



the Wave ~

news from the big beach

January / February 2010

Volume 24 Issue 1

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Introducing...Scott Allen, QNT's NEW Tribal Administrator

Scott is a graduate of California State University, located in Chico, CA and a member of the Oglala - Sioux and Cherokee Tribes from South Dakota and Oklahoma. He has developed and successfully run his own companies, provided management consulting for a variety of businesses, and worked in high level positions with private business and local government, most recently as the Planning Director of the Denali Borough.

He has lived in Healy, AK the last eight years and prior to that, south of the border, in Mexico along with numerous areas in the Southwestern and Midwestern regions of the lower 48. He has years of experience working with the federal government and Native American organizations on a range of issues. He brings a wealth of leadership, management and administration experience developed over many decades and looks forward to assisting QNT during its advancement to the next level of unity, self-determination and empowerment.



Pick.Click.Give.

Pick.Click.Give.—An effective way to encourage new donors!

Qutekcak Native Tribe is pleased to announce that we are part of Pick.Click.Give. for 2010. The first year of the program was a success with approximately 5,100 Alaskans giving more than \$545,000 to their favorite organizations. We are excited about the opportunity to participate this year.

By giving through Pick.Click.Give., you join others to become an important force in bettering our communities and our state. For those of you who already support QNT, we appreciate your gifts and hope you will use this option to make an additional donation. Donations to QNT support those areas not already funded such as cultural sharing.

When you go online to sign up for your dividend, you will see an option to "Pick.Click.Give." Follow the instructions to make a new donation, or an additional gift. At the same time, please take the extra step you will see after you make your donation to provide your contact information to us. We want to acknowledge and recognize your generous support, and this is the only way we will know it's you making the gift.

You can find more information about the program, including frequently asked questions at www.PickClickGive.org. Or you may call us at 224-3118.

Qutekcak Native Tribe is the tribal organization serving the Native community of Seward, Alaska, created to promote the unity, self-determination, and empowerment of our members and other Native people residing in the Eastern Kenai Peninsula by providing services that will strengthen Native people by increasing opportunities, and enhancing their mental, physical, and spiritual well-being, in harmony with our land and

COUNCIL UPDATES



A TOBACCO FACTOID

Second hand smoke also known as environmental tobacco smoke kills. It is the 3rd leading PREVENTABLE cause of death in the United States. For every 8 deaths the tobacco industry kills, it takes the life of 1 non smoker. In Alaska alone, 1200 deaths are associated to tobacco use.

Second hand smoke and its' health affects on children include: **Respiratory Problems** such as bronchitis and pneumonia which are lower respiratory infections. Infants of mothers who smoke in the same room have a 56% higher risk of being hospitalized compared to infants of mothers smoke in a separate room.

There is a 73% higher risk if mothers smoke while holding their infants and a 95% higher risk if mothers smoke while feeding their infants. **Asthma** – asthma attacks are perhaps the most well known health effect of second hand smoke exposure among children. It increases the frequency of episodes and the severity of symptoms. It is also associated with increased respiratory-related school absenteeism, especially those children with asthma.

Taking this information into consideration, please smoke outside if you smoke. Protect your children's health by taking it outside and not smoking in your homes or vehicles.

Next issue we will continue looking at second hand smoke and its' affects on children and adults.

If you are interested in quitting and need assistance please contact me at 224-4914 or call the Quit line at 888-842-QUIT.
~Trudy Valenza, Tobacco and Prevention Coordinator

EXXON DISTRIBUTIONS:

If you have questions regarding the EXXON distributions, please contact Brad Troth at Jamin Law Office in Kodiak, Alaska (907) 486-6024.

WE NEED YOUR HELP: Do you know...

Karen E. Caindec

Patricia Ledet

Loren Spaulding

If so, please contact Brad with updated contact information. Thank you!

This is your newsletter!

We invite you to call or stop by with articles, suggestions, announcements, greetings, births, weddings, or community concerns.

The Wave is printed every two months. The deadline for the next issue is: **02/19/09**

Call: (907) 224-3118

Y o u ' r e I n v i t e d

The QNT Council is an elected body representing you and your interests in QNT's future.

You are welcome to attend the monthly QNT Council meetings to learn about what's happening in the tribe and to present your ideas and concerns.

Meetings are typically held on the 2nd Tuesday of each month. The next Council Meetings are scheduled for

January 12th and February 9th

P l e a s e j o i n u s !

*Call
to confirm
time and date*



LEARNING & CULTURE CENTER

QNT Launches A Redesigned Website! Check It Out!

QNT is pleased to announce the launching of its recently redesigned website. Please stop by and check it out... often!

The URL of QNT's old web site was www.qutekcak.net which was difficult to locate— even for those who can easily spell the name. To more effectively communicate with the public and to be more easily located online, the URL has been changed to www.sewardaknatives.com.

The redesigned site was funded by a recent grant received from the Administration for Native Americans with added support from the Chugach Museum. The intention of the redesign was to publish recent works completed by the Qutekcak Learning & Culture Center but also to do more outreach to our tribal membership and the Seward Community at large.

