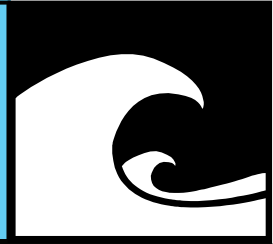




# ~ the Wave ~ news from the big beach



January/February 2012

Volume 32 Issue 1

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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 traditional values.

## From your Tribal Administrator:

Dear Tribal Members,

It's been a busy holiday season and I hope the New Year finds you all healthy and wise. The painting and installation of the new carpet is now complete and I wish to thank all the tribal and community members who volunteered to help move furniture and rip out carpeting. It was a big job and all of your help was greatly appreciated.

December 15<sup>th</sup> was extremely busy with the Tribal Council election running from 8:30am until 6:00 pm, the Community Open House from 11:00 am to 4:00 pm and finally the QNT Annual Meeting from 6:30 pm to 8:15 pm. However, everything came off without a hitch and all who attended seemed to have a great time and a good start to their holiday season.

As for the 2011 QNT Tribal Election, I wish to thank all four candidates who ran for the three council seats and congratulate the three winners. Arne Hatch and Diane McRae won reelection to the council for another three years and Heather Stone won the other vacant seat, which also is a three year term. I also want to thank all those who came out to vote during this election, which turned out to be QNT's second largest voter turnout.

The tribal administration has been receiving inquiries from tribal and community members about the possible sale of the ORCA Building. All QNT knows about the sale of the building and the relocation of the health clinic is what Chugachmiut has done. In September 2011, the Chugachmiut Director, Patrick Anderson, asked the seven members of the Chugachmiut Board of Directors for permission to sell the ORCA Building. QNT presented the Chugachmiut Board of Directors with a written request for Chugachmiut to slow down the decision process and bring in outside, non-biased professional advisers to assist with the decision. Unfortunately, QNT's suggestion wasn't received well and the vote went 6-1 against QNT in favor of giving the Chugachmiut Director permission to put the building up for sale. Many of you have seen the 'for sale' listing on the internet and I am sure it has been as much of a surprise to you as to us. QNT has no additional information and is just as uninformed as you on this matter. Remember this is a Chugachmiut issue and we are just one of seven tribes who have any input in Chugachmiut issues. If anyone would like additional information QNT suggests you contact the Chugachmiut Director, Patrick Anderson, via telephone at 1-800-478-4155 or 1-907-562-4155 or if you wish, [Patrick@chugachmiut.org](mailto:Patrick@chugachmiut.org). The Chugachmiut Board of Directors can also be contacted through their emails as follows: Francis Norman, Chair at [francis907@hotmail.com](mailto:francis907@hotmail.com), James Kvasnikoff, Vice Chair at [jameskvas@yahoo.com](mailto:jameskvas@yahoo.com), Benna Hughey, Secretary at [Vnt@evinternet.net](mailto:Vnt@evinternet.net), Arne Hatch, Treasurer at [aahatch@ak.net](mailto:aahatch@ak.net), GayDell Trumblee, Director at [nadistat@yahoo.com](mailto:nadistat@yahoo.com), David Totemoff, Director at [totemoffdavid@yahoo.com](mailto:totemoffdavid@yahoo.com), and Robert Henrichs, Director at [Robert.j.henrichs@gmail.com](mailto:Robert.j.henrichs@gmail.com). I am sure any Chugachmiut Director would be interested in your questions, especially the Board of Director Chair, Francis Norman.

The next regularly scheduled council meetings will be held at 6:30 pm on Monday, January 9<sup>th</sup> and February 13<sup>th</sup>, 2012 in the tribal office. Tribal council meetings are open to all tribal members. Please feel free to attend and add your input.

Thank you,  
Scott Allen  
QNT Tribal Administrator

# COMMUNITY NEWS

## **NPRHA Survey - IMPORTANT!!**

Adult tribal members residing in Seward should have recently received a questionnaire in the mail from North Pacific Rim Housing Authority. ***It is very important that this survey be completed and returned in the provided prepaid envelope by January 31, 2012.*** The survey will help NPRHA & QNT determine what housing needs exist for tribal members and what type of project might be offered in 2012. All provided information will be confidential.

