



# the Wave ~

## news from the big beach

May/June 2011

Volume 28 Issue 3

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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,

First let me congratulate our three newest council members; Eric Clock, John Osenga, and Karen Swearingen who have stepped up to fill the vacant seats. I am sure most of you know and respect these individuals already and join me and the other council members in welcoming them to a leadership position within the Qutekcak Native Tribe.

Our eligible voter list continues to grow as we now have 110 eligible voters who will be voting, subject to BIA approval, for QNT's federal recognition election. We currently have approximately 40 tribal members who are missing some information needed in order to be classified as an eligible voter. We have repeatedly attempted to have these individuals provide the needed information so we will again be sending out letters to each individual informing what documents are still needed and offering to assist and provide the fees needed to get the documents.

We are currently continuing to satisfy BIA requirements and hopefully with the help of our legal team and the BIA we will meet all the requirements soon, which will enable the BIA to call the Secretarial Election.

The staff and council are in the process of planning the tribe's annual Celebration of Healthy Lifestyles event, which will take place at the cruise line terminal this October 8th. Among other things, this year's event will be taking its lead from the recent Restoration to Health Consortium sponsored by Chugachmiut. If you have any ideas or interest which may be useful, please feel free to contact the office or a council member. Remember your support is always appreciated.

The next regular council meetings for May and June are set for 6:30 pm in the tribal office:

**Monday, May 9th**

**Monday, June 13th**

Always remember, the tribal council meetings are open to all tribal members. Please join us. You may decide you want to get involved or at least comment on some ongoing matter!

Thank you,  
 Scott Allen  
 QNT Tribal Administrator

# COMMUNITY NEWS

## EXCEL Summer Camp!!

Calling all 10 - 12th grade students who are interested in having a lot of fun, experiencing new things, preparing for the High School Exit Exam and even earning college credits!

This year's EXCEL summer camp will be held from July 9th - August 6th. Students get to stay on the Alaska Pacific University campus and live in the dorms. They will have the chance to earn national certificates and college credit in their choice of either the culinary arts, construction/trades, or business education. They will also learn valuable employability and independent living skills while hitting career and personal/social standards. Students attending who have already passed the Exit Exam will have the opportunity to take the WorkKeys assessment that could lead to a National Career Readiness Certificate.

Contact Seward High principal Trevan Walker or Martha Fleming, guidance counselor, at 224-3351 for references and further details.

**Enrollment is limited to 40 students so call now!**



## QNT Going Green!

Ever read the fine print on many common household cleaning supplies? Some will actually say "*harmful to humans and animals.*" Replacing petroleum based cleaners at home not only saves thousands of gallons of oil, it limits our exposure to chemicals. QNT recently switched to non-toxic plant based cleaners for the office! Look for Seventh Generation and Bright Green products and do your part in preserving our planet!

## Voyage to Excellence School to Life Program



The goal of the Voyage to Excellence experience is to provide students with opportunities to apply what they have learned in school to real life situations. In addition,

students gain skills and training in various areas including life skills, personal development, social development, service training, leadership, and career development. The hope is to provide our youth with the skills and knowledge necessary to make a successful transition from school to life.

Phases in the program typically begin with 9/10 graders and continue throughout high school with excellent opportunities for advancement. Voyage to Excellence "Specialty Phases" include a construction academy, a "Create Your Own" phase based on the student's career interests (including aviation, natural resources, tourism and healthcare), and a Student Leadership program. "Local Voice" students come together each year to plan the annual Raise Your Voice Summit. Sessions include strategies in communication, consensus, motivation, teamwork, and goal setting.

For further information on how to get your student involved, please call the Chugachmiut office in Anchorage at 1-800-478-4155 or the Seward High School at 224-3351.



## The Resurrection Bay Conservation Alliance

sponsors The Jerry Dixon Memorial Monthly Conservation Event Series.

Documentaries and guest speakers are featured on environmental topics.

Contact RBCA for dates at 224-4621.

Next event - **May 12<sup>th</sup> at 7:00 pm** at the Rez Art Coffee house. Learn more about the proposed Chuitna coal mine.

# COMMUNITY NEWS

## Education, Youth, & Sports Auction May 20th!

In addition to supporting our continuing education scholarship and youth programs, QNT is branching out to the community of Seward by supporting local youth/adult sports teams and activities. To succeed in this endeavor we need your help with our annual auction.

This year's auction will be held at the Seward Elementary School gym beginning at 5:30 pm with a potluck and silent auction. The live auction will start at 7:00 pm. Auction items already received include framed Alaska Railroad prints, other Alaskan art work, and too many great items to mention. Come see and bring a friend!