The look and feel of the site are based upon Qutekcak's name which means "the big beach" in Alutiiq. You will also see images that are reflective of this newsletter "The Wave."

The site shares information about QNT's history, it's quest for federal recognition, cultural activities, photos, and member services along with a calendar of events (which is still in progress). Check back often for updates.

Please, take a moment of your time to review the site and send your feedback to learningctr@qutekcak.net.

Special thanks to ANA and the Chugach Museum for their support of this initiative.



\$1,250 Donation Received from Wells Fargo Foundation!



Special thanks to our friends at Wells Fargo who recently donated \$1,250 to the Qutekcak Learning & Culture Center. These funds will be used to further develop the QLCC and provide cultural sharing opportunities to our tribal membership and the Seward Community!

THANK YOU WELLS FARGO!

Volunteer Opportunities!

It takes a village to raise a child...or help an elder. Together we are much stronger than we are as individuals. We need your time and assistance to help us grow stronger. Please consider volunteering your time to help.



QNT is currently seeking volunteers for its Handyman Home Repair Program. This program will use volunteers to assist QNT elders with small home repairs which will keep them safe and ultimately, in their homes longer. Please contact our office if you are interested in this volunteer opportunity! Thank you!

*Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!
--author unknown*



YOUTH PROGRAM

In November, the Dance and Drum Group traveled to Cordova to participate in the Native Village of Eyak's 16th Annual Sobriety Gathering. It was nice to go back since it has been several years since we have participated. The youth had the opportunity to Dance with several of the other Dance Groups as well as reestablish friendships started at Nuciiq Spirit Camp this past summer.

In October the Boys and Girls club teamed up to start a Junior Native Youth Olympic Team. The 1st thru 6th graders meet three times a week to stretch, build stamina and learn the games. They will be traveling to Anchorage in February to compete in a state competition.

The Senior Native Youth Olympic team also started practicing in October. The team is made up of youth in 7th thru 12th grade. They have their eye on competitions in January over in Kenai, March in Palmer and States in Anchorage in April. We are still accepting any youth that would like to join the Senior Team. Practices are Monday, Wednesday and Thursday at Seward Elementary School from 5:30 pm to 8:00 pm.

In December the Youth participated in a BrainWise class which taught them that everybody has problems and how to deal with them without blowing up. While they rode the Emotion Elevator they learned to use their Wizard Brain instead of their Lizard Brain, self talk and control was the name of the game!



A future NYO athlete!

This year has been so full and fun and I am looking forward to what is ahead in 2010!

Woliwon, Melanee Stevens



QNT's Dance & Drum Group at Cordova: Alex Christiansen, Billy Wardlow, Taylor Stewart, Jovahnte Usugan, Amber Clarke and Garrett Hansen

ELDER PROGRAM

Elder's Thursday Social

We welcome tribal members to join us at our weekly Craft and Social session. They are held every Thursday afternoon from 1:00 PM to 3:00 PM.

Translators Needed:

We continue to look for volunteer translators who will be willing to visit Elders at the Providence Care Center.



QNT Handyman Home Repair Program:

As people age, so do many of their homes and the need for even minor home repairs can become a threat to the homeowner's health and safety. Often, due to financial limitations, these home repairs cannot be addressed and as a result, an older adult's safety may be compromised. A fall, injury or even just the threat of such an incident can affect an older person's ability to remain in his or her home.

The QNT Handyman Home Repair Program is the only program within the City of Seward that assists seniors to address critical safety concerns in their homes. The QNT Handyman Home Repair Program assists seniors to remain in their homes as long as it is safe.

To qualify for the QNT Handyman Home Repair Program you must:

- Be 60 years of age or older;
 - Own your home; and
- Meet Tribal eligibility criteria.

For more information about the QNT Handyman Home Repair Program or other assistance programs, please contact Brittany or Maggie at the tribal office, 224-3118.

ANNOUNCEMENTS

~ Happy Birthday ~

January		February	
Darren Lackey	1	Darrel Painter	1
Ryan Pruitt	2	Nickolas Broughton	1
Joanne Wiley	3	Janet Fortman	1
Sara Tolson	4	Cody Stanley	1
Steven Kunnuk	6	James Wallace	2
Brian Marine	6	Jason Wichers	2
Corrine Stanley	6	Larry Unrein	3
Alex Christiansen	9	Jasper Wallace	3
Patti Estes	9	Herbert Kunnuk	4
Chris Hansen	9	Kelley Samuelson	4
Edward Anahonak	11	Matthew Dotomain	6
Michael Ashenfelter	11	Ava Eads	8
Kevin Jackson	13	Jack Broughton	10
Samuel Hanschen	15	Tony Hansen Sr.	12
Leo Kunnuk, III	15	Samantha Hubbard	12
Gloria Boggs	15	Theresa Thiele	13
Kenton Lee	16	Shamai Thacker	13
Ramona Howard	17	Edward Endresen	14
Mary Simpson	23	Grace Davenport	17
Douglas Setters	23	Isaiah Hubbard	17
Jason Marshall	25	Jolene King	17
Victoria Roddan	25	Thomas Buchanan	18
Susan Anderson	25	Debbie Rook	19
Isaiah Dotomain	26	Michael Watson	20
Annie O. Hatch	26	Dorothy Osenga	21
Diane McRae	26	Lena Blatchford	22
Michael Getman	27	Joshua Doan	22
Christopher Hood	27	Breanna Osenga	24
Garol King	29	Alton Youngblood	24
Toni Berg	30	Thomas Endresen	25
Carol Hatch	30	Kyle Lackey	26
Mabel Blatchford	31	Herman Nelsen	26
		Elannah Camp	27
		Candice Wallace	27



