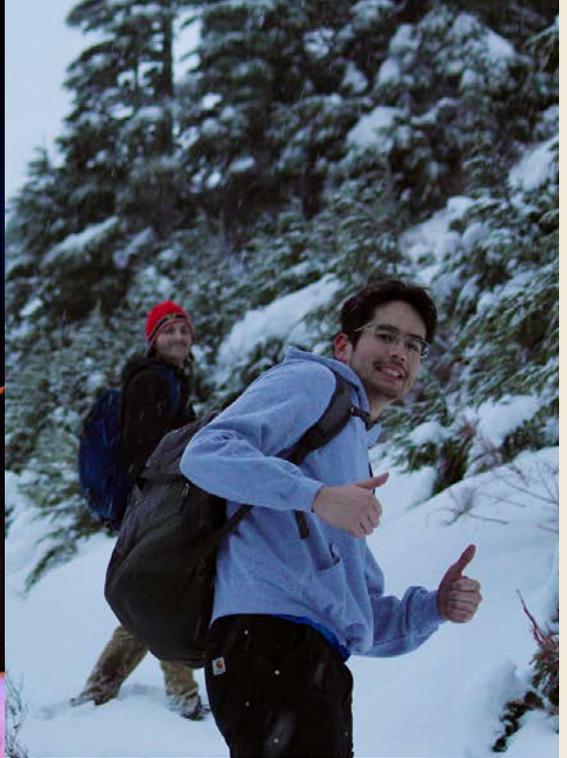
# ANNIE



Hi, my name is Brian Conwell and I am a member of the Sitka cohort. I graduated from Harvard University with a B.A. in History and Literature. I currently work for the Alaska Network on Domestic Violence and Sexual Assault (ANDVSA) as their Legal and Technology Fellow. I am originally from Unalaska/Dutch Harbor, Alaska and am glad to be back in the state doing lots of hiking, fishing, and kayaking.



# BRIAN



# FAIRBANKS SURVIVAL GUIDE

BY MAXINE LABERGE



## #1 JACKET

After nearly four months living here in Fairbanks, our cohort has probably tried every type of jacket on the market. Upon arriving in Fairbanks, the gracious community welcomed us with open arms and bags of soon-to-be-donated jackets. We've tried rain jackets, lightweight coats, puffers, Costco brand, Patagonia, North Face, long, short, faux-animal fur lined...you name it, we've got it. At the end of the day, it's best to have options for layering. However, when the temps reach 0 and below, I generally grab my long puffy jacket.

## #3 LONG UNDERWEAR

As a kid growing up in New Hampshire, I remember thinking I would never be weak enough to need long underwear in the cold. However, these days in Fairbanks I don't leave the house without head-to-toe underlayers on. Long underwear, check. Undershirt, check. Two pairs of socks? Sure. The Costco brand is our cohort's brand of choice for base layers.

## #5 MOOSE SENSE

It's not something you can buy at the store, but you're gonna need to have your moose instincts on high alert. One stray run-in with one of these large creatures while you're walking home at night, and you'll never step foot outside without giving the ole moose call again. I personally like to do a quick moose check when I step out the door - never let your guard down!

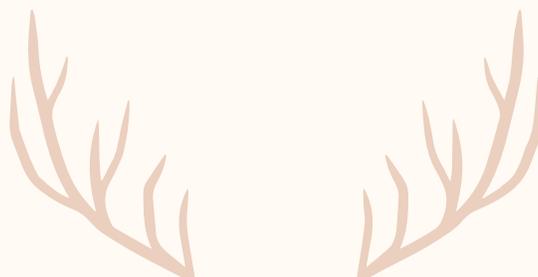
## #2 BOOTS

With a gorgeous and colorful September behind us, our cohort made a quick pivot from hiking shoes and sneakers to snow boots and shoes with TRACTION! As an active group, we've found that boots with more traction will help you get where you need to go faster. After a night of snow, you're gonna want something that goes above your ankle. Faux mink? Sorrels? Mukluks? Whatever your choice, make sure you've got your wool socks on.

## #4 MITTENS

The first time I grabbed my gloves and hit the town here in Fairbanks, I was quickly questioned whether or not I had mittens for the winter. "Mittens?" I thought, "only kids wear mittens!" Nope. Not in Fairbanks. When it starts to get cold out and you are going to want to keep all of your fingers under the same roof, any pair from the local REI will do, they will also be great for cross country skiing!

Alaska is certainly a place that requires gear, you walk to work and just hope that you will be warm, dry, and comfortable. My final advice on gear would be to be prepared to wear layers and just make sure you have what you need to be comfortable. There's no such thing as bad weather - just bad preparation! The community of Fairbanks has been overwhelmingly helpful in finding used gear, and the local thrift stores also have great options.





# LIKE TUNDRA

BY SAVANNAH CRICHTON



Red streamers twisted around the window frames, a post-it note warned bathroom guests to not flush paper down the macerating toilet, and the roku sang smooth carols. Platters of deviled eggs, fresh bread, stuffed mushrooms and sugared cranberries dotted the dining table. A homemade sign stuck out of the snow with an arrow pointing towards our house: Tamarack.

Guests trickled in, adding shoes to a growing mountain in the entryway and wine bottles to the shrinking table space. We invited our new Alaska families of coworkers and friends with a simple BYOB request, yet folks showed up with giant bags of kettle corn, chocolate truffles, charcuterie boards, candied orange brioche buns, and even a dog. The house had never felt so warm and full.

One of our neighbors, the designer of the four houses in the Sustainable Village where we live, walked in and started chatting with the rolling groups lapping against the bar. Soon, a small, wide-eyed circle formed around him, each person passing tiny metal cups to their neighbor. He was pouring from a tall clear bottle of amber alcohol, holding a decorative cork in his other hand.

As he humbly introduced the drink, I caught the end of his sentence, "...ptarmigan schnapps."

I did a double-take. The ptarmigan is Alaska's state bird—an arctic-dwelling grouse that sheds a gray coat for snow-colored plumage in the winter. Of all of the wild food I'd eaten in the state—from smoked sockeye salmon to hand-picked low bush cranberries to Cordovan kelp soup to barbecued caribou—I was awestruck at the concept of a game-infused shot.

"Would you like to try some?" he asked.

With a vigorous nod, I accepted a cup and took a small sip. At first, all I could taste was the powerful sting of 80 proof alcohol. But as I worked my way to the bottom of the cup, the schnapps started to taste herbal, warm as burning birch, musky and fruity.

Incredulous that a feathery creature could produce this, I asked him how he made it. He replied that ptarmigans have an anti-starvation mechanism that allows them to save a portion of their chewed-up diet in a pouch in their neck. The crop, which holds the snipped and pecked food, sits between their esophagus and their gizzard. A crop's contents reflects each ptarmigan's seasonal scavengings and could contain any combination of huckleberries, twigs, barberries, buds, leaves, or sand.

Once after a ptarmigan hunt, our neighbor sat butchering the birds' meat from their gutsy innards when an older man approached him and pointed to the bloody refuse pile and asked "Can I have those?"

Skeptically eyeing his own potentially valuable trash, our neighbor replied, "Why?"

"I use the crop to make schnapps."

Our neighbor asked the man for the recipe and fished the crops out of the pile to keep for himself. Now, after shooting six to eight ptarmigans each year, he slices open the pouches and scoops everything out. He washes the treasures through a sieve, infuses a clear, strong liquor into it, and sieves it again. He makes one bottle per year. We'd been lucky enough to be the recipient of his yearly batch.

"If you do it right," he said, "It'll taste like tundra."

New folks gathered around the bar and the party whirled on. The door lay cracked open to let in the crisp five-degree December chill, emptied plates stacked themselves in the sink, and candle wicks burned hard wax to liquid.

I finally finished my cup. The last of the schnapps trickled down my throat like a deep breath of forest after a snow melt, a combination of moss and smoky tea, almost like cinnamon, and exactly like tundra.





# ANCHORAGE JOURNAL ENTRY

BY SARAH MCKINNIS



We've been here three months – just long enough to feel like we sort of maybe know what we're doing, and long enough for Virginia Court, where I live with Kristi and Nuzhah, to feel like home. We don't know very many people here in Anchorage, but living at 1332, we've been welcomed by memories of past fellows' adventures and the communities that came before us.

We find paraphernalia in the cabinets, awash with mugs of different kinds, like ones printed with last year's fellows photos. There's an abundance of mason jars, too, three of which we found in the fridge, filled with suspicious pickled fish. Nuzhah has investigated the bread maker in our cabinet and when we start to feel sniffly, we can shake out left-behind Emergen-C packets into our drinks.

