

Eyak Echo

Echoes of our Ancestors



January 2009

Eyak Echo Editor: Reyna Villa



Reyna Villa/Eyak Echo

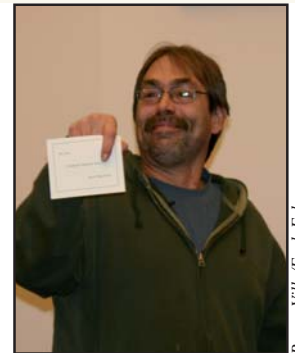
NVE Executive Director Bruce Cain presents Health Director Altana Hamilton with a Copper River Fleece jacket boasting the NVE logo custom-made by Pastimes.

NVE shows staff appreciation

Reyna Villa, Administrative Assistant

In recognition of hard work and dedication by its staff, the Native Village of Eyak presented employees with tokens of appreciation during the annual Thanksgiving and Christmas Staff Parties. Each staff member was given a display box and a silver star for each year of employment up to 5 years and a gold star for each year of employment thereafter.

As a special gift to the three employees who have been with NVE for over 10 years, NVE bestowed Clinic Health Director Altana Hamilton, Ilanka Cultural Arts Coordinator Mary Babic, and NVE Maintenance Joe Cook with jackets by Copper River Fleece with the NVE logo stitched on the back, done by Pastimes.



Reyna Villa/Eyak Echo

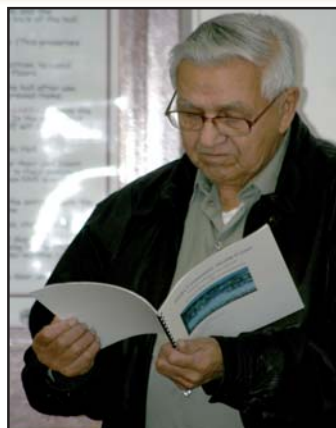


Reyna Villa/Eyak Echo



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Clockwise from top: Cultural Arts Coordinator Mary Babic; Maintenance Dean Kramer; Tribal Council Member Crystal deVill and Special Events Coordinator Belen Cook.



Reyna Villa/Eyak Echo

Tribal Elder George Olsen at the Contract Health Care meeting held November 8. CHC Manuals for NVE Beneficiaries available at the NVE main office.

Inside This Issue...

NOTICE of Special Election	2
Indoor Air Quality	2
New Employees	3
Sobriety Celebration Sponsors	3
Tribal Member ID Cards	4
Mini-Grant F.A.Q.	4
Board of Fisheries	4
Wellness Updates	5
National Adoption Day	6
Sobriety Pie Fundraiser	6
Youth Craft Days	6
Classifieds	8

More photos on Page 7, Staff appreciation

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NOTICE of

The Native Village of Eyak SPECIAL election

**Polls open 8:00 AM to 8:00 PM
January 24th, 2009**

**Native Village of Eyak upstairs
lobby (elevator available)**

Native Village of Eyak's regular election for
the traditional council resulted in the
following votes:

Robert Henrichs	35 votes
Thomas Anderson	26 votes
Mark King	26 votes
Lennette Ronnegard	24 votes
Mark Hoover	18 votes

This outcome resulted in a tie between the
following candidates:

Thomas Anderson	26 votes
Mark King	26 votes

**On January 24th, 2009, there will be a
runoff election between the
two tied candidates.**

**In-Person Absentee voting will be available
at the NVE Main Office Lobby January 9-23,
during regular business hours 8am to 5pm.**