**Please - help us help you.** Your input is extremely important. Let your voice be heard. If you are an adult QNT tribal member living in the Seward area and did not receive a survey in the mail, please contact the QNT office.

## **New IT Support for the QNT Office**

David Miller III, QNT tribal member, has been contracted by the QNT office to provide computer technical support. David is a graduate of AVTEC and we are truly glad to have him on board. Always ready and willing to help us out on an on-call basis, David has proven his expertise with whatever IT task we throw at him! We so appreciate his willingness to research and repair the sometimes 'odd' requests we may have - and always with his great smile and mild manner.

Welcome, David, to the QNT staff!



## **Happenings at the QNT!**

December was a busy month at the Qutekcaq Native Tribe - just like everywhere else! The first part of the month our offices were completely torn apart as we repainted all of the offices and had the new flooring installed at long last! You should have seen the upheaval! Thankfully all of the remodel was completed just in time for our holiday happenings. We truly appreciate the excellent work done by Shane Hand, painter extraordinaire, of Hand Crafted Construction and Scott Woodward of Scott's Floor Covering. Please stop by for a quick tour!

Folks shared lots of smiles and goodies at our Decorating Party and Cookie Exchange on December 14th. Then, of course, the Open House, Tribal Council Election and Annual Meeting on December 15th brought in lots of familiar faces. It's always great to see friends from the community as well as tribal members coming in to vote who we don't often see.

If you missed any or all of these important QNT events, we truly hope you will plan to join us next year. And from all the staff at your tribal office, we hope you had a wonderful holiday season and send our best wishes for a healthy and happy 2012!



# Chugachmiut Health Services

## **“Winter Wellness...” By Cheri Hample, Health Director, Chugachmiut Health Services**

In the depths of winter it can be challenging for us to keep our mind and body in a state of “wellness”. Here are some helpful tips:

Add a daily walk into your routine, if you can’t walk outside put on some music and walk/dance/march indoors. **Get others to join you and have a “let’s get well walk”.**

Rest and rejuvenate your mind through a “two–three minute mindfulness meditation”. Sit/lie in a comfortable position, close your eyes and begin breathing in, hold your breath for a moment and then exhale. Concentrate on your breathing and let go of tension and thoughts. **Get friends or family to join you in a “let’s relax” exercise.**

Use humor to lighten your stress. Laugh your stress away by looking at yourself in the mirror and smiling 5-10 times. **Engage your friends and family in a “laugh in”.**

Eat healthy for one meal each day. Preparing and eating well balanced/nutritional meals are good for our bodies, mood and stress. **Plan a “let’s eat healthy party to try new recipes.”**

**“Walking the well road can lead to a happier, healthier life...try it today!!!**

### ***MORE Tips for good health:***

***\*Drink water and limit sugary drinks and pop \*Limit use of alcohol***

***\*Wear your seat belt, wear a helmet when riding a bike, ATV or snow machine, wear a floatation device when boating or on the water***

***\*COUGH into a tissue, the back of your arm or hand to prevent the spread of germs***

***\*WASH your hands often \*Get enough Sleep \*If you smoke COMMIT TO QUIT \*Laugh Often***

### **Fitness and Diabetes** From Gala Davis, Regional Health Coach

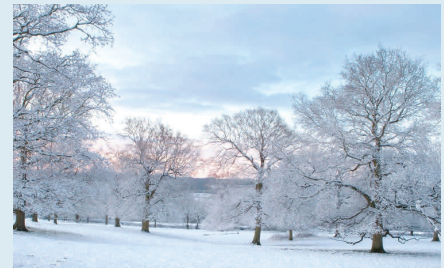
Physical inactivity is a major risk factor for the development of disease. The good news is you don’t have to start running marathons to reap the benefits of diabetes prevention.

#### **Regular Exercise can:**

- Help your body respond to insulin and is known to be effective in managing blood glucose
- Lower blood glucose, possibly reducing or even eliminate the need for medication
- Improve your circulation, especially in your arms and legs
- Reduce your cholesterol and high blood pressure which can lead to a heart attack or stroke.
- Reduce stress which can raise your glucose level.
- Lower your risk for heart disease, reduce your cholesterol levels and your blood pressure
- Combined with a meal plan, can control Type 2 Diabetes without medication

#### **Regular exercise can:**

- lower your blood pressure
- help you to cut down or stop smoking
- help you lose weight or stay at a reasonable weight
- raise your HDL (good) cholesterol
- maintain bone health
- reduce feelings of depression and anxiety
- help you sleep better
- promote a feeling of well being
- reduce risk of some kinds of cancer



Start paving the path to a healthier new year. Please contact Gala Davis, Certified Personal Trainer at Chugachmiut, to set up an appointment for your fitness goals at any age. Call 224-4930 or email [gala@chugachmiut.org](mailto:gala@chugachmiut.org)

**Our services include: community based primary care and prevention services, pharmacy, health promotion/education, chronic disease management, tobacco prevention and control, behavioral health, dental services and contract health.**

**For assistance in improving your health please contact  
Chugachmiut Health Services at 224-3490.**

# PROGRAM ACTIVITIES

## **MARK YOUR CALENDARS for the Annual Education, Youth and Sports Auction on Friday, February 24th**

Bring your appetites and your wallets please! The potluck and silent auction begin at 5:30 pm with the live auction following at 6:30 pm at the Seward Elementary School.

Once again, this year's event not only supports our continuing education scholarship and youth programs; QNT has branched out to the community of Seward by including support of our local youth and adult sports teams and activities. QNT has been actively involved by sponsoring teams in the softball and volleyball leagues offered by Seward Parks and Rec.

Each year this auction has boasted unique and intriguing offerings from some very talented area artists and this year will be no exception. Beginning in January, flyers will be mailed and posted in an effort to solicit donations for auction items. Donations have already been received that include an autographed picture of the Alaska Aces, great gift certificates from the Dimond Center Hotel and Allure Day Spa, just to mention a few. If you have items you would like to donate or know of someone's work that would entice buyers, please contact Melanee at 224-3118. Our goal is to raise more funds than ever before for this one opportunity each year that adds funds supporting our local youth as they endeavor to reach new heights by continuing their education, gain new skills, or just get out there and be active!

***Please join us!!***



### **Native Youth Olympics**

#### **Practices:**

**Juniors** grades 1 - 6

4:30 - 5:30

Wed & Thurs

**Seniors** grades 7 - 12

5:30 - 7:30

Wed & Thurs

Practices are held at the Seward Elementary School gym. Open to all youth in the community - you do not need to be Alaska Native to participate.

***Join in the fun!!!***

### **QNT Tribal Enrollment Continues to Grow**

As the New Year rolls in so do new tribal member applications for QNT. Several new applications have been recently submitted for approval by our Tribal Council.

If you or your family members are lineal descendants of the Qutekcak Native Tribe or are of 1/4 or more Alaska Native bloodline, please consider joining. Keep in mind that any prospective member must have lived in the Seward area for a minimum of three years.

Documents needed for membership, as outlined by the Bureau of Indian Affairs, include a birth certificate and any name change documentation including marriage license, divorce decree or adoption documents. The Qutekcak Native Tribe also requires a CIB card, a family tree, proof of residency, and a completed application in order to apply.

Also, if you are questioning your current membership status, please contact the office for further information.

Remember, many benefits apply only to tribal members.

**For information about QNT's programs contact:  
Melanee via email at [youth@qutekcak.net](mailto:youth@qutekcak.net) or by phone (907) 224-3118**

# PROGRAM ACTIVITIES

## COMMUNITY ART WORKSHOPS AT THE QUTEKCAK NATIVE TRIBE

Leatherwork  
Loom Beading  
Carving



Where: Qutekcaq Native Tribe 221 Third Ave

When: Wednesdays 1:00-3:00 from Jan 4th-March 28th

Contact: Mariah or Maggie 224-3118, N2N@qutekcaq.org

**Cost:** No cost but donations are welcome  
The class is open to all  
Beads, leather, antler/wood and tools provided

Come learn these traditional arts from skilled local artists!



### Personal Care Attendant Classes at QNT a Huge Success

Eight students signed up for the PCA classes offered by QNT and instructed by Cheryl Milline, RN, MSN with the Caregiver Training Academy in Anchorage. All of the students attending the 5 day classes were introduced to a variety of personal care skills and will be prepared to enter the workforce. Thanks, Cheryl, for your expertise and for making the class fun and informative.



### Russian New Year Celebration Friday, January 27, 2012

This tobacco and alcohol free event will be held at the Begich Middle School, 7440 Creekside Center Drive in Anchorage.

6:00 pm - Doors Open to Public

6:30 pm - Blessing, Potluck, Silent Auction

8:30 - 10 pm - New Year Performance

10 - 10:30 pm - Music & Dancing

QNT Elders please contact Maggie at 224-3118, option 2 for more information.

**For information about QNT's programs contact:**

**Maggie** at [elders@qutekcaq.org](mailto:elders@qutekcaq.org) or **Mariah** at [n2n@qutekcaq.org](mailto:n2n@qutekcaq.org) or by phone (907) 224-3118

# ANNOUNCEMENTS

## ~ Happy Birthday ~

### January

- 1 Darren Lackey
- 3 Joanne Wiley
- 4 Sara Tolson
- 6 Corrine Stanley
- 6 Steven Kunnuk
- 7 Marie Andrew
- 9 Patricia Estes
- 9 Alexandria Christiansen
- 11 Edward Anahonak
- 13 Kevin Jackson
- 15 Leo Kunnuk III
- 15 Gloria Boggs
- 16 Kenton Lee
- 17 Ramona Howard
- 23 Douglas Setters
- 25 Susan Anderson
- 25 Victoria Roddan
- 26 Isaiah Dotomain
- 26 Annie Hatch
- 26 Diane McRae
- 27 Christopher Hood
- 29 Garol King
- 30 Carol Hatch

### February

- 1 Nickolas Broughton
- 1 Janet Fortman
- 1 Cody Stanley
- 2 James Wallace
- 2 Jason Wichers
- 3 Larry Unrein
- 3 Jasper Wallace
- 6 Matthew Dotomain
- 8 Ava Eads
- 10 Jack Broughton
- 12 Tony Hansen, Sr.
- 12 Samantha Hubbard
- 13 Shamai Thacker
- 17 Grace Davenport
- 17 Isaiah Hubbard
- 18 Thomas A Buchanan
- 21 Dorothy Osenga
- 22 Joshua Doan
- 25 Thomas Endresen
- 25 Karlie Ennes
- 26 Kyle Lackey
- 26 Herman Nelsen
- 27 Elannah Camp
- 27 Candice Wallace



### Elder's Meditation

If the Elders show respect, the youth will be respectful. As above, so below. The heart of the Elders is connected to the heart of the youth.



Photo by Polly Egger

### **Remember - this is YOUR newsletter!**

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

*The Wave* is printed every two months.

The deadline for the next issue is:

**February 20, 2012**

**Call: (907) 224-3118**

### **A Social Security Representative will be in Seward on**

**Thursday, Jan 26 & Feb 16,**

**from 9 am - 1 pm at the**

**Seward City Hall.**

The representative typically comes to

Seward only once a month.

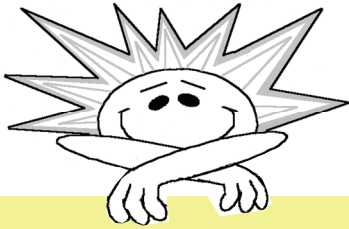
Walk-ins welcome.

### **A REMINDER FROM OUR FRIENDS AT THE SEWARD SENIOR CENTER**

The Seward Senior Citizens Center provides daily nutrition, transportation and health promotion programs to seniors 60 and older. Call 224-5604 or stop by to learn more about *your* local senior center.



# ANNOUNCEMENTS



## Join the QNT Sunshine Club

Please consider a donation to the Sunshine Club. Donations go to social services not covered by grants. QNT, a non-profit organization, provides services to the community, our elders, and the youth. You do not need to partake in any of the activities to donate.

Special thanks to those who have contributed so far this year:

Rita Goshorn	Diane McRae
Charlie Larson	Arne Hatch
Caroline Toloff	Gilbert Ollestad

**QUYANA!** (Thank You)

*“Appreciation is a wonderful thing; it makes what is excellent in others belong to us as well.”*

Thanks to **Charlie Larson** for distributing flyers for our activities and helping get the word out.

Sincere gratitude to **Dana Berry, Edna Paperman and “Anonymous”** for donating to QNT through the Pick Click Give program. We truly appreciate your support.

Thank you, **Carla and Nakaii Rogers**, for your donations of fur and leather for our activities.

Big thank you to our volunteers that helped out so much with our remodel. **Joe Dotomain, Alex Sullivan, Tim Carr and Joe Suddath** - we so appreciate your strong backs. **Dolly McCormick** helped so much by tearing down and rebuilding our display cases. We could not have done it without your help.

Utmost appreciation to our anonymous donor for funds to our Elder program. Your kindness is greatly appreciated.

Thanks to **Bay Traders** for giving us a great deal on tools for our carving classes. This helped more than you know.

**ANTHC** provided funds for the Elder Christmas gift cards. We truly appreciate their ongoing support.

## Important Dates

January 1 - **HAPPY NEW YEAR**

January 2 - QNT office closed

January 7 - Russian Orthodox Christmas

January 9 - Tribal Council Meeting; 6:30 pm at QNT tribal office

January 14 - Russian Orthodox New Year

January 16 - Martin Luther King, Jr. Day (QNT office closed)

February 13 - Tribal Council Meeting; 6:30 pm at QNT tribal office

February 14 - Valentines Day

February 20 - Presidents Day (QNT office closed)

February 24 - Education, Youth & Sports Auction



## Kendra's Kickin' Chicken Tortilla Soup

3rd place winner in the Healthy Soup Contest

### Ingredients:

- 2 quarts chicken broth
- 8 skinless/boneless chicken breast halves
- 1/2 teaspoon salt - 1 teaspoon black pepper
- 1 teaspoon garlic powder - 2 tablespoons parsley
- 1 tablespoon onion powder
- 3 tablespoons olive oil
- 1 onion - chopped
- 3 cloves garlic - chopped
- 1 16 oz. jar of chunky salsa
- 2 14.5 oz. can peeled & diced tomatoes
- 1 14.5 oz. can whole peeled tomatoes
- 1 10.75 oz. can condensed tomato soup
- 3 tablespoons chili powder
- 1 16 oz. pkg frozen corn
- 2 16 oz. cans chili beans undrained
- 1 8 oz. container plain yogurt or sour cream

### Directions:

In a large pot over medium heat combine first 7 ingredients. Bring to a boil then reduce heat and simmer for 1 hour or until chicken is done. Remove chicken; reserve broth. Shred chicken. In a large pot over medium heat, cook onion & garlic in olive oil until slightly browned. Stir in remaining ingredients and 5 cups broth. Simmer 30 minutes or more for enhanced flavor. Serve with tortilla chips & shredded cheese.



## 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

Phone (907) 224-3118 ~ Fax (907) 224-5874



### TRIBAL COUNCIL

President - *Nancy Tolson*  
Vice President - *Arne Hatch*  
Secretary/Treasurer - *Judi Christiansen*  
Member - *Eric Clock*  
Member - *Diane McRae*  
Member - *John Osenga*  
Member - *Karen Swearingen*

### OFFICE PERSONNEL

Tribal Administrator — *Scott Allen*  
Program Coordinator — Elders — *Maggie Simons*  
Program Coordinator — Youth — *Melanee Stevens*  
Project Assistant — Elders — *Mariah Johnson*  
Finance & Admin Technician — *Kellee Weaver*  
Maintenance — *Ike Dotomain*



### 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 - Friday

8:30 AM to 4:00 PM

Appointments  
encouraged.  
Walk-ins based  
on availability.