



# the Wave ~

## news from the big beach

July / August 2009

Volume 23 Issue 4

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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.

## NEIGHBOR TO NEIGHBOR ELDER CARE INITIATIVE \* L O N G T E R C A R E

Currently Elders usually have to leave Seward to receive LTC and it is a recognized fact that when an Elder must leave their familiar surroundings under these conditions they 'fail to thrive'. It's imperative for this project to proceed, for partnerships to be formed and for supporting data to be gathered so that this segment of Qutekcak society isn't lost forever. Elders play a key role in the Qutekcak community.

Are you of  
Alaska  
Native or  
American  
Indian  
Descent?

The QNT vision for this project is to determine the needs of the Elders and a connection to existing programs and services, so a better path can be chosen to respond to the needs of this important segment of the QNT membership.

Do you need  
assistance to stay in  
your home or do  
you have a long  
term  
medical issue?

Do you know  
someone who may  
need assistance?

Until this Grant was received, QNT did not have funds to create a better understanding of the need for Elder Long Term care for our members. It is planned that the Neighbor to Neighbor Project will ensure that no Elder is without the Care and Assistance they require.

QNT needs  
you to assist  
us in assisting  
those in need.

This project is funded by Indian Health Services, the Federal Health Program for American Indians and Alaska Natives. Contact MAGGIE at 224-3118 for more information.

The Picture at Right is of the Elder Long Term Care Forum: From left to right, Back Row: Joye Sarka (SeaView), Rae Hansen (SeaView), Judi LeBlanc (QNT Staff), Connie Pavloff (QNT Staff); Middle Row: Kathleen Boulette (SeaView), Trudy Dotomain (Chugachmiut), Maggie Simons (QNT Staff); Seated: QNT Elders, Leo Kunnuk, Ellen Simpson, & Bruce Martin



# COUNCIL UPDATES

## QNT Gives \$500 to the Seward / Moose Pass Imagination Library

Dolly Parton's Imagination Library is a nationwide program currently being sponsored by the Seward Parent Teachers Students Association (PTSA) locally.

It may sound too simple to be true, but by signing up your child age 0-4, you will receive a new, carefully selected book that is age appropriate free of charge and mailed straight to your home on a monthly basis!

By reading regularly with your children during their early years, you are giving them the biggest boost toward success that they will ever get.

The Tribal Council of Qutekcak Native Tribe believes in this initiative and has awarded \$500 in support of this program. All QNT Tribal Members are encouraged to sign up their children today.



**FREE BOOKS FOR  
KIDS AGES 0-4.  
*Simply Register  
your child!***

## FREE Transportation from Seward Bus Station to Alaska Native Medical Center (ANMC)

Did you know that if you ride the Seward Bus Line to Anchorage for an appointment at Alaska Native Medical Center that you can request a ride from Chugachmiut? All you need to do is request the clinic staff to inform the Chugachmiut Social Worker what day and time you will be in Anchorage. They'll pick you up and drop you off!



This service is available *only* if you do not have the resources to get from the Bus station to ANMC (no family, friends or funds). Please re-

member the Social Worker is not able to take you for shopping or other "extra" errands.



## 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

**July 14th & August 11th**  
**P l e a s e j o i n u s !**

*Call to confirm time and date*



# LEARNING & CULTURE CENTER

## Qutekcak Learning & Culture Center Volunteer Project Update

The QLCC Volunteer Project is off to an exciting start. See some of our progress below. This project is generously supported by the Administration for Native Americans.



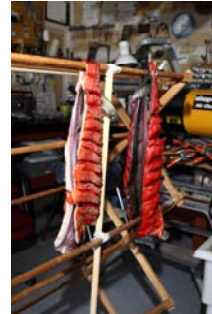
### June 2nd—Dried Fish Class with Diane McRae



Branden Ramoth seasons the fish while listening to Diane's instructions



Nick Pavloff demonstrates and explains the different techniques of fish preparation for the drying process.



The fish looks so yummy!



Branden builds a drying rack and tries drying fish on his own. Way to go, Branden!!



Nick Pavloff also decided to try drying fish at his own home. Good Work, Nick!