Breathe easy in your home this winter

Autumn Bryson, Environmental Coordinator

During these winter months, we spend a lot of time indoors so it is important to be aware of our indoor air quality and how it can be improved. There are many sources of indoor air pollution in the home. These include combustion sources such as oil, gas, kerosene, coal, wood, and tobacco products; building materials and furnishings such as asbestos-containing insulation, wet or damp carpet, and cabinetry or furniture made of certain pressed wood products. Usually the most effective way to improve indoor air quality is to eliminate individual sources of pollution or to reduce their emissions. In many cases, source control is also a more cost-efficient approach to protecting indoor air quality than increasing ventilation because increasing ventilation can increase energy costs. Some sources, like those that contain asbestos, can be sealed or enclosed; others, like gas stoves, can be adjusted to decrease the amount of emissions. Other pollution sources can be eliminated by simply storing them properly. Never store gasoline in the home, an arctic entryway, or an attached garage. Gasoline is very volatile and releases benzene, a harmful air pollutant. Always store gasoline in an outdoor storage shed. Reduce exposure to formaldehyde (a human carcinogen), found in pressed wood products, durable press drapes, glues, and tobacco smoke by avoiding these products when possible or increasing ventilation in indoor areas after new sources of formaldehyde are introduced. Certain plants, including philodendron, spider plants, golden pothos, peace lilies, bamboo palms, mums, and English ivy remove dangerous toxins (e.g., formaldehyde, carbon monoxide, benzene, and others) from the air, so introducing these plants to your home, office, and other indoor environments can help to improve your indoor air quality. For more information contact Autumn Bryson, abryson@nveyak.org or (907) 424-7738.



New Employees

Dr. Phillip Hess, MD

Ilanka Community Health Center Medical Doctor



I moved to Cordova in August after 10 years in Helena, MT. Originally from Lancaster, PA. Our family was struck by the sense of community here when we first came to visit. The natural setting and skiing potential were also big factors in choosing to move to Cordova. The reality has exceeded expectations on all counts! I'm looking forward to exploring the water in its liquid state as well. Ilanka Clinic is doing a great job with health promotion and working to expand access to health care services for the entire community and I'm excited to be a part of that mission. I'm new to the medical director role but have been a family physician for 13 years. Listening to the various cultural and community perspectives has been rewarding and I look forward to more of that for years to come. NVE has been a most generous employer and fosters the family aspect in many ways. I hope to contribute by improving the delivery of health care at Ilanka, building systems to optimize our clinic operations, and promote a cooperative environment with CCMC and other health services in town. I dislike hair, long pants, and being inside- hope to cross paths with you playing out there.

Penney Benson

Ilanka Community Health Center Office Manager



I moved to Seattle two and a half years ago to live in the city. I enjoyed my time there but as many of you who have left Cordova for greener pastures and have returned would know that Cordova is a unique and wonderful place to live and I just couldn't stay away. I missed all of my family and friends here in Cordova and the beauty and wonder that Cordova holds. I began asking and looking for that one special job that would bring me home to Cordova. When I heard about the position of the Office Manager for the Ilanka Community Health Center, I immediately called Altana and let her know I really would like the opportunity to come and work for NVE at the Health Center. I had previously worked as the Office Manager at the Cordova Medical Clinic back when Dr. Osborn and Dr. Ermold were here and really enjoyed it. I look forward to being an integral part of the Ilanka Community Health Center team. They are a great group of people ready, willing and able to provide the best health care to the people of Cordova. Come by and visit us, I look forward to meeting all of you very soon.

The Native Village of Eyak and the 2008 Sobriety Celebration Committee would like to thank the following sponsors for contributing to the 15th Annual Sobriety Celebration and Memorial Potlatch

