

# Eyak Echo

Echoes of our Ancestors



December 2006

*Eyak Echo Editor: Reyna Villa*



NVE Tribal Council Vice-President Mark Hoover presents Clinic Director Marilyn Eaton with a Certificate of Appreciation on behalf of the Native Village of Eyak.

## Cordova bids fond farewell to friend of the community

An informal going away luncheon was held on Saturday, December 2, 2006 in honor of Marilyn Eaton, P.A. and Director of the Ilanka Community Health Center. In addition to the exceptional quality of care and dedication to her patients, Eaton was an integral part of establishing the Ilanka Community Health Center in Cordova as we know it today.

The clinic, which was originally named the Ilanka Wellness Center, got its start in a small facility in the Mariner Building by the Old City Harbor. This small space was quickly outgrown, as more and more patients began to utilize the new source of health care in our community. At that time, the clinic was a 2-person operation with Eaton being the only provider and Cindy Graham handling the all-around office and administrative support.

She was also instrumental in applying for and receiving various grants- including a grant from the Health and Human Services Grant, which proved to be a critical step in achieving the goal of sustaining quality health care on a regular basis in our community.

There was an abundance of friends, co-workers, and former patients in attendance on Saturday that came out to share good food and kind words. A Certificate of Appreciation was presented to Eaton on behalf of the Native Village of Eyak for all her hard work and dedication throughout the years. Although she will be leaving our small town for new endeavors down south, she has definitely left her mark on Cordova that will continue to benefit us for years to come.

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Marilyn Eaton stops for a quick picture with former patients Reyna Villa, Sonya Anderson, and Denali Deming.

**\*Visit us on the web @ [www.nveyak.com](http://www.nveyak.com)\***

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## President's Column



What a year for our Tribe.

We are well into the second year operating the Community Health Center (CHC) and it is going great. This was a good thing for the entire Community. We are meeting with the City and State over the future of the Hospital.

We built and launched an umiak, the first one by a Tribe in our Region in over three hundred years.

We received the funding to finish off the Ilanka Cultural Center Building. The plan is to have all of our offices upstairs. This will make for a more efficient operation and will provide even better service to our members. It will be a beautiful facility we can all be proud of.

The Environmental Impact Statement (EIS) is at the printers for the Shepard Point Oil Spill Response Road and Dock Project. We started down this road in 1995. I suppose the greenies will continue to oppose this worthwhile project. I guess we're not supposed to want to protect our Traditional Homeland from future oil spills. We will complete this needed facility and we will have a good dock to move large amounts of equipment quickly if we have another tanker spill. This will be much improved over what we had during the last spill.

The loss of our fishing rights on the Outer Continental Shelf (OCS) continues to wind its way through the court system. The Community Development Organizations in the Bering Sea have been fabulously successful. They are worth between \$300-500 million dollars. This has put many people to work, sent people through school, and helped develop businesses. They have used some of their profits to purchase fishing rights in the Gulf of Alaska- our front yard. Gulf of Alaska Communities received nothing. Why were the Gulf of Alaska Communities left out? What is wrong with residents of rural coastal communities having access to the resources to support their families? We continue to fight for our rights to access natural resources. Every day it seems someone wants to remove our rights to provide for our families. We have to be constantly aware and respond against these efforts.

Good Fishing.

*Bob Hennrich*



## Ilanka Cultural Center winds down after busy summer season

Summer 2006 marked the first successful year of a joint venture between the Ilanka Cultural Center and Cruise West. From the end of May to the end of August, the Cultural Center welcomed anywhere from 60-70 tourists every week for three months, thanks to the weekly cruise ship visits.

They were brought here on the *Spirit of Columbia*, one of the smaller cruise ships operated by Cruise West. The Cordova Chamber of Commerce also arranged to transport Cruise West passengers around town to visit the City of Cordova Museum along with other local businesses.

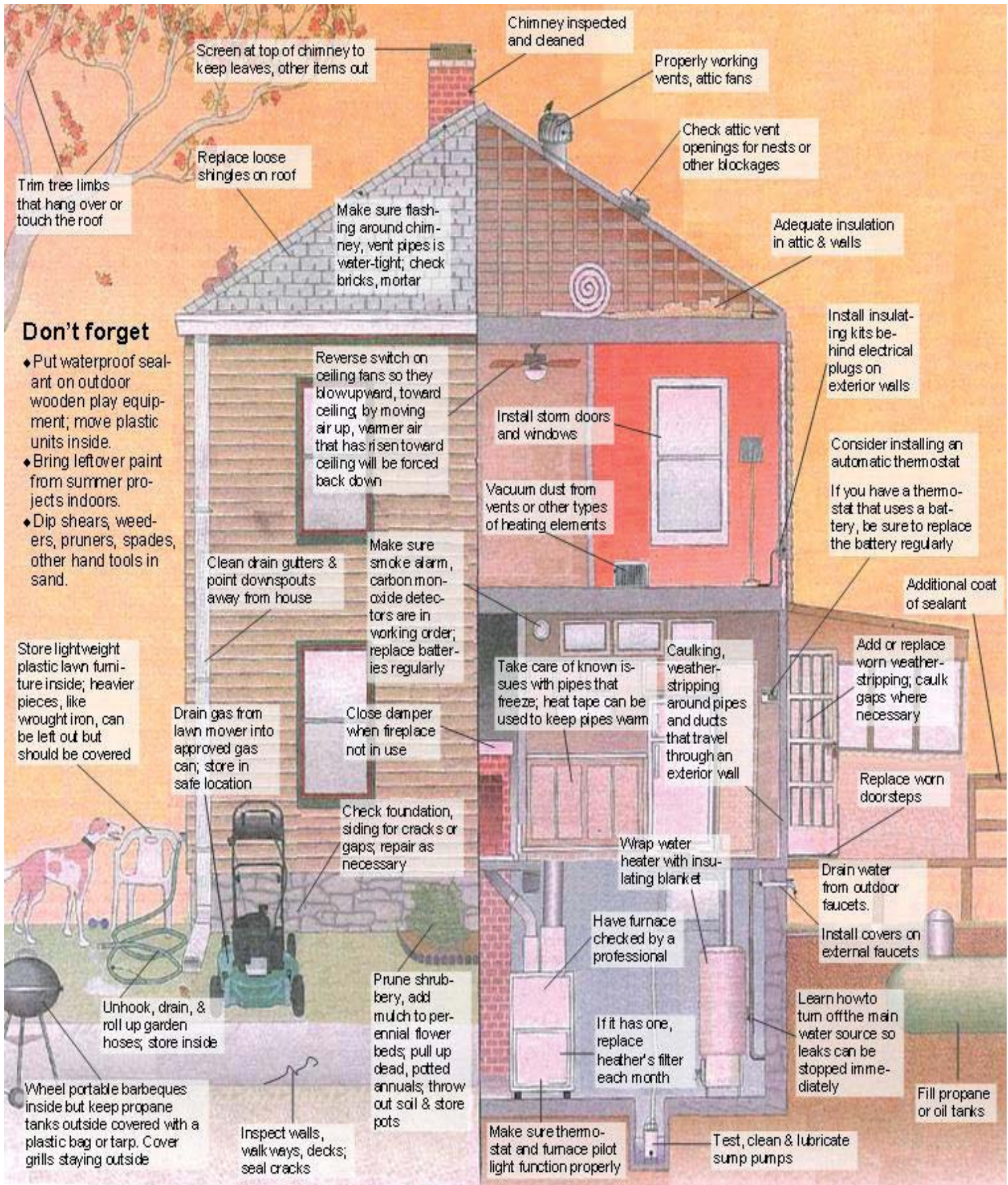
Many other visitors passed through the Cultural Center this summer- some from as far away as New Zealand, Spain, and the Czech Republic - some as near as Anchorage, Valdez, and Chenega Bay.

People from all over the world were introduced to the Alaska Native culture and many purchased authentic souvenirs to take back home. One appreciative visitor even took the time out to sign the Cultural Center guest book, saying "thank you for sharing your culture and hospitality with us!"

Compliments and remarks of admiration rang throughout the Cultural Center this summer. Not only from tourists, but many local Cordovans also stopped by to see the wide array of artful crafts and merchandise. Guests also had to stop and take a gander at Eyak, the orca whale skeleton that was salvaged and rearticulated after he washed up on the Hartney Bay

See Page 7, **Cultural Center**

# Don't forget to weatherize your home this winter!



## Don't forget

- ◆ Put waterproof sealant on outdoor wooden play equipment; move plastic units inside.
- ◆ Bring leftover paint from summer projects indoors.
- ◆ Dip shears, weeders, pruners, spades, other hand tools in sand.

Store lightweight plastic lawn furniture inside; heavier pieces, like wrought iron, can be left out but should be covered

Drain gas from lawn mower into approved gas can; store in safe location

Unhook, drain, & roll up garden hoses; store inside

Wheel portable barbeques inside but keep propane tanks outside covered with a plastic bag or tarp. Cover grills staying outside

Inspect walls, walk ways, decks; seal cracks

Check foundation, siding for cracks or gaps; repair as necessary

Prune shrubbery, add mulch to perennial flower beds; pull up dead, potted annuals; throw out soil & store pots

Screen at top of chimney to keep leaves, other items out

Replace loose shingles on roof

Make sure flashing around chimney, vent pipes is water-tight; check bricks, mortar

Chimney inspected and cleaned

Properly working vents, attic fans

Check attic vent openings for nests or other blockages

Adequate insulation in attic & walls

Reverse switch on ceiling fans so they blow upward, toward ceiling by moving air up, warmer air that has risen toward ceiling will be forced back down

Install storm doors and windows

Vacuum dust from vents or other types of heating elements

Install insulating kits behind electrical plugs on exterior walls

Consider installing an automatic thermostat  
If you have a thermostat that uses a battery, be sure to replace the battery regularly

Clean drain gutters & point downspouts away from house

Make sure smoke alarm, carbon monoxide detectors are in working order; replace batteries regularly

Close damper when fireplace not in use

Take care of known issues with pipes that freeze; heat tape can be used to keep pipes warm

Caulking, weatherstripping around pipes and ducts that travel through an exterior wall

Additional coat of sealant

Add or replace worn weatherstripping; caulk gaps where necessary

Replace worn doorsteps

Wrap water heater with insulating blanket

Have furnace checked by a professional

If it has one, replace heater's filter each month

Make sure thermostat and furnace pilot light function properly

Test, clean & lubricate sump pumps

Drain water from outdoor faucets.

Install covers on external faucets

Learn how to turn off the main water source so leaks can be stopped immediately

Fill propane or oil tanks

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## Community Environmental meeting planned for January

The Native Village of Eyak is planning a community meeting for January 10th at 6:00pm upstairs from the Ilanka Cultural Center. The main topic will be to discuss one of the current projects that Environmental Coordinator Erika Empey is working on, the Integrated Resource Management Plan (IRMP). As discussed in the last community meeting held in September, the idea of the IRMP is to document current and historical resource use for members of the Eyak tribe. This resource assessment is the initial phase in accomplishing our ultimate goal, which is to have an active part in managing resources for the benefit of the tribe, as well as the environment.

Another aspect of the IRMP integrates the cultural aspect of resource use. An excellent way to incorporate this into the plan is to get input from tribal members. NVE is open to collecting issues and concerns, as well as fundamental values that people have had passed on to them by elders. This can include the personal importance of a resource, place, or a concern that they want the tribe to address.



Our objective is to look into the past to define our ideal future. People can e-mail their suggestions to [Erika@nveyak.org](mailto:Erika@nveyak.org) or attend the community meeting.

Other issues that will be discussed are possible projects for the future. These include working on a winter foraging moose habitat on the Copper River Delta and restoring riparian zones in logged areas around Nelson Bay.



## Summer college opportunity for fishery students

Are you a High School Student interested in getting into the Fisheries/Biology field? The University of Alaska Fairbanks would like to get a head start on their summer high school to college bridge program for 2008. They are looking for 4-5 students statewide who are interested in pursuing the fisheries/biology field. UAF will provide assistance with internship placement and scholarship opportunities for college freshmen. If you or someone you know is interested, please contact Paula Cullenberg at the University of Alaska Fairbanks (907) 274-9692.



## Diabetes Program updates

The NVE Diabetes Program has made some additions to the current exercise program. We have begun offering early morning step aerobics class using *The Firm* videos. The class is held from 6:30 – 7:30am Monday, Wednesday, and Friday at the Masonic Hall. The exercise machine room is available at this time as well.

For those of you who have a scheduling conflict and cannot attend either the early morning class or the Thursday evening Exercise Night from 6:30 – 7:30pm at the Masonic Hall, we have made a key available to be signed out at the Cordova Police Department so that you are able to use the equipment at your convenience. We do require, however, that you take the time to fill out the Informed Consent Waiver, and sign the sign in sheet we have in the exercise room. This information is necessary for our files.

After the first of the year we plan to include two midday opportunities per week for people to come and participate in an exercise activity or use the equipment on days opposite of the exercise program at the City swimming pool.

We are also gearing up for the New Year. We will be continuing our Weight Loss Support Group meetings on Monday Nights 7:00 – 8:00pm upstairs at the Ilanka Cultural Center. We also hope to include Internet Activities from the USDA [www.mypyramid.gov](http://www.mypyramid.gov) website, informational diet and nutrition videos, as well as continue with our monthly potluck and diabetes awareness nights. As a matter of fact, local health care providers LeAnne Buck and Gladah Hicks have recently returned from the Alaska Native Medical Center Diabetes Conference, and have agreed to be our first speakers of the year on January 8th. Bette Seaman, Chugachmiut Diabetes Educator, will be returning in March to speak with the group about diet and nutrition.

Just a reminder- we have diabetic diet/low calorie cookbooks of all kinds available in our cookbook library at the NVE main office for anyone interested in trying new recipes that fit into their nutrition/weight loss program. Just come in and check them out!



Check out NVE's state-of-the-art exercise equipment in the front room at the Masonic Hall.

## Venison Swiss Steak

Here is a slow cooker recipe to use with this year's venison from the *Fix-It and Forget It Diabetic Cookbook*:

### Ingredients:

- 2 lb. round venison steak
- 1/4 c. flour
- 2 t. salt
- 1/2 t. pepper
- 1 T. canola oil
- 2 medium onions
- 2 stalks celery, diced
- 1 c. carrots, diced
- 2 c. fresh or stewed tomatoes
- 1 T. Worcestershire sauce



### Directions:

1. Combine flour, salt, and pepper.
2. Dredge steak in flour mixture.
3. Brown in oil in skillet.
4. Place in slow cooker.
5. Add remaining ingredients.
6. Cover and cook on Low for 7 1/2 - 8 1/2 hours.

Diabetic Exchange List Values = Starch 0.5, Vegetable 2.0, Meat, very lean 4.0, Fat 1.0

Weight Watchers Points Value = 5



Get Fit!

## On-going Wellness Schedule

### Weight Loss Support Group

- Mondays, 7:00 – 8:00pm at Ilanka Conference Room

### The Firm step aerobic class

- Mondays, Wednesdays, & Fridays 6:30 – 7:30 am at Masonic Hall

### “Steps to Success” Walking Program

- First Thursday of each month, 6:00pm at Masonic Hall

### Exercise Workout Night

- Thursdays, 6:30 – 7:30pm at Masonic Hall

### Diabetes Awareness Meeting

- Presenter will be scheduled during Weight Loss Support Group Meetings

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## *Native Village of Eyak Staff*

### ***Tribal Council***

Robert Henrichs, President  
Mark Hoover, Vice-President  
Mark King, Secretary-Treasurer  
Jack Hopkins, Council Member  
Darrel Olsen, Council Member

### ***Main Office Staff (907) 424-7738***

Bruce Cain, Executive Director  
Altana Olsen, Deputy Director  
Jim Gittleson, Finance Director  
Kerin Kramer, Payroll  
Mary Britt, Finance Technician  
Darlene Nichols, Accounts Payable  
Belen Cook, Special Events Coordinator  
Gloria Cunningham, Elder Services Coordinator  
Jackie Ladd, Asst. Elder Services Coordinator/Diabetes Co-Coordinator  
Jeanna Van Brocklin, Diabetes Co-Coordinator  
Erin Kurz, ICWA Worker  
Joe Cook, Maintenance  
Sonya Anderson, Receptionist  
Reyna Villa, Administrative Assistant

### ***Capital Projects Staff (907) 424-7738***

Scott Madison, Capital Projects  
Jeanna Van Brocklin, Housing Coordinator  
Joe Kompkoff, Roads Coordinator

### ***Environmental & Natural Resources Staff (907) 424-7867***

Keith Van Den Broek, Environmental Director  
Erika Empey, Environmental Coordinator  
Erica McCall-Valentine, Regional Social Scientist  
Clark Pearson, Water Quality Coordinator  
Crystal deVille, Water Quality Technician

### ***Ilanka Cultural Center Staff (907) 424-7903***

LaRue Barnes, Museum Director  
Mary Babic, Cultural Arts Coordinator

### ***Ilanka Community Health Center Staff (907) 424-3622***

Murray Buttner, M.D.  
Gary Buck, P.A.  
Leanne Buck, P.A.  
Steve Goniotakis, P.A.  
Gladah Hicks, L.P.N.  
Jane Jensen, R.N.  
Meg Mapili, C.N.A.  
Macrina Purganan, C.N.A.  
Arlene Bishop, Office Manager  
Suzanne Niemi, Financial Director  
Brenda Ludwig, Patient Services Clerk  
Carolyn Dotson, Receptionist

### ***Valdez WIC Office (907) 835-2173***

Sue Arts, WIC Coordinator  
Cheryl Grove, Nutrition Consultant

## **NVE Housing Department plans member survey to help increase funding for 2007**

In January, the NVE Housing program will begin conducting a very important survey. Our 2005 survey was very successful and the information we received from Tribal Members and American Indians living here in Cordova allowed NVE to receive a significant increase in funds for 2006. NVE used this money to help people repair their homes and to present the first annual Home Fair in May. This survey will be done in person, by phone, and by mail. Please help us by participating in this important survey when we contact you. All information received through the survey remains confidential and will only be used by NVE to attain funding for various projects that will benefit you and your families in 2007. In short, this survey will help NVE help all of you a little bit more.



Photo Courtesy of Allen Marquette



Photo Courtesy of Allen Marquette



Be on the lookout! The Native Village of Eyak's 13th Annual Sobriety Celebration issue will be out in January 2007!

## Cultural Center...

From page 2

shore in 2000. Eyak is only 1 of 5 complete orca whale skeletons in the *world*- he alone tends to draw many curious spectators.

Visitors were treated to various displays by local artists and merchants, handcraft demonstrations, a presentation on the history of Prince William Sound, and traditional Native dances performed by the Cordova Ikumat Alutiiq Dancers.

Museum Director LaRue Barnes and Cultural Arts Coordinator Mary Babic had some much needed help from many volunteers. NVE Special Events Coordinator Belen Cook and mother Olga Morris were always on hand to help greet visitors and answer questions. NVE Council Secretary/Treasurer Mark King was often present to speak about the orca whale rearticulation and other NVE projects, and Sally Hottinger was always willing to volunteer her time and efforts to help wherever it was needed.

Without the collaborative efforts of the staff, tribal members, elders, community, visitors, friends, family, and volunteers, the Ilanka Cultural Center would not have been able to have such a wonderful year.



Above: The Cordova Alutiiq Ikumat Dancers in performance.



Above: Tribal Members Barbara Olsen, Darlene Nichols, Virginia Lacy, and Patience Anderson-Faulkner demonstrate their crafts.



Visitors peruse the gift shop and museum.



Right: NVE Special Events Coordinator Belen Cook and a happy customer pose with an Eyak the orca whale poster.



Right: Sally Hottinger chats with a visitor about a book showcasing daughter, Denise Wallace's handmade jewelry pieces.



One of Cruise West's smaller ships, the *Spirit of Columbia* enters the Cordova city harbor.

## Job Opportunities

NVE is accepting applications for a Temporary On-Call, As-Needed Employee pool for various positions throughout the year. Applications will be kept on file for one year from date received. Positions are on an on-call, as-needed basis and do not by any means guarantee employment. General applications are available in our main office at 509 First Street.

Tribal Government seeking Physician to operate out of rural health care facility at Ilanka Community Health Center. For more information please contact NVE at (907) 424-7738.

NVE is accepting applications for a Native Youth Olympic Coach for the upcoming 2007 season. Statewide competition will be held in Anchorage April 26-28. Position includes but not limited to: coaching team between February and April, chaperone, and raise funds.

NVE is accepting applications for a Temporary Museum Data Entry Specialist to perform a variety of data entry activities in accordance with established museum procedures at the Ilanka Cultural Center. Position to begin approximately the 2nd week of January 2007. For more information please contact NVE at (907) 424-7738.

Tribal Government seeking Civil Engineer to facilitate ongoing road program in rural Alaska and implement 3 year+ project control schedule. Prefer Alaska-registered professional engineer with 10 years experience in projects in Northern/rural climates. For more information, please contact NVE at (907) 424-7738.

We're Alaskan Natives, and we have the power to prevent type 2 diabetes. Take your first step today. Talk to your health care provider.

For more information about diabetes prevention, call **1-800-438-5383** and ask for the **POWER TO PREVENT DIABETES** [www.ndep.nih.gov](http://www.ndep.nih.gov)

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

## Classifieds

Are you looking to buy or sell something? Do you have an event announcement to make? Would you like to contribute photos or articles? We would be glad to include it in our Eyak Echo newsletter. If interested, please contact Kerin Kramer or Reyna Villa at (907) 424-7738.

### 2006 Regular Tribal Council Election Final Results

- Jack Hopkins.....46
- John Mark Hoover.....38
- Lennette Ronnegard.....36
- Gary Patton.....13

Election results were certified to be correct by the Election Board on December 16, 2006.



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