Donations are still being accepted for the event. If you have items you would like to donate please contact Melanee or Kellee at 224-3118. Remember, this is our one opportunity each year to add funds that support 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!

Bring a dish to share, see old friends, make new friends and support your local youth.

### **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: **6/22/11**

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

## **A Social Security Representative will be in Seward on Thursday, May 19th & June 16th at the Seward City Hall.**

The representative typically comes to Seward only once a month. Walk-ins welcome.

## **U.S. Forest Service Heritage Resources and Youth Employment**

In an effort to involve youth in stewardship opportunities on the Chugach National Forest, the Seward Ranger District is offering a 2-3 week youth employment program this summer. This involves conducting field work with various forest resources, educational training, and conducting cutting-edge climate change and cultural heritage research surveys.

The program is part of the Chugach National Forest's "Children's Forest" concept that will engage diverse youth in a climate-change expedition and other natural and cultural resource management projects.

Eight to ten high school age youth from the Kenaitze Indian Tribe, Qutekcak Native Tribe, and other underrepresented urban youth will have employment and education opportunities with the long term goal of building employment in public land managing agencies.

The program will be held July 25 - August 5, 2011 with some additional work opportunities the week of August 8th. The first week the youth will work with Forest Service resource specialists in a variety of fields such as monitoring of salmon, wildlife surveys, timber cruising, invasive plant species monitoring, assisting with trail repairs, and monitoring of resources connected with surface use of mining operations. They will also receive training to use media equipment and other educational venues. In week two the youth will camp in remote backcountry with archeologists examining ice patches for materials preserved for hundreds or thousands of years. Week three is optional with the opportunity to develop a finished media product to share findings through various web sites.

For more information on this exciting youth employment opportunity, please contact any of the following: Sherry Nelson, Archeologist, 224-4114; Karen Kromrey, 288-7745; Travis Moseley, District Ranger, 288-7730; or Robert Stovall, Deputy District Ranger, 224-4110 or 288-7707.

# YOUTH PROGRAM

## Summer Youth

The Summer Youth Employment Program is designed to provide meaningful work experience opportunities to economically disadvantaged Alaska Native/Native American, and/or Native Hawaiian youth. In addition to work experience, youth can receive career exploration assistance, build job skills, and develop work ethics.

To be eligible for the work experience program applicants must meet the following requirements:

- **Be between the ages of 14 - 21**
- **Economically disadvantaged**
- **Be Alaska Native/Native American, and/or Native Hawaiian**

Jobs are available at Qutekcak Native Tribe doing yard work, growing vegetable gardens and other odd jobs, as well as other jobs in the community. If you would like to 'job share' at a specific business, please contact Melanee at 224-3118 and she will help you see if a program can be arranged.



## **First Annual Seward NYO Invitational a ROARING SUCCESS!!!**

Over 60 athletes from the Kenai Peninsula to the Mat-Su Valley came for three days of Native Youth Olympic competition. They kicked high, pulled hard, and jumped great distances to beat their personal bests in events from the one foot high kick to the scissor broad jump. Old friendships were renewed, new friendships were made and the athletes, coaches, and judges supported each other in unique and heartfelt camaraderie that was a joy and inspiration for all those in attendance.

The event opened Friday night with the Unity Inter-tribal Drum from Kenai bringing the participants to the floor for a snake dance and friendship round dance. The Qutekcak Drum and Dance Group performed and encouraged local kids that also knew the dances to join them.

One of the great things about the Native Youth Olympics is that you don't have to be native to participate with the teams. Athletes may start their season with little or no knowledge of the games but by the time they travel to state competitions their self esteem has grown, they are setting, meeting and exceeding their goals, and the medals earned are only the icing on the cake. The real award that the athletes receive is the pride felt within; evident from the smiles on their faces. Those new to the games noted that the real take-home message was the support the athletes gave each other, teammate or competitor, and that at the conclusion of each event, hugs and/or hand shakes were given by the athletes to fellow competitors and judges alike.

We are looking forward to next year's invitational and expect it to grow in participants and observers. Those who traveled here from surrounding areas commented that they loved coming to Seward—that it's the best little town in Alaska!! They can't wait until next year's event.

**Qutekcak Dance and Drum group** is open to any youth in the Seward Community. Practices will continue throughout the summer. Please call for the days and times for the summer practices. Rides to and from the QNT office are provided for those that request it.

