



Living in the Delta

Welcome to LKSD!

Life here is likely different from the life you led before moving.
There are some tricks of the trade we'd like to share with you...

Disclaimer: All information in "Living in the Delta" was correct at the time of printing. Like everything else in this region, it is subject to change and may be outdated by the time you receive it. Your gracious attitude is appreciated in advance. Flexibility is an essential skill for those who thrive out here.

Travel

Anchorage Flights

You have two options to fly into Anchorage from Bethel: Alaska Airlines or Ravn Alaska. Between the two, there are four or five flights every day into Anchorage. The first flight is around 8:30 AM (although this one does not fly every day all year) and the last flight is around 9:00 PM. All flights can be booked Online. Ravn has begun flying early in the morning too, so check your options. Both airlines have mileage plans that will benefit you!

Village Flights

You have a few options for flying to and from your village and Bethel. You can purchase two types of tickets: **seat fare and charter**. Seat fare is the type of ticket you will normally book. This means you buy a ticket on a regularly scheduled flight.

A charter is just that. You're renting the whole plane to use as you wish. Many people get together in groups to charter into Bethel for holidays and at the end of the year. This is usually cheaper if you have enough people.

Don't forget, when you are flying from a village to Bethel, you **MUST contact the village agent**. Since there are no traditional airport terminals in the villages, the agent will be the one to let you know when the plane is expected to arrive/ depart.

NAME	TYPE	PHONE
Ravn Alaska	<i>Seat/Charter</i>	(907) 543 3800
Grant Aviation	<i>Seat/Charter</i>	(907) 543 2000
Yute Commuter	<i>Seat/Charter</i>	(907) 543 2684
Yukon Aviation	<i>Charter</i>	(907) 543 3280
God's Country	<i>Charter</i>	(907) 545 7538

Rewards Programs

Both Ravn and Grant have rewards programs for their seat fare flights. Once you earn enough points, you can fly anywhere they fly. On Ravn, this is an especially good deal as they fly all over Alaska, and not just in our region (Anchorage, Fairbanks).

Alaska Airlines offers a credit card which can help you to earn miles and offers an annual companion fare for \$99. They also offer benefits (free checked bags) to Alaska residents with **Club 49 membership**.

We Don't Always Fly...

While air travel claims a significant portion of means of travel in the area, it is not the only way to get around. Depending on which village you are in, it is not uncommon to travel to and from Bethel, or from village to village, via **boat, snow machine, "river taxi", or even the occasional bicycle**. No matter how you plan to travel, remember to always keep safety as the number one priority!

Food

Getting Groceries

Getting groceries here in the Delta can be a challenge. Most villages have a small store or two. In general, these stores carry all the groceries you would need to survive. You will be hard pressed to find specialty items, vegetarian, vegan, or gluten-free items, but you will be able to find plenty of soups, some frozen foods, and generally, a limited amount of produce. Another thing to remember is that village stores are very expensive. It is not financial prudent to shop only at the village store.

Bethel Grocery Stores

Bethel has two main stores: **AC (543-2661)** and **Swanson's (543-0671)**. Both carry all of the goods of a Lower 48 grocery store, though with fewer options per product.

Prices are not as high as a village store, but significantly higher than elsewhere. Both stores will ship to you for a nominal fee if you call to place an order.

Fresh Produce

There are two main options for getting fresh produce outside of ordering from AC or Swanson's.

Full Circle Farm (www.fullcirclefarm.com) is a company based near Seattle. They will ship a variety of organic produce to your village or town. Pricing of the available boxed depends on the size of the box you order and how far away from Bethel you live. For instance, in Nightmute, the

box prices range from \$56 - \$95.50. This may seem like a lot, but it's like Christmas every time that box comes.

Meyer's Farm is another option for produce. It is an organic farm in Bethel. This system is not quite as fluid as Full Circle, but is local. You can call and request a certain amount of produce or give them a price you'd like to spend. They'll put together a box and ship it to you. Keep in mind, most boxes are around \$25-\$30 in additional shipping

Other Options

You Bring: you can purchase your groceries in Anchorage if you schedule a layover on your way through.

Hint: Carry plastic totes or soft sided freezer totes in your luggage when you travel. Once you are in Alaska, you can have 3 free checked bags on Alaska Air to stock up on frozen/fresh foods. Make sure to let the airlines know so they can tag them correctly, they will place them in a freezer while you are waiting for your flight.

Online: Some of the following companies will ship directly to your village (some even ship for free!)

- Costco
- Fred Meyer
- Alaska Bush Shopper
- Greatland Grocery
- Span Alaska Sales
- Amazon
- Target
- Omaha Steaks
- US Wellness Meats

Gear & Weather

Words of Wisdom

This is one part that many people are concerned about when first moving here. A friend once told me that in gear, you get what you pay for. In some ways this is true, but that doesn't mean you need to spend \$800 on a coat. Honestly, the best advice is to talk to other people in your village or town and see what they wear. Don't panic; you have time before it gets really cold. You will want decent rain gear sooner than later.

Gear Recommendations

Brands that won't break the bank:

- Columbia
- Cabela's
- Mountain Hardware

Brands if you want to splurge:

- North Face
- Patagonia
- Marmot
- Eddie Bauer

Helpful discount sites to use:

- www.steepandcheap.com
- www.sierratradingpost.com
- www.sportsmanswarehouse.com

Local Clothing and gear:

- People craft and sell a wide range of gear (gaspeqs, mittens, hats, scarves, socks, etc.) in villages
- Check out Saturday Market in Bethel (one Saturday per month at the Cultural Center).

Weather

Many people become weather-a-holics when they move to the delta. Whether (pun intended) the knowledge is used as a conversation starter or information that dictates travel decisions, some people become fascinated by our region's weather. From temperature to wind speed to relative humidity, there are a variety of Apps out there for your phone that provide up-to-date information about the weather and how it affects your plans.

Weather Apps

- Wunderground
- AccuWeather
- WeatherBug
- NOAA Weather Radar
- Windy
- KTUU Weather

Flight Radar Apps

- Flightradar24
- Plane Finder

Flight Weather Apps

- NOAA Aviation
- AeroWeather

Aurora (Northern Lights Apps)

- Aurora
- Aurora Fcst

Bethel

The Kuskokwim's Hub

Bethel (Mamterilleq in Yugtun) is the largest community on the Kuskokwim River, and acts as the regional hub for our district. Bethel's population of 6,080 (2010) places it as the 9th most populous city in the state (TOP 10!). Bethel offers a variety of services that support the region's population. Fun Fact: The Port of Bethel is the Northernmost medium-draft port in the country (we can get pretty big barges here).

Cabs

Bethel boasts the highest number of cabs per capita of any city in the U.S. (according to Wikipedia). There are two main companies that provide this service: Kusko Cab (907) 543-2169 and Alaska Cab (907) 543-2111.

Cab fare is the same for both companies and is a flat fee per person. Cab drivers only accept cash.

- To/From Airport - \$8
- In town - \$5

Lodging

Bethel has a number of small B&B's along with two larger hotels (30 rooms each) in town. Room cost is usually between \$150-\$225 per night, but this varies widely between establishments. All establishments are Alaskan owned.

NAME	PHONE
Long House	(907) 543-4612
Bentley's	(907) 543-3552
Delta Cottages	(907) 543-2387
White House B&B	(907) 543-2388
Suite 881	(907) 543-3883
Sleepy Salmon	(907) 543-2519
Cranberry Cottage	(907) 543-1233
Brown Slough B&B	(907) 543-4334
Old Mission House	(907) 543-2898

Eats

There are a number of eateries in town, so this list is not complete. Many restaurants have menu fliers in the airports that you can take.

You will find that the cost of food is a bit high compared to comparable Lower 48 restaurants, but it's nice to have someone else cook dinner when you have a chance to come to town.

NAME	CUISINE	PHONE	DELIVERY
Fili's Pizza	Italian, Pizza (online)	(907) 543 7010	Yes
Baba's Pizza	Pizza, Subs	(907) 543 3500	Yes
Snack Shack	Chinese, American	(907) 543 2218	Yes
Red Basket	Chinese, American, Breakfast	(907) 543 7001	Yes
Front Street	Chinese, American, Italian	(907) 543 3408	Yes

Wish I Knew Thoughts From New Teachers

You are often a one-person show in your site

You might lose power and/or water for days at a time

Expect to feel like you are in a foreign country

Ice Cleats can be super helpful

Importance of experience and experiment with content and not simply repetition for memorization

You will have a number of Saturday in-services throughout the year

Helped Me Thrive Thoughts From New Teachers



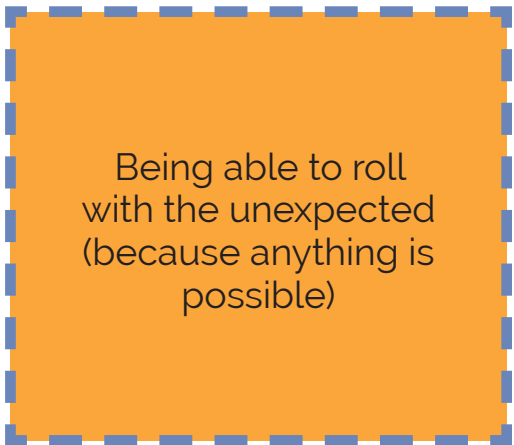
Strong relationships
with colleagues



Administrator support with instructional
practices




Ongoing
professional
development



Being able to roll
with the unexpected
(because anything is
possible)



Friendships and
being active in the
community



Maintaining a
healthy work /
life balance

Advice

Thoughts From New Teachers

Support exists at the district level, but you have to seek it

Never say no to cultural experiences

Expect a lot of changes throughout the year

Develop positive relationships (in and out of school) with your students and their parents

Set high expectations

Don't take insults personally