*All photos on this page were taken by One Shot Photography who has donated their time and service to the QLCC. THANK YOU, Tina & Allen King for your generous support!*

### June 3rd—Canning Fish Class with Judi Christiansen & Diane McRae



Judi Christiansen & Diane McRae provided instruction and each of the project participants helped to prepare the jars and the fish for the canning process.

### June 4th—Kenaitze Indian Tribe / K'BEQ Field Trip



The QLCC gathered the QNT Tribal Council, Staff and Project Participants for a field trip to the Kenaitze Indian Tribe's K'BEQ Educational Interpretation Site. Kenai Fjords Tours provided transportation and everyone enjoyed the day learning about the Kenaitze's Cultural Program.



Special thanks to ALL of the project participants, to Diane McRae for the use of her home, to Judi Christiansen & Diane for their instruction, to Branden Ramoth for catching fish & to Nick Pavloff & Branden for cleaning & filleting the fish!

# ANNOUNCEMENTS



**HICKORY SMOKED SALMON**  
from Indian Valley Meats is a  
available for sale at QNT,  
8 oz. for just \$8.00!!

*Tribal Members receive a 25% discount!*  
Proceeds go to QNT & Chugach Regional  
Resources Commission.

~Hurry in to  
get yours  
today~

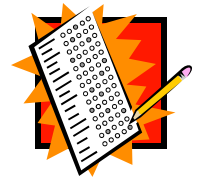


In Loving Memory



**Josephine Dudley**  
10/5/45 to 5/29/09

**WIN PRIZES &  
ENJOY A SNACK at  
Qutekcak Native Tribe on  
JULY 30 & 31st**



In cooperation with QNT, Chugachmiut will  
conduct a regional survey of IHS beneficiar-  
ies and QNT members via an independent  
survey team. Surveys will take place Thursday  
July 30 and Friday July 31 at the Qutekcak  
Tribal Offices at 221 Third Avenue.

**Chugachmiut would like to know:**

*How are we doing? What can we do better?*

*Do you know about our services?*

*What types of services would you like to see  
offered?*

**ALL SURVEY RESPONSES ARE CONFIDENTIAL**  
We can also drop by your house with a survey.  
Please call or e-mail and provide your physical  
and mailing address. For more information,  
contact: Jerry Luken at Chugachmiut, 1-800-  
478-4155, [jerry@chugachmiut.org](mailto:jerry@chugachmiut.org); or Connie  
Pavloff at the QNT office, 224-3118, [tribalad-  
min@qutekcak.net](mailto:tribalad-<br/>min@qutekcak.net)

# ~ Happy Birthday ~

## July

1 Georgia Eckenberg  
 3 Debra Blatchford  
 3 Doreen Painter  
 4 Luke Gunter  
 5 Julie Delaney  
 5 Heather Stone  
 6 Reid Broughton  
 9 Carl Christiansen Jr.  
 9 Valerie Norbert  
 10 Stephanie Battishill  
 11 Julie Broughton  
 11 Donna Norbert  
 12 Amber Reese  
 14 David Nelson  
 14 Eleanor Segock  
 15 Amanda Guillemette  
 15 Marilyn Siemenski  
 15 Fred Toko  
 16 Alvin Gottschalk  
 16 Stephanie McHone  
 17 Audrey Cummins  
 17 Alfred Levine  
 18 Julia Endresen  
 18 Dawnell Wallace  
 19 Avalee Dotomain  
 21 Holly Chappell  
 22 Milton Jack  
 23 John Boren  
 23 Jesse Cantrell  
 25 Eric Larson  
 26 Charles Karges  
 26 Branden Ramoth  
 26 Daniel Wheeler Jr.  
 27 Tiffanie Rook  
 27 Leonardo Wassilie  
 28 Loren Spaulding  
 30 Marissa Osenga  
 30 Kevin Ronne  
 31 Micha Wallace