**For more info about QNT's Youth Programs Contact:  
Melanee via email at [youth@qutekcak.net](mailto:youth@qutekcak.net) or via phone (907) 224-3118**

# ELDER PROGRAM



## Personal Care Attendant Training at QNT

Are you ready for a satisfying new career? Do you have a caring nature and the willingness to help local elders and disabled residents? Then a career as a Personal Care Attendant just may be for you! PCA's are a rapidly growing profession in the field of nursing. PCAs help elderly and disabled clients with activities of daily living so that they can remain independent and live in their own homes. Duties may include assisting patients by cleaning their homes, cooking meals and helping them eat, and advising patients and their families on diet, cleanliness, and basic health care needs. Basic safety and emergency skills, like CPR and first aid, will also help you in a career in Personal Care.

The QNT Elders' Neighbor to Neighbor program, sponsored by the Indian Health Service, will be holding PCA training in June at the QNT office. Training is open to Tribal and community members. Home care agencies will hire students who are eligible to work. Scholarships are available for those who qualify. Must have HS diploma or GED and ability to pass criminal background check.

Contact Maggie or Mariah at QNT for details 224-3118 [N2N@qutekcak.net](mailto:N2N@qutekcak.net)

## **Come join the fun for BINGO!!**

Wednesdays at 1:00,  
May 11th and June 15th.  
There will be new prizes,  
light refreshments and  
plenty of good times!



We play for about 2 hours. Come for a couple games or as many as you want! Future dates will be announced monthly.

## **CARVING CLASSES TO CONTINUE AT QNT**

Join us on Wednesday May 18<sup>th</sup> at 1:00 for our next carving class. Julian will be back with materials to work with and some tools, but participants are encouraged to bring knives and other tools and materials you may need.

## **Elders Program Garage sale**

Spring is finally back so it's Garage Sale Time!! Funds are needed in order to keep up with the great programs for our elders. We're putting the call out for donations of household items, clothing, and any other great stuff that you no longer use or need, as well as baked goods for sale. But we can't do it without your help. Volunteers are needed for all aspects including planning, getting the word out, set-up/take down, etc. Please contact Mariah or Maggie at the office for ideas and ways to help.

The date is tentatively set for Saturday June 18<sup>th</sup>. Help us help you by keeping this program heading in the right direction. Thanks to those who have offered their yards for the sale!



## **\*\*\*\*REMINDER\*\*\*\***

The QNT van provides transportation to QNT elders in need of rides to do errands including, but not limited to, grocery shopping, banking or post office stops, or medical and dental appointments on **Thursdays** instead of Wednesdays.

*Please call Mariah or Maggie the day before by 3:00 pm*



**For more info about QNT's Elder Programs Contact:**

**Maggie at [Elders@qutekcak.net](mailto:Elders@qutekcak.net) or Mariah at [n2n@qutekcak.net](mailto:n2n@qutekcak.net) or via phone (907) 224-3118**

# ANNOUNCEMENTS

## ~ Happy Birthday ~

### May

- 3 Carl Christiansen
- 3 Kenneth Blatchford
- 6 Perry Buchanan
- 8 Trudy Valenza
- 9 Gary Larson
- 9 Erica Larson
- 10 Marshall Ronne, Jr.
- 10 James Goreson
- 11 Brian Stanley
- 12 Kimberly Goreson
- 13 Sandra Hansen
- 14 Crystal Wheeler
- 15 Arne Hatch
- 16 Brian Blatchford
- 16 Thomas Shea
- 17 Patricia Johnson
- 20 Robert King
- 21 Hjalmar Christiansen
- 22 Darius Wallace
- 22 Aaron Swartz
- 23 Elena Endresen
- 24 Andreanna Pruitt
- 24 Joshua Dotomain
- 26 Nena Butts
- 26 Daisy Blatchford
- 26 Brian Stanley
- 27 Jacquelyn Stettinger
- 28 Patrick Wallace
- 29 Mary Anna Gunter
- 30 Jack Gunter
- 30 John Davenport
- 30 Micheal Hibbetts
- 31 Dreana Brown
- 31 Randolph Galeshoff

### June

- 2 Richard Janson
- 3 Daniel Tolson
- 4 Bruce Martin
- 6 Carl Wassilie
- 7 Thomas Buchanan
- 8 William Hansen
- 11 Diana Rhodes
- 12 Peter Peterson
- 13 Nancy King
- 13 Jeremiah Hubbard
- 13 Tanner Young
- 13 Jasen Nelsen
- 14 Hans Peterson
- 17 Kiia Hubbard
- 17 Sarah Nicolet
- 18 Alek Cushing
- 20 Frank Marine
- 21 Ellen Setters
- 21 Richard Simms
- 22 Alice Shea-Hansen
- 22 Raymond Endresen
- 22 Helen Painter
- 23 Lettie Buchanan
- 24 Eldon Zinnis
- 26 Savannah Holtman
- 27 Maranda Nelson
- 29 Melissa Buchanan
- 29 Leona Goucheaux
- 30 Jay Gottschalk

Happy Birthday



### Deepest Sympathy

to Esther Ronne and her family during this sad time following Marshall's passing. Please know our thoughts and prayers are with you.