- Orca Adventure Lodge
- Robert Henrichs
- Black Spruce Health Systems Consulting
- Ocean Beauty Seafood
- Alaska marine Lines Lyndon
- Cordova Telephone Cooperative Inc.
- AC Company
- Dr. Gilbert L. Urata D. M.D.
- The Net Loft
- Bayside Storage
- Eyak Corporation
- Larry & Carmen Markley
- Harbor Hydraulics
- RurAL Cap Action Program Inc.
- Valerie & Steve Thomas
- MRV Architects
- Olga Morris
- Alyeska Pipeline Services
- Alaska Optical Services, Inc.
- Cordova community Medical Center
- Cordova Labor Hall Association
- Dr. Stephen J. Langdon, UAA• Michael Williams & Drue Pearce
- Joe & Belen Cook, F/V Belen-C
- Wells Fargo
- ANTHC
- Laura's Liquor Shoppe, LLC
- Prince William Sound Science Center
- Alaska Native Technologies LLC
- The Eyak Foundation
- GCI Communications Corporation
- Trident Seafood
- Bear & Wolf –Trident
- Alaska Serigraphics
- Mr. & Mrs. Charles McCracken
- Mark & Lyn Steen
- Jeannie Green Productions
- US Forest Service
- USCG Sycamore
- In Memory of Cookie Cook
- Ozzie Ujioka
- Cordova District Fisherman United
- Cordova Moose Lodge
- Mara Copeland
- Chugach Heritage Foundation• In Memory of Fred Carrol
- Peer Listeners
- NVE Department of the Environment & Natural Resources
- Jeanna Van Brocklin
- Ilanka Culture Center
- Yees Ku Oo Dancers
- Jackie Ladd
- Cordova Chamber of Commerce
- Pete Hoepfner- Pete's Treats
- Mary Babic
- USCG Sycamore
- Helena Nelson
- Dean Kramer
- Virginia Lacy
- Era Aviation
- Mike and Edna Jackson
- Ruth Demmert
- Chinook Auto Rental
- Jason Borer
- Jim & Futaba Gittleston
- Nancy Bird & Carl Becker

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Tribal Member Enrollment ID Cards in place

Reyna Villa, Administrative Assistant

The Native Village of Eyak is proud to announce that the first Tribal Member Enrollment ID Cards have been issued. The project was given a high priority on NVE's Long Range Plan and has finally come to fruition. ID Cards expire one calendar year from the date published on the card. It is the responsibility of the Tribal Member to have their cards renewed each year and to keep us updated on any changes in contact information. Tribal Members can come down to our office at 110 Nicholoff Way and fill out an application as well as have a photo taken. For more information, please see Reyna Villa or call (907) 424-7738.



Reyna Villa/Eyak Echo

NVE Deputy Director Angela Arnold is issued the first Tribal Member Enrollment ID Card.

Mini-Grant F.A.Q.'s and Answers

Page Herring, HUD Coordinator

Mini-Grants from the NVE Housing Dept. are a popular and easy way to achieve small rehabilitation projects. Here is a list of the most frequently asked questions:

Q. How do I qualify?

A. Qualified persons are low-income Alaskan Native-American Indian homeowners in the Cordova service area.

Q. What is low income?

A. The low income limits are pre-determined by the federal government and change yearly. This year's limit for a family of four is \$59,700.00 in the Cordova service area. Call the Housing Dept. for more information.

Q. How much is the grant?

A. \$1999.99. This has to cover both materials and labor; if your project goes over this amount then you will have to pay out -of -pocket.

Q. When can I apply?

A. The grants are open twice a year, generally spring and fall. This is to allow time for the work to get done when there is a contractor available to do the work in a 60 day time frame.

Q. How will I know when to apply?

A. NVE Housing will put an announcement out on the scanner and post notices on local bulletin boards. The application period is for two weeks.

The next mini-grant will open April 15, 2009 with completed applications due by April 30. Questions can be directed to Page Herring, NVE Housing Coordinator 424-7738.

Board of Fisheries

Tom Haluska, Tribal Biologist

The Board of Fisheries was held December 1-8 at Orca lodge, and as always faced some contentious proposals. However, nobody came to fisticuffs and the testimonies, committees, and deliberations went quite smoothly despite taking an extra day. There was good discussion within the committees and remarkably even some, as the big wigs in D.C. like to say, reaching across the aisle for compromise. This reinforced the overall concern by everyone involved in sustaining and conserving our natural resources in maintaining a healthy ecosystem on which we all depend.

One of the most contentious proposals was Proposal 1, which would change the Chitina Subdistrict from a personal use fishery to a subsistence use fishery. In fact, this proposal has been part of the last 7 board cycles and only once has the Board ruled in favor of redefining the fishery as a subsistence fishery. Proponents of this proposal have argued that Ahtna traditionally used the Chitina Subdistrict fishery for subsistence, which is true. However, by the mid-1970's Ahtna were crowded out by non-Native people from outside of Chitina and Ahtna were forced to move upriver. The outsiders mostly came from Anchorage, Fairbanks and Mat-Su Valley, which continues today. While everyone has the right to fish, the Board upheld 5-1 that the Chitina Subdistrict is no longer a subsistence fishery, meaning the people currently using this fishery

Continued on Page 7, **Board of Fisheries**

Wellness Schedule

One Mile Walking Group

- Mondays & Wednesdays 11-11:30am, meet @ CCMC Activity Room

Two Mile Walking Group

- Tuesdays & Thursdays 11-11:30am, meet @ CCMC Activity Room

Happy & Healthy Group

- Mondays 7pm @ Ilanka Board Room

Laughter Fitness

- Fridays 11-11:30am @ CCMC Activity Room

Special Nutrition Classes & Wellness Workshops

- Various subjects will be addressed, specific dates and times will be announced in advance

Calendar of upcoming Wellness activities & events are available. Contact Jeanna Van Brocklin at 424-3622 or Jackie Ladd at 424-7738.

Living Well Alaska

A Chronic Disease Self-Management Program



When: Fridays 3-5pm, Jan 9 - Feb 13

Where: Ilanka Board Room

Contact: Jeanna Van Brocklin 424-3622

Who Should Attend?

Living Well Alaska Workshops are for people with all kinds of chronic illnesses, such as:

- Arthritis
- Asthma
- Diabetes
- Heart disease
- HIV/AIDS
- Lung disease
- Other chronic conditions

Your spouse, family member, or friend is encouraged to attend the workshop with you.

What Will You Learn?

In the Living Well Alaska workshop, you will learn how to:

- Manage your symptoms
- Get started with healthy eating & exercise
- Communicate effectively with your doctor & health care team
- Manage your fear, anger, & frustration
- Make daily tasks easier
- Get more out of life

Holiday Gingerbread

Ingredients

- ¼ c. Extra Virgin Olive Oil
- 1 large egg
- 1 c. low-fat buttermilk
- ¼ c. molasses
- 1 medium carrot peeled and shredded (about 1/2 cup)
- 1 c. whole wheat pastry flour
- ½ c. splenda or xylitol sweetener
- 1 t. baking powder
- 1 t. baking soda
- ¼ t. salt
- 2 ½ t. ground ginger
- 2 t. ground cinnamon



Directions

1. Preheat oven to 350°. Coat a 9x13 inch pan with cooking spray. In a medium bowl, combine the oil, egg, buttermilk, molasses, and carrot and mix well.
2. In a large bowl, combine the remaining ingredients. Add the olive oil-molasses mixture to the dry ingredients. Mix gently. Do not over beat.
3. Pour the batter into the prepared pan and bake for 25 minutes. Cut into squares and serve warm.

Remember, exercise equipment is available at the Masonic Hall for public use at anytime by signing the key out from the Cordova Police Department. Don't forget to sign in at the exercise room.

Are You Sick & Tired of Being SICK & TIRED?

Jeanna Van Brocklin, CWA / Diabetes Coordinator

The NVE Diabetes/Wellness Program will begin a new "Living Well Alaska – Chronic Disease Self Management Program" class on Friday afternoon January 9, 2009 from 3:00-5:00 PM. If you suffer from any chronic medical condition or care for someone who does, and are interested in participating in this helpful class, please call Jeanna VanBrocklin at 424-3622 for more information or to be placed on the upcoming class' list.



Local Living Well Alaska Instructors Jeanna Van Brocklin and Sam Ronnengard.

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National Adoption Day

Reyna Villa, Administrative Assistant

Tribal Member Wesley Ladd and wife Bridget took part in a celebration of National Adoption Day on November 20, 2008 at the Captain Cook Hotel in Anchorage, Alaska. They were able to finalize the adoption of their daughter Michelle Viola Ladd, born February 8, 2008. Michelle joins the couple and their children Micah, Madeline, and Mason. The Ladds also have a foster son, Dalton, whom they are working towards adopting as well. The family resides at Elmendorf Airforce Base where Wesley is a U.S. Air Force Staff Sergeant.



Photo courtesy of Jackie Ladd

Wesley, Dalton, Micah, Bridget, Michelle, Madeline, and Micah Ladd pictured with Senator Mark Begich and Governor Sarah Palin.

Sobriety Pie Fundraiser a success

Reyna Villa, Administrative Assistant

Each year during the holiday season, the Native Village of Eyak holds a Sobriety Pie Fundraiser and community arts and crafts fair. This year, 50 homemade pies were sold and raised approximately \$350 to go towards next year's Sobriety Celebration. NVE and the Sobriety Committee would like to thank the following volunteers for making pies- Patience Andersen-Faulkner, Shirley Cain, Danielle Barrett, Kerin Kramer, Belen Cook, Marilyn Sanders, and Linda Glasen.

Below: The Christmas Elf aka Special Events Coordinator Belen Cook.



Reyna Villa/Eyak Echo



Reyna Villa/Eyak Echo

Above: Tribal Member Mark King and wife Sandy sold homemade jewelry and fur crafts as well as their renowned kippered and pickled fish.



Reyna Villa/Eyak Echo

Left: Tribal Council Member Patience Andersen-Faulkner shows Laurel Carter how to weave.



Reyna Villa/Eyak Echo

Right: Tribal Youths Denise Olsen-Asp and Shyla Krukoff.

Youth Craft Days

Reyna Villa, Administrative Assistant

Youth Craft Days were held December 28-29 in the Ilanka Board Room. Social Services Assistant Danielle Barrett arranged the event with the help of Tribal Council Member Patience Andersen-Faulkner. Participants learned how to weave Yupik-style baskets out of raffia. For more info on upcoming youth events, please contact Danielle Barrett 424-7738.

Native Village of Eyak Staff

Tribal Council

Robert Henrichs, President
 Jack Hopkins Vice-President
 Darrel Olsen, Secretary-Treasurer
 Crystal deVille, Council Member
 Patience Faulkner, Council Member

Native Village of Eyak (907) 424-7738

Angela Arnold, Deputy Director
 Danielle Barrett, Social Services Assistant
 Mary Britt, Accountant
 Autumn Bryson, Environmental Coordinator
 Bruce Cain, Executive Director
 Belen Cook, Special Events Coordinator
 Joe Cook, Maintenance
 Gloria Cunningham, Elder Services Coordinator
 Teresa Davis, Receptionist
 Jim Gittleson, Finance Director
 Tom Haluska, Tribal Biologist
 Page Herring, HUD Coordinator
 Kerin Kramer, Office Manager
 Erin Kurz, ICWA Worker/Fee Agent
 Jackie Ladd, Asst. Elder Services Coordinator/Diabetes Coordinator
 Scott Madison, Capital Projects Coordinator
 Darlene Nichols, Accounts Payable/Payroll
 Clark Pearson, NALEMP Project Coordinator
 Keith Van Den Broek, Director of DENR
 Reyna Villa, Administrative Assistant

Ilanka Cultural Center (907) 424-7903

LaRue Barnes, Museum Director
 Mary Babic, Cultural Arts Coordinator
 Anna Pirtle, Receptionist

Ilanka Community Health Center (907) 424-3622

Penney Benson, Office Manager
 Carolyn Dotson, Patient Services Clerk
 Marycris Gasmen, CNA
 Altana Hamilton, Health Director
 Dr. Phillip Hess, MD/Medical Director
 Rene Kenney, PA
 Autumn LeBlanc, Patient Services Clerk
 Dr. Lee Morrisette, MD
 Cheryl Nice, PA-C
 Virginia Nicholas, RN
 Suzanne Niemi, Financial Director
 Jeanna Van Brocklin, CWA/Diabetes Coordinator

Valdez WIC Office (907) 835-2173

Sue Arts, WIC Coordinator
 Rene Legan, Nutrition Consultant

Board of Fisheries...

From Page 4

does not depend on these fish for sustenance. Ahtna, as does NVE, support the Board in this decision and adamantly oppose designating the Chitina Subdistrict as a subsistence fishery. Frankly, if the outsiders can afford to make the trip to Chitina, certainly they can afford to go to the supermarket to fulfill their subsistence needs.

There were many proposals with profound implications for Prince William Sound and the board has done a good job overall of addressing these proposals. For results on all the proposals, visit the Alaska Board of Fisheries website at: <http://www.boards.adfg.state.ak.us/fishinfo/meetinfo/2008-2009/Cordova/pre-summary08.pdf> or Cordova District Fishermen United at: <http://www.cdfu.org/bofactions.html> for more information.

Thanks to everyone in making this a successful meeting and special thanks to Steve Ranney and Orca Lodge staff for all their hard work and hospitality in hosting the meetings.

Staff appreciation...

From Page 1



Reyna Villa/Eyak Echo



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Reyna Villa/Eyak Echo



Reyna Villa/Eyak Echo

Clockwise from the top: NALEMP Crewmember Aaron deVille; Maintenance Joe Cook and Bruce Cain; Diabetes Coordinators Jackie Ladd and Jeanna Van Brocklin; Museum Director LaRue Barnes and mother Leona Olsen; Bruce Cain and Clinic PA Rene Kenney; and Clinic Patient Services Clerk Autumn LeBlanc.

Classifieds

EMPLOYEE POOL. NVE is accepting applications for a Temporary On-Call, As-Needed Employee pool for various positions throughout the year. Applications kept on file for one year from date received. Positions are on-call, as-needed basis and do not by any means guarantee employment. General applications are available at NVE office 110 Nicholoff Way. Contact Kerin Kramer at (907) 424-7738.

CDL HOLDERS. NVE is compiling a list of members who have Commercial Drivers Licenses (CDL's). This will be used as a call-out list for any future work. To be put on the list, come to the NVE main office. We will copy your driver's license and put your name and phone number on our list.

CIVIL ENGINEER. 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. Contact Scott Madison at (907) 424-7738.

FOR RENT. 2 bedroom apartment 858 sq. ft. W/D furnished. Minimum 1-year lease preferred. \$800/month + tax and utilities. Located at 918 Center Drive. Contact Kerin Kramer (907) 424-7738.

MEDICAL SUPPORT STAFF. NVE is accepting applications for 1 FTE clinic medical support staff. The successful applicant will be caring, motivated, and knowledgeable in primary clinical patient care. Applicants with CNA/MA certification as well as LPN/RN degrees are encouraged to apply. Wages DOE, open until filled. Complete job descriptions are available at www.nveyak.com and at NVE's main office, 110 Nicholoff Way, P.O. Box 1388, Cordova, AK 99574. For more information, contact Altana Hamilton (907) 424-3622.

ENVIRONMENTAL TECHS. Openings for a variety of outdoor work. Valid Alaska Driver's License and ability to operate skiffs and chain saws required. \$15/hour. General applications are available at the NVE main office, 110 Nicholoff Way. Contact Clark Pearson at (907) 424-7738.

CAMP LEAD. NVE's Department of the Environment and Natural Resources is accepting applications for a Camp Lead. Full-time seasonal position to go from early May to mid-August or early September. Living and working at remote research facility on the Copper River is required. Full job description and requirements available at www.eyakfish.com or at the NVE main office, 110 Nicholoff Way. For more information, contact Keith van den Broek or Tom Haluska at (907) 424-7738.

FISH TECHS. NVE's Department of the Environment and Natural Resources is accepting applications for Fisheries Research Technicians. Full-time seasonal position to go from early May to mid-August or early September. Living and working at remote research facility on the Copper River is required. Full job description and requirements available at www.eyakfish.com or at the NVE main office, 110 Nicholoff Way. For more information, contact Keith van den Broek or Tom Haluska at (907) 424-7738.

SPORT LICENSES. Residents age 60 and older who meet the residency requirements according to the Alaska Department of Fish and Game may be issued without charge a Permanent Identification Card for sport fishing, hunting and trapping. Applications available at ADF&G office and NVE office. Contact Jackie Ladd at (907) 424-7738 for more info or help with applications.

E-RECYCLING EVENT. NVE will be accepting old electronics for recycling between January 15-30 from 9-3pm. Contact Autumn Bryson at (907) 424-7738 or abryson@nveyak.org.



Native Village of Eyak
P.O. Box 1388
110 Nicholoff Way
Cordova, Alaska 99574
(907) 424-7738
www.nveyak.org

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