## August

1 Madelyn Schmitt  
 4 Dominic Stettinger  
 4 Tanya Tolson  
 5 Milcah Hubbard  
 6 Arthur Endresen  
 6 Bernice Johnson  
 6 Cara Osenga  
 6 Cory Osenga  
 7 Lauren Hatch  
 8 Brittany Rhodes  
 8 Gunnar Young  
 11 Tabatha Battishill  
 11 Annia Lucason  
 11 Matthew Nelson  
 12 Andrew Buchanan  
 14 Sara Hubbard  
 14 Deborah Tackett  
 15 Henry Guillemette  
 17 Vera Wheeler  
 18 Charlotte Hood  
 18 Irene Wolfe  
 19 Floyd Hamrick Jr.  
 19 Donald Smith Jr.  
 19 Emery Zinis  
 20 Steven Marine  
 21 Tana Jack  
 22 Iris Barrier  
 22 Daniel Brown  
 23 Judith Christiansen  
 23 Melody Wallace  
 26 Theresa Endresen  
 26 William Ponchene  
 27 Orville Ennes  
 27 Nicoles Koerber  
 27 Andrew Nelson  
 29 Leroy Ashenfelter  
 29 Jaime Doleman  
 29 Karen Schoening  
 29 Judith Sweeney  
 30 Mary Nelsen  
 31 Jeanie Greene  
 31 Dakota Jack



### PLEASE RECYCLE

The trash most

commonly found in municipal landfills is plain old paper, it accounts for more than 40% of a landfill's contents. Research has shown that, when excavated from a landfill, newspapers from the 1960s can be intact and readable!

## QUYANA (Thank You)

*How beautiful a day can be when kindness touches it!*

*~George Elliston ~*

### Don Cripps

Thank you for your donations of dolly varden!

### Ryan Reynolds

Thank you for supporting our cultural efforts and for writing an article for Seward City News & the Phoenix Log!

### Craft Fair Volunteers

Thank you to all of the individuals who made this year's craft fair & salmon bake a success!

### One Shot Photography / Tina & Allen King

Thank you for all of your support and donated photography efforts!!

### Tony Hansen

Thank you for your donations of Red Salmon!

### Cook Inlet Aquaculture / Bear Creek Fish Weir

Thank you for your donations of Red Salmon to QNT Elders & Members!

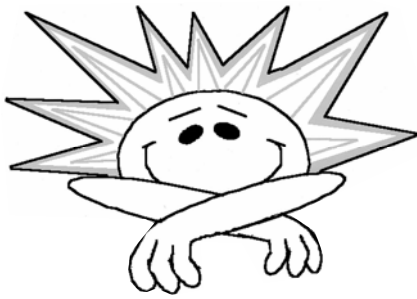
### Seward Senior Center

Thank you for assistance with the Salmon donations to QNT Elders & Members!



**Transportation** is provided to QNT Elders and disabled tribal members on

Wednesday of each week for afternoon clinic and dental appointments, shopping, banking and a visit to the post office. **To be included in the weekly transportation, please contact the office by 3pm on each Tuesday.**



**Join the Sunshine Club**

Donate monthly 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
- Kenton Lee
- Esther Ronne
- Charlie Larson
- Diane McRae

**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: **08/21/09**

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

# IMPORTANT DATES!

**July 2nd—QNT Culture Share**

Thursdays thru August 6th, QNT will be hosting a Culture Share from 3-4pm. These events are opened to the public. Cost is a \$5 donation. Please join us!



**July 3rd (Friday) - OFFICE CLOSED**

In honor of the Independence Day Holiday, QNT's office will be closed.

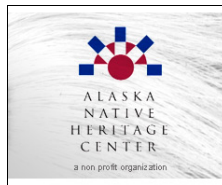
**July 4th—Independence Day**

**July 9th—QNT Culture Share, 3—4pm**



**July 16th—QNT Culture Share, 3—4pm**

**July 18th—Field Trip to the Alaska Native Heritage Center**

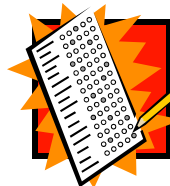


As part of the Qutekcak Learning & Culture Center Volunteer Project, we will be coordinating a field trip to the Alaska Native Heritage Center. If you're interested in participating, please contact Chellie @ the tribal office, (907) 224-3118

**July 23rd—QNT Culture Share, 3—4pm**

**July 30th—QNT Culture Share, 3—4pm & Chugachmiut Regional Survey at QNT**

Food & Door Prizes available to those participating in the survey! Please stop by!



**July 31st—Chugachmiut Regional Survey at QNT**

Food & Door Prizes available to survey participants! Please stop by!