### Diabetes Workshop

Wednesday, May 25<sup>th</sup>

10:00 am - Noon



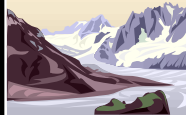
A Doctor and Nurse from Chugachmiut will be at QNT to do blood sugar and cholesterol checks and diabetes education and prevention.

**Full breakfast will be provided.**

Followed by Diabetes Bingo! Fun Prizes!  
All ages welcome.

*\*These are fasting tests, please do not eat between 1am and 10am on the 25<sup>th</sup>.\**

Contact Mariah or Maggie for details at  
224-3118 or [N2N@qutekcak.net](mailto:N2N@qutekcak.net)



### Volunteers Needed!

*The Resurrection Bay Conservation Alliance*

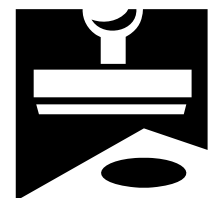
needs volunteers for beach clean-up, invasive weed pulls, water quality monitoring and other local projects. Be a part of local environmental protection.

Contact: RBCA at 224-4621 or  
[info@rbca-alaska.org](mailto:info@rbca-alaska.org).

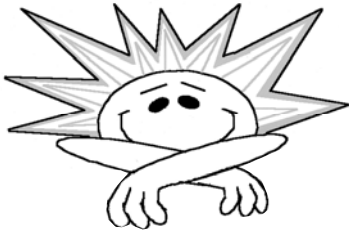
### Notary Services Now Available

Free to all tribal members and their families, notary public services are now onsite at the Qutekcak Native Tribe office.

Please call for an appointment.



# ANNOUNCEMENTS



## Join the Sunshine Club

Donate to the QNT 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 activities to donate.

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

Rita Goshorn      Diane McRae  
Charlie Larson  
Gilbert Ollestad      Caroline Toloff

## QUYANA! (Thank You)

*"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy*

### 1st Annual Seward NYO Invitational Sponsors

It took the efforts of many to produce this great event. Big thanks to AK Tan, Apollo Restaurant, Aurora Energy, AutoTech, Boys & Girls Club, Brown & Hawkins, Chugachmiut, City of Seward, Cover 2 Cover Bookstore, First National Bank, Helly Hansen, Holiday Inn Express, Icicle Fisheries, North Pacific Rim Housing Authority, Oriental Garden, Peking Restaurant, Petro Marine, Safeway, Seward Plumbing & Heating, Seward High & Elementary Schools, Shoreside Petroleum, Stylin' Stitches, Sweet Darlings, Thorns, Y South Foundation, and special friends. Also, the many volunteers who helped tirelessly all weekend. Thanks to all of you from the bottom of our hearts!!

### Special thanks to Julian Rentenaar

for his volunteer carving instruction at our classes. Julian is a self employed artist who has given his time and lent his equipment making the carving class a popular event at QNT. Next class will be May 18th! Please join us!

### Thank you, Karen Swearingen and Chugachmiut,

for the health workshop on April 27th. Elders and attendees from the QNT community were able to learn more about health related issues, get their vitals checked, and discuss health concerns. Thank you for the healthy lunch as well!

## Important Dates

**May 8th** - Mother's Day - don't forget to call!



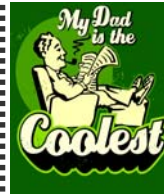
**May 9th** - Tribal Council Meeting; 6:30 pm at the QNT tribal office

**May 30th** - Memorial Day - QNT office closed

**June 13th** - Tribal Council Meeting; 6:30 pm at the QNT tribal office



**June 14th** - Flag Day



**June 19th** - Father's Day - don't forget to call!



**June 21st** - Summer Solstice

## **RECIPE: Herring Egg Salad**

*By Eleanor Batchelder, Anchorage*

### INGREDIENTS:

1 to 2 cups herring eggs  
Lettuce, or baby greens, washed and dried  
1/4 cup carrots, grated  
1-1/2 green onions, finely sliced  
1/4 cup radishes, thinly sliced  
1 to 2 tomatoes, diced.

### INSTRUCTIONS:

Mix lