

Interviewee: Okay. People in my day, people used to eat more healthier, and longer life to live on. No cholesterol no – all the food, we get it from the animals from the ocean and from the land. Now, people, we start getting stuff from the store and they put in more of tar or sugar and all that. Slowly at a time people are going away in younger age. In our day, it's more like we pass away like around 70, 80, 90, 100.

Nowadays, they passing away around 20, 30, 40. And the food they eat from the store, it's from the outside and then what we get from the ocean, ocean and land and the income we get is not very helpful. The benefits we get, it does not support enough food, enough to pay bills. Bills is coming. The house costs so much. The light bill costs so much. The cell phone, television, whatnot, what they bring in and there are those who consume – the consumers that need money badly than we do. That's why the bill is so high. And you can't even pay until the next one and the bill goes up.

Interviewer: So the money's run –

Interviewee: It's not easy for people that need help like she does for the family. Okay now, the family, in the family, she cannot afford to go work. Some people, some in the family, they got kids now. So, it's not easy. I told them before that they should go for the training. The only way to get training is to learn, educate and then from there, you start working and making it. You get a – like **working up**, okay, working up, we're not watching. All right, all I did is making **an impression**, right? You're making all that money, I'm doing nothing.

Interviewer: And then there's a family and it gets harder.

Interviewee: You're the only one that is working. I'm not 'cause I'll get mad if you don't give me the money to get some stuff _____. It's not easy. That's life. But then like I said, the benefits we get is not –

Interviewer: It's not enough.

Interviewee: Not enough to afford.

Interviewer: Yeah. So how do – how can you age well here?

Interviewee: **So**, Like about 90 percent, or over 90 percent its good.

Interviewer: Yeah. So it's –

Interviewee: For me, aging, I have no problem 'cause I don't drink. I don't smoke I don't take drugs.

Interviewer: Uh huh.

Interviewee: I work to stay young.

Interviewer: Yep. So you work and you don't drink and don't smoke and that keeps you aging well?

Interviewee: You take that stuff you not going anywhere.

Interviewer: Yeah.

Interviewee: My understanding is that stuff can make you lose your – you don't remember what you were doing.

Interviewer: Yep.

Interviewee: Alcohol, you leave that a lone. On a vacation, **you cannot resist it.**

Interviewer: Yeah?

Interviewee: To stay young is to – you'll age, like I told you, work. Fight that sickness in your body

Interviewer: Fight it? Um hmm.

Interviewee: Learn to understand it. You find a way to overcome it. The herbal we have out there, it's a medicine. We take it. And the animal that eats from the ground, we take – we take it from them.

Interviewer: Yeah. How did you learn all of that and how to age well?

Interviewee: You mean like A-G-E?

Interviewer: Uh huh.

Interviewee: Age _____ age, like how old I am?

Interviewer: Like how did you learn about doing it well, about doing good?

Interviewee: By understanding it.

Interviewer: From your parents and grandparent?

Interviewee: Parents, when we grew up, when you're growing up with your parents, in your days, I remember the time you were kind of mischiefand don't even follow your mom and dad. That's how you were. And the only thing you can do is just listen to your parents and this way, you grow from them, grow from them. And that's how you age. Like I said, alcohol can make you age more faster than non-smokers, non-drinkers. You see, age is nothing. You can live or die anytime you want to and leave everything behind if you don't want to. And it'll hurt you.

Interviewer: Yeah. Why do you think some elders leave? Why do you think some elders move from Stebbins to like Anchorage or Nome?

Interviewee: Continue, keep going.

Interviewer: Why do you think they do that? I'll just keep asking the same question over and over. *[Laughs]* I told you, it's easy to pull my leg.

Interviewee: People that move away from their hometown live more healthier than home. Like, if you have a camp, right, you never know sickness. You'll never get sick. You'll never get a bad cold. You'll never get a headache. You live healthier than here in town. And the water we get in my old days was more than getting it from the [holding tanks]. The [holding tanks], it puts in more of those –

Interviewer: Chemicals?

Interviewee: Chlorine. And it's not good enough for younger kids and young infants even for the elders. I don't know about you.

Interviewer: Yeah. So when you're out at camp, you live healthier out there?

Interviewee: Camp is more pristine. If I ever take you to camp, you're not coming home. I don't care what you say. I'm not to let you, even if you want to go home. I'm going to save your life, stay more healthier.

Interviewer: It's good out there.

Interviewee: Yeah. Cool.

Interviewer: Yeah, what about Anchorage, when people move to Anchorage?

Interviewee: I don't know nothing about that part.

Interviewer: Yeah?

Interviewee: My wife and their wife, I have nothing to do with what they, if I ask you _____ the same question you gave me, I would ask the same thing and you gave it to me, the only way, and this way I know what you're going through when you're growing old and all that. But at least we learn from them more. It's more helpful.

Interviewer: Do you like to share what you know with the youth?

Interviewee: No.

Interviewer: No?

Interviewee: But I do sometimes to – in my day I did but nowadays I don't know because they are listening to me, you may forget about it because they are not paying attention, they have forgotten and then you'll say, "Oh yeah, you told me." See that, forgetting. It's more like ignoring because when people need help and then you asking

questions, you want to know because you did not put yourself into it, on people that needed help. And you tell it to your big boss, probably hold it back. You can't even get it out.

Interviewer: Yeah.

Interviewee: You cannot explain it to them and unless you are sure of yourself that you are helping us, like you're helping him, it's more helpful. If you can go right through it until you _____ okay, I'm you and you're my boss and I'm explaining it to you, you probably not listen to me. You've forgotten after I just told you. Am I right?

Interviewer: Yeah. When my boss talks to me sometimes, no, just kidding. But so, if – it's hard to share with the youth because you feel like you're not being listened to or not – they're not understanding or there's some ignoring and it's not – it's kind of not worth it. Is that what you mean?

Interviewee: Some elders do understand, like I do. The elders, they just when they're getting old, they're slowly like Alzheimer's, it's more like just forgotten, don't even remember or anything like that. See? In their old age, getting old. For me to understand them, you see, ask questions. "you need help?" Okay, give it to me. Give it to me. Get out of here. I'm doing it.

Interviewer: You're funny.

Interviewee: Okay. Hearing our way of doing it to the younger people like you.

Interviewer: Yeah.

Interviewee: From the people that need help and you bring it – asking it and where do you bring it to?

Interviewer: Yeah. I see what you're saying.

Interviewee: People always wondered, why they come around asking us questions. It's more like, behind it, my understanding. Behind it. Do you know what I'm talking about? No?

Interviewer: So, I mean –

Interviewee: Do you understand what I was talking?

Interviewee 2: Behind it? I'm missing the behind it part.

Interviewer: So what's the motivation, like why are we asking all the questions from people who we're trying to help instead of giving help.

Interviewee: Okay. When they come around, more like the housing, they come around and write down the report. They did not come in. Asking questions –

Interviewer: Doesn't do anything.

Interviewee: It will help us if you bring it up to them. See?

Interviewer: Yeah.

Interviewee: And then when they're here, who? _____ -

Interviewer: Yeah, who is that _____?

Interviewee: The one that is out like applying or something else, where is it? – when will that be? Same old routine, now the same old routine every year or every month.

Interviewer: You answer questions and answer questions and answer questions then don't see what happens. Nothing happens.

Interviewee: Yeah, that's what happens. Yeah. If you're talking to her, you've got to have help or the elder, she can't to good but you have to speak out or she might help you or you need help from me or her.

Interviewee 2: Yeah, maybe you better – help from you. I don't take much.

Interviewee: Okay. Anything else?

Interviewer: Is there – I know, I'm like, well, I've been going out of order. Is there anything you feel like we should know if we were –

Interviewee: I don't know. It's up to you. You guys should because you have to make a report. _____ to make sure you help us. And if it gets through, who? I'm glad you're here and I'm so happy they are helping _____ our benefit, _____ life and you can pass it on to those who may understand it. Some they, come. Go on deaf. You see?

Interviewer: Yeah.

Interviewee: You know how it is.

Interviewer: So you're hopeful that what you share will benefit.

Interviewee: Make things happen. My years growing up, people come like you. _____ come – sorry, I can't get it to make sense. Okay. I would much more like people come around and next year they're not there again. See?

Interviewer: Yep.

Interviewee: You come, it's your first year. Second year, you may not come. It didn't happen. Where is it? See?

Interviewer: Yep.

Interviewee: You come by monthly, we know who you are and that means that you are helping us. We know now. Yearly, next year you may not come.

Interviewer: Yeah. Yep. Yeah, so it's hard. You want to share with people who are around and you know will come back and come back 'cause then you know they actually are committed and care.

Interviewee: Yeah.

Interviewer: A little less hopeful about folks who just show up, ask a bunch of questions and then get out.

Interviewee: Yeah, true.

I don't know about them.

Interviewer: Yeah.

Interviewee: I don't know how long will you be working? You might even just quit.

Interviewer: Yeah. Yeah.

Interviewee: 'Cause you guys are still young but if you keep going with your work till you get older to your retirement, I'm proud of you.

Interviewer: Thank you. Well, we're trying to keep going as long as we can, yeah.

Interviewee: You want me to sign my name there.

Interviewer: Yes. With these and –

Interviewee: Anything else?

Interviewer: Yeah. Can I have your – what's your date of birth?

Interviewee: Seven, six, four, nine.

Interviewer: Seven, six, four, nine. Were you born here in Stebbins?

Interviewee: Yes.

Interviewer: You grow up here?

Interviewee: Yes.

Interviewer: What's your first language?

Interviewee: My first language was Yupik. I never used to understand English. I had to have a translator.

Interviewer: Yeah?

Interviewee: And this way, until I was taken off to Anchorage for two years, slowly, English became a part of me.

Interviewer: Start learning?

Interviewee: It's more like educating me. Nobody – I learned, 1960 around there, and then when I came home after two years later, I couldn't speak fluently in my dialect. Slowly, it started coming back. [*Speaks foreign language*]. What I was saying is, when we start learning what we learned, we almost forget about it and then it all comes back.

Interviewer: Um hmm. Are you single, married?

Interviewee: Married.

Interviewer: How far did you go in school?

Interviewee: Ten.

Interviewer: Tenth? How many people live in your house with you?

We live here now? We're moving out to camp with you.

Interviewee: Maybe seven or eight.

Interviewee 2: He don't stay here. I think he's here visiting.

Interviewee: My grandkids. You got parents, right?

Interviewer: Yeah.

Interviewee: And you have grandkids?

Interviewer: Um hmm.

Interviewee: And you've got kids. You've got a husband and then you've got a lot of kids and you stay with them and their kids growing up and they _____ you got grandkids and they move with their parents. That's how it is. If they have no place to stay, that's how it is. people that need houses, people that living together, they need house. You know, baby, see? [points around the house at the family living there]

Interviewer: So you all live together as a family.

Interviewee: Yeah.

Interviewer: Yep.

Interviewee: Until they find a place.

Interviewer: And you want to stay here in Stebbins as you grow old?

Interviewee: The best place I love is camp.

Interviewer: Camp?

Interviewee: It's the most interesting – don't have to hear nothing. You don't have to hear cussing. You don't have to see alcoholic. You don't have to see a drunk. You don't have to hear swearing and all that.

Interviewer: Yeah.

Interviewee 2: I wonder if your wife would be able to be interviewed.

Interviewee: I don't know. You have to go find out

Interviewee 2: Somebody will be home with her?

Interviewee: I may not be able to do it. Have to do it, go to check on them. Are you the one that I was supposed to go see this afternoon before I take off to St.

Interviewee 2: Yeah, remember I saw you at the store and I told you about them?

Interviewer: Oh yep, that's us. What's your PO Box number?

Interviewee: 71057.

Interviewer: And remind me your first name.

Interviewee: Joseph.

Interviewer: Joseph. And last name?

Interviewee: Washington.

Interviewer: All right. That's all my questions. Do you have questions?

Interviewee: You need to talk to her? I'm going to pick up _____ for the _____ company to open.

Interviewer: Just need your signature and initial right – this one says – you put your initials here that we recorded with – recorded it.

[End of Audio]