**August 6th—QNT Culture Share, 3—4pm**

**August 13th—QNT Hosts Chamber of Commerce 'After 5' Event at 5—7pm**

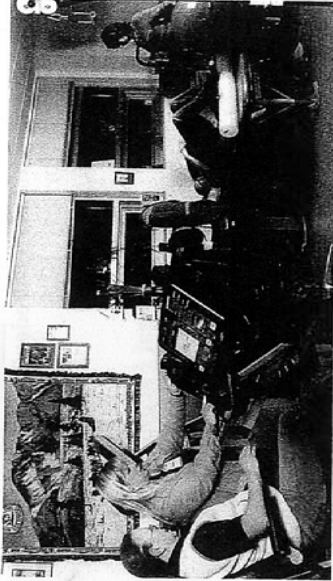
QNT will host it's first Chamber After Hours Event to spotlight its program offerings and to report on the progress of the Qutekcak Learning & Culture Center Volunteer Project. Please join us for appetizers and refreshments and to learn more about QNT!



# ALASKA 211 / Home Reference

We are happy to provide this item for your home reference! Please tear this page out.


## Health & Wellness Resources



## in Seward, AK

**SERVICES - SAFETY - FITNESS - AND MORE**

For more information please go to  
[www.cityofseward.net](http://www.cityofseward.net) and click on the  
**Health and Wellness Resource List**  
 or call (907) 224-4047.




**Department of Health and Social Services**

Go to <http://www.hss.state.ak.us/service.htm> for more information.

**Other Seward Resources**


- The American Legion (907) 224-5440
- Compassion Closet Ministries (907) 224-7052
- He Will Provide Food Pantry (907) 224-8482
- Ministerial Association (907) 224-5414
- Seward Seaman's Mission (907) 224-8482

## Alaska 2-1-1



2-1-1

Alaska  
Get Connected. Get Answers.



Help starts here.

Alaska 2-1-1 is a free, confidential, health and human services information and referral system brought to you by the United Ways of Alaska. Getting connected to the help you need is easy. You may speak directly with an Information and Referral Specialist live by dialing 2-1-1 or 1-800-478-2221 between 8:30 a.m. and 5:00 p.m. Monday through Friday or you may search the online data base at <http://www.alaska211.org/> 24/7.

Many of the Seward Resources on this flyer can be found at this site and it will be updated on a continual basis.

# ALASKA 211 / Home Reference

## Medical and Health Facilities

Chiropractic/Acupuncture  
 -Progressive Chiropractic (907) 224-8680  
 -Seward Acupuncture (907) 224-8777  
 -Seward Chiropractic Clinic (907) 224-5280

### Dental

-Dr. Jeff Symonds, Orthodontist (907) 349-1951  
 -Michael Moriarty, DDS (907) 224-3071  
 -North Star Dental (907) 224-4925

### Medical Facilities

-Glacier Family Medicine Clinic (907) 224-8733  
 -North Star Health Clinic (907) 224-3490  
 -Providence Seward Medical and Care Center (907) 224-5205  
 -Providence Wesley Care Center (907) 224-5205  
 -Seward Public Health Nurse (907) 224-5567

### Optical

-Dr. Robert D. O'Connell, O.D. (866) 283-7575  
 -Prism Optical (800) 478-5510

### Pharmacy and Prescription Drug Resource List

-Safeway Pharmacy (907) 224-6960

### Prescription Drug Resource List

Please go to [www.cityofseward.net](http://www.cityofseward.net) and click on the Health and Wellness Resource List.

### Psychologist and Counselors

-Dr. J Craig Williamson (907) 362-1804  
 -Harbor Mental Health, LLC. (907) 362-2111

## Services

-Alaska Family Services (907) 283-4172  
 -Alaska's Tobacco Quit Line (888) 842-7848  
 -Boys and Girls Club (907) 224-7001  
 -Chugachmiut (907) 224-3076  
 -Frontier Community Services (907) 262-6331  
 -Independent Living Center (907) 224-8711  
 -Koyuktok Care (907) 398-6794  
 -Qutekcaq Native Tribe (907) 224-3118  
 -Sea View Community Services (907) 224-5257  
 -Teen and Youth Center (907) 224-5472  
 -Senior Center (907) 224-5604  
 -Seward Community Foundation (907) 224-5571