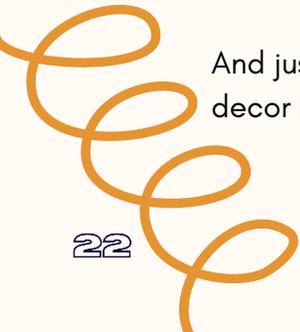
In the mornings, Kristi and I scrape ice and snow off the cars with Alaska Counts census ice scrapers – of which probably a hundred more lay in a box in the garage. We house multiple sets of tires for cars that no longer live here, all the while marveling at how this garage was Ira's room during the first year of Anchorage fellows.

Apartment A welcomes us to its couches and chairs, to the wooden seats around the high top kitchen table, a place to share our road trip plans, our insecurities from work, the things we miss about our last home and the things we're excited to try here, the things we've learned.

Soon after moving in, we found a thick leather notebook on the shelf in the kitchen, with entries from each cohort, going back to the first Anchorage cohort in the fall of 2017. They first wrote at the Manitoba yurts, so when we packed our bags after our first week in Alaska, we shoved the notebook in there, and added entries at the yurts, too.

Their list of communal living ideas and heartfelt entries about each of their fellow fellows reminds us to invest in our relationships here. We compare dates in the journal for the first snow, read about their hectic lives and feel their uncertainty and anticipation and wholesome love for one another, and their sentimentality as the program came to an end.

And just like the other fellows, who left mugs and potted plants and ice skates and wall decor behind for us, we hope to leave a bit of ourselves behind in these journal entries.



# ANCHORAGE IN HAIKUS

BY NAKEISHA DIOP



Pink feathers flying  
Cardboard wings and donkey ears  
Get out of my swamp!

Crushed snow turned to blue  
Crushed bodies squeezing through ice  
Gambling with nature



Bubbly beer brings burps  
Painting polka-dot pumpkins  
Hayride happening

# AN UNINTENTIONAL SUNSET SKI

BY KRISTI NGUYEN

This was an unintentional sunset ski because we ANC ladies had planned to leave for the Glen Alps Trailhead several hours before sunset for a quick weekend ski. Like most things we try to plan, however, we were late and ended up at the trailhead an hour before sunset. We finished off our ski with the lights of Anchorage twinkling back at us!

The Glen Alps Trailhead is the best — there are so many trails and hikes here. On this particular day, we cross country skied down the Powerline trail. Like usual, I (Kristi) put on way too many layers and was peeling them all off within seconds

Great friends + beautiful snowy Chugach Mountains + XC skiing = a happy bunch :)



ANC gals skiing! Not pictured: Graham, a pal and also new transplant to Anchorage.

# A DAY IN NATALIE'S LIFE

## A SPECTACULAR SATURDAY IN NOVEMBER

8am. Wake up. Eat a Breeze Inn bagel and drink coffee from the french press I pieced together from trips to A Little Bazaar.

9am. Walk to the transit center and catch the bus to the Americorps house.

10am. Drive out the road with Americorps friends Caryn and Craig. Enjoy the new Taylor Swift album and the freezing cold winter sun from the warmth of the car.

11am. Arrive at the trailhead and begin our hike. We spend almost five hours hiking six miles out and six back to the spectacular Herbert Glacier. Along the way, we pass frozen ponds and mossy rainforest, get blown around in the wind, and snack on hot cheetos and dark chocolate peanut butter cups.

4:30pm. Charge the car at Eagle Beach and watch the sunset over the islands to the west.

6pm. Dinner at Bowl of Pho in the Valley.

8pm. Back to the Fellows' apartment for Day 3 of our Twilight marathon: Eclipse! Thank you to Angelica for planning a wonderful Twilight marathon that all the Fellows enjoyed.

11pm. Drive out to Skaters' Cabin at Mendenhall Glacier to hunt the Aurora. The moon is too bright and strikes down our plans despite a blessedly clear night in the Tongass rain forest.

12:30am. Time for bed.



# A BIG OL' BAY WINDOW

BY SARA LITTLE

Seated on an 80s teal carpet, butts of past fellows and friends gather to see the view of Gastineau Channel and Douglas Island. Our apartment is perched just above the Alaska Fur Gallery in downtown Juneau; perfect for watching tourists on cruise ships and laughing about their Alaska Tee Company shirts, as if we're locals already.

I love the windows. Though, the view is perpetually dependent on the thick layer of fog which often falls over the city. No matter... This window is surely the center of life in our little corner of Juneau. In the morning, I sit and watch ravens fly by and squawk at lonesome individuals trekking to work. In the afternoon, I find yoga, reading, and painting. But by evening the window really comes to life, as we often crowd the space with new friends talking over Fellow Lauren's loud (but lovely) music.



Before we got to our apartment, site coordinators and our lovely Director, Tina, kept mentioning the bay window. With several years of fellows having lived in this apartment, these carpets and creaky windows know more about the Program than us.



We've spilled wine and secrets, hung decorations for holiday parties, and soaked up the remaining winter sun on this little nook. With spring, the winter frost which blurs our view of the channel will melt, and new faces will shake hands and share stories by the big ol' bay window. To the Alaska Fellows Program, I raise my glass for bringing together the butts of past, present, and future on this truly ugly teal carpet.

# SITKA

## RECOMMENDS...

### MOVIES

- Call Me By Your Name
- Kuch Kuch Hota Hai
- The Good, the Bad, the Ugly
- Lord of the Rings
- Bruce Almighty
- Little Miss Sunshine
- 10 Things I Hate About You

### TV SHOWS

- Survivor
- Avatar the Last Airbender
- Legend of Korra
- Over the Garden Wall
- Jubilee
- The Cut



### SONGS

- Mystery of Love by Sufjan Stevens
- Static by Steve Lacy
- Bad Habit by Steve Lacy
- One Pound Fish by Muhammad Shahid Nazir
- California Dreamin by The Mamas & The Papas
- Have You Ever Seen The Rain by Creedence Clearwater Revival
- Rasputin by Boney M
- Summertime in Bloom by the Moon looks on

# SITKA SPOTLIGHT

BY ANNIE MATTEA

The Sitka House is right in the middle of a growing neighborhood, where families choose to raise their children and friends come by for bonfires and potlucks. From the back windows, you can spot the open ocean and see cruise ships during the summer months, while lone fishermen travel out in the winter.



Inside the house are a million odds and ends left from past fellows. Whenever we meet someone new in town, many of them talk about our home, at one point or another, they have been inside. Former fellows will comment on the bedrooms, stating the basement is the best or expressing how it's the worst. They comment on the small room and the art around the walls, the crosswords we worked on and eventually gave up.

But whenever anybody stops by, the first place they go to is our dining table.

In fact, most of Sitka life in the house takes place at that table. We have had numerous potlucks, played games, discussed life, all while sitting together at the only table that can fit us all. After a long day working, you will always find someone at the table, eating dinner, on their computer or just enjoying the company.



Our house has gone through many groups of people living inside, and it certainly shows, but sitting at that dining table - it's home.

# STUFFED MUSHROOMS

BY ASMA ALOMARI

This recipe was created out of panic on Christmas day of 2021! I had prepared the stuffing and destemmed the mushrooms at home and transported them to a friend's home the day of Christmas - only to forget the stuffing! My sister and I raided the refrigerator and came up with this recipe. There are tons of very similar recipes out there on the internet but this one is a little closer to my heart. These mushies were made for the Fairbanks Fellow's Thanksgiving dinner and the Sustainable Village's first soiree! Please feel free to play around with the recipe; I sometimes add different types of hot peppers for a good kick. This one goes out to Gabby and Selena.

## INGREDIENTS

16 oz baby bella mushrooms  
½ cup of shredded parmesan cheese  
3 tsp of pesto  
1.5 oz cream cheese  
Salt and Pepper to taste



## INSTRUCTION

- Clean the caps of each mushroom with a damp paper towel
- Destem each mushroom using a tiny knife - saving the stems of the mushrooms
- Dice the stems as fine as you could get them
- Using a bowl - mix together about ⅓ of your stems, parmesan cheese, pesto and cream cheese together
  - suggestion: save the rest of the mushroom stems make an omelet the next day
- Fill each of the caps with about a spoonful of the stem/cheese/pesto mixture or fill until the cap is completely full

## HEATING OPTIONS

- Air Fryer
  - Place filled caps in a neat layer and air fry at 370 F for 7 mins or until cheese is completely melted on top
- Oven
  - Preheat your oven to 350. Bake for 10 mins or until the cheese is completely melted

## SERVING

Serving:

- Serve ASAP with freshly cracked pepper and salt.
  - suggestion: place the mushrooms on a paper towel to let some of the oils from the pesto drain up

# TOMATO RASAM

BY ZEBA KOKAN

Tomato rasam is a popular South Indian dish served with rice.

## INGREDIENTS

Garlic - 2 large cloves, peeled and sliced  
1 tbsp Oil  
1/4 tsp mustard seeds  
4 or 5 curry leaves  
1/4 tsp turmeric powder  
1/4 tsp chilli powder  
Rasam masala - 3/4 tsp  
Half can or 3 tomatoes  
Tamarind - lime size, soaked in water and extract juice  
Coriander to garnish



## METHOD

Heat the oil, add the mustard seeds, garlic slices and curry leaves. Sauté for a few seconds.

Now add the turmeric, chilli and rasam powder and mix. Add the chopped tomatoes and salt and sauté until the tomatoes are cooked. Add the tamarind juice and mix. You may need to add some water based on the sourness.

Bring to boil and garnish with chopped coriander.



# J-KENJI JUNEAU CHILI

BY NATALIE TROY

It was a dark and stormy night and time to cook a community dinner. I moved to Juneau in August but Sara, Austin, LT, and Angelica were still getting used to the overcast skies and misty days of October in Southeast. I needed a vegan dish that still tasted good to satisfy everyone's eating requirements, and landed on the perfect dish. "What could be more cozy and warming than chili?" I thought. Little did I know that this chili would prove a little too warming.

I love spice and consider chipotles a mild pepper. The recipe called for two canned chipotles in adobo. I thought, "that's not very much. I'm sure it means two cans of chipotle peppers."

Reader, it did not.

After a taste test left sweat running down my forehead, my thumbs sprinted to the group text to warn my fellow Fellows that the chili was quite spicy. No one heeded my warning. My fellow spice fan Austin was out of town, and even after the other Fellows' valiant attempt to eat this dinner, I had a week's supply left of the overwhelming chili.

Whether or not you use the correct amount of peppers, this chili recipe adapted from this one by J. Kenji López-Alt is "the best chili Natalie has ever tried." If you have a blender, feel free to try the full López-Alt recipe with the homemade spice paste included and let her know how it goes.

## INGREDIENTS

2 tablespoons vegan butter  
1 pound vegan ground meat, such as Impossible or Beyond  
1 medium onion, grated on large holes of a box grater (about 1½ cups)  
2 large garlic cloves, grated on Microplane (about 4 teaspoons)  
1 teaspoon dried oregano  
Kosher salt  
2 chipotle peppers packed in adobo sauce, finely chopped  
2 teaspoons ground cumin  
¼ cup tomato paste  
1 (15-ounce) can whole tomatoes packed in juice, drained and chopped into ½-inch pieces  
1 (16-ounce) can dark kidney beans, drained  
1 tablespoon soy sauce  
1 tablespoon apple cider vinegar  
1 tablespoon whiskey, vodka or brandy (optional)  
Diced onions, chopped cilantro, chopped pickled jalapeños, sliced black olives, vegan sour cream, shredded vegan cheese, fresh tortillas or tortilla chips, for serving (optional)

## STEPS

Step one. Heat two tablespoons of olive oil over medium-high heat in a dutch oven or heavy bottomed pot, ideally one you snagged on Juneau Buy Nothing. Add in your vegan ground meat and break it up with your spatula or wooden spoon "until fat has mostly rendered and it is starting to sizzle rather than steam," after about ten minutes.

Step two. "Add the onion, garlic, oregano and salt. Cook, stirring frequently, until the onions have softened, about 2 minutes. Add the chipotles and cumin ... and cook, stirring frequently, until the paste reduces to the point that it starts to sizzle and fry, about 4 minutes. Add the tomato paste and cook, stirring frequently until homogenous, about 1 minute."

Step three. "Add chopped canned tomatoes and scrape up any brown bits that have stuck to the pan. Add kidney beans, soy sauce and 1 cup water, and stir to combine. Bring to a boil, reduce to a simmer, and cook, stirring occasionally, until flavors have developed and chili is thickened to desired consistency, about 30 minutes. Stir in vinegar and liquor, if using. Adjust texture by adding water, and season to taste with salt and pepper. Serve with whatever garnishes you like."

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This AFP newsletter is set in Horizon, Horizon Outline, and Glacial Indifference. It is a collaboration of the Alaska Fellows, created in December of 2022. Designed by Savannah and Angelica.