**We're Having a
PARTY and
YOU'RE
INVITED!!**

QNT will be hosting a
birthday party every other
month to honor those who
are celebrating their birth-
days!

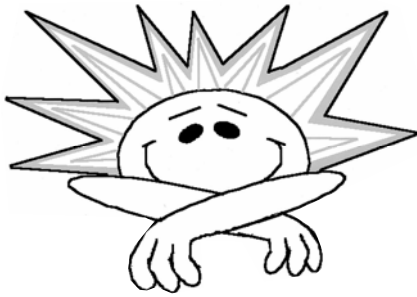
Please join us for coffee,
tea and cake on
Thursday, January 21st
 from 1pm—3pm to cele-
brate QNT's January and
February Birthdays!

All are Welcome!



Transportation is provided to
QNT Elders and disabled tribal
members on Wednesday of each
week for afternoon clinic and den-
tal appointments, shopping, bank-
ing and a visit to the post office.
**To be included in the weekly
transportation, please contact the
office by 3pm on each Tuesday.**

ANNOUNCEMENTS




Join the Sunshine Club

Donate to the QNT Sunshine Club. Earnings go to general operations that grants do not cover. QNT, a non-profit organization, provides services to the community, our elders, and the youth. You do not need to partake in any activities to donate.

Special thanks to those who have contributed during this fiscal year:

Rita Goshorn
 Caroline Toloff
 Gilbert Ollestad
 Judi Christiansen
 Daisy Blatchford
 Diane McRae

RECIPE:



Easy Rhubarb Jam
 Simmer 3-5 minutes
 5 c. cut up rhubarb
 3 c. sugar
 Add, stir until dissolved:
 1 pkg (small size) strawberry or rasp berry jello
 Pour into containers, freeze or refrigerate. **EASY!!**

IMPORTANT DATES!

January 1st—New Year’s Day
 (QNT CLOSED)

January 7th—Russian Christmas

January 12th - QNT Council Meeting

January 14th—Russian New Year



January 18th—Martin Luther King, Jr. Day
 (QNT CLOSED)

January 21st—QNT Birthday Celebration for January & February, 1-3pm at QNT

February 9th - QNT Council Meeting

February 14th—Valentine’s Day



February 15th—President’s Day (QNT CLOSED)



QUYANA! (Thank You)

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well." - Voltaire -

Tina & Allen King
and One Shot Photography

Thank you so much for all that you do to support QNT and enhance our programs!

Jean Cripps & The Emblem Club

Thank you for the Thanksgiving and Christmas Gift Certificates! Such a blessing for those who received them!

Blaine Bardarson

Thank you for your assistance in obtaining a MOOSE for our tribal members

Karen Normand & Al Stone

Thank you for butchering a moose for our tribal members

Mabel Blatchford

Thank you for helping deliver moose meat to our tribal members

Anne Hatch

Thank you for the jars of Raspberry jam that we’ve been able to share with SO many individuals!

Wells Fargo Foundation

Thank you for your generous donation to the Qutekcak Learning & Culture Center.



QUTEKCAK NATIVE TRIBE

Changing with the tides, in harmony with our people, land and heritage.
221 Third Avenue, P.O. Box 1467, Seward AK 99664
Ph (907) 224-3118 ~ Fax (907) 224-5874



TRIBAL COUNCIL

President - *Diane McRae*
Vice President - *Judi Christiansen*
Secretary/Treasurer - *Dorothy Randall*
Member - *Esther Ronne*
Member - *Daisy Blatchford*
Member - *Arne Hatch*
Member - *Danielle Deer*

OFFICE PERSONNEL

Tribal Administrator — *Scott Allen*
Community Representative.— *Maggie Simons*
QLCC Program Coordinator — *Chellie Skoog*
Youth Coordinator— *Melanee Stevens*
Admin Assistant— *Brittany Casey*
Van Driver—*Larry Unrein*



The Wave
Qutekcak Native Tribe
P.O. Box 1467
Seward, AK 99664

Return Service Requested

PRSR STD
US POSTAGE PAID
SEWARD AK
PERMIT NO. 21

Office Hours:

Monday

8:30 AM to 5:00 PM

Tuesday

8:30 AM to 5:00 PM

Wednesday

11:30 AM to 5:00 PM

Thursday

8:30 AM to 5:00 PM

Friday

8:30 AM to 5:00 PM

Saturday & Sunday

CLOSED