## Safety

EMERGENCY 911  
 Poison Control (800) 222-1222  
 Alaska State Troopers (907) 224-3346  
 Police Department (907) 224-3338  
 Fire Department (907) 224-3445  
 Family and Children's Services (907) 224-5236  
 Road Conditions 511

## Fitness Facilities and Services

-Apex Gym (907) 224-7222  
 -Dow Fitness (907) 224-7222  
 -Resurrection Bodyworks (907) 224-6506  
 -Sports and Recreation (907) 224-4054

# IMAGINATION LIBRARY

## Seward/Moose Pass Imagination Library REGISTRATION FORM (one per child required)

Questions, call 224-8680 or email [sewardimaginationlibrary@gmail.com](mailto:sewardimaginationlibrary@gmail.com)

Young Child's FULL Name

First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Child's Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M F

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Parent's Email Address \_\_\_\_\_

Child's Mailing Address: \_\_\_\_\_

Street or P.O. Box \_\_\_\_\_ (Please include apartment # if applicable.)

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

"I certify that this child is a resident of the Seward/Moose Pass area."

Signature of Parent/Guardian \_\_\_\_\_

Mail your completed form to:

Seward/Moose Pass Imagination Library  
P.O. Box 409  
Seward, AK 99664



### What are My Responsibilities?

1. Be a legal resident of the Seward Moose Pass area.
2. Submit an official registration form, completely filled out by parent or guardian. (Form must be approved and on file with the Seward/Moose Pass Imagination Library.)
3. Notify the Seward/Moose Pass Imagination Library anytime your address changes. Books are mailed to the address listed on the official registration form. If the child's address changes, you must contact us in order to continue receiving books.
4. Read with your child.

### When Will My Child Receive Books?

If you register before the 9<sup>th</sup> day of the month, books will begin arriving at your home at the end of the following month and will continue until your child turns five or you move out of the area.

### How Can I Help?

We need volunteers to help at enrollment events, to help with Post Office relations, and to spread the word. Call 224-8680.

If you know of a business, organization, or individual who would like to donate funds to support this gift to our children, donations can be sent to:

Seward/Moose Pass Imagination Library  
c/o Seward PTSA  
P.O. Box 409  
Seward, AK 99664, or online at  
[sewardimaginationlibrary@gmail.com](mailto:sewardimaginationlibrary@gmail.com)

Keep this half.  
Date mailed: \_\_\_\_\_

### What is Dolly Parton's Imagination Library?

Dolly Parton's Imagination Library is...FREE!

It sounds almost too simple to be true, but by reading regularly with your children during their early years – from birth! – you are giving them the biggest boost toward success that they will ever get.

Dolly Parton's Imagination Library will help you read with your child. Every child will have books of their very own, at no cost to you, thanks to *The Dollywood Foundation*. Books in Seward and Moose Pass, are being funded by grants from Best Beginnings, the Rasmuson Foundation, ConocoPhillips, the Seward Community Foundation, the City of Seward and other private donations.

Each month a new, carefully-selected book will be mailed in your child's name directly to your home. Your child can look forward to new and exciting reading adventures from Dolly Parton's Imagination Library until they turn five years old as long as they remain a resident of the Seward / Moose Pass area.

Dolly Parton's Imagination Library is a FREE GIFT to our children! All you have to do is read to them.

### Who is Eligible?

Children up to the age of 5 in the Seward and Moose Pass area.

Questions? Call Lidia Petersen at 224-8680 or email [sewardimaginationlibrary@gmail.com](mailto:sewardimaginationlibrary@gmail.com)



## 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 - *Daisy Blatchford*  
Secretary/Treasurer - *Judi Christiansen*  
Member - *Esther Ronne*  
Member - *Arne Hatch*  
Member - *Danielle Deer*  
Member - *Nena Butts*

### OFFICE PERSONNEL

Tribal Administrator — *Connie Pavloff*  
Community Representative.— *Maggie Simons*  
QLCC Program Coordinator — *Chellie Skoog*  
Youth Coordinator— *Melanee Stevens*  
Van Driver/Maintenance—*Ike Dotomain*  
Admin Assistant—*Judi LeBlanc*  
Bookkeeper/Project Assistant—*Sandy DeLand*



### The Wave

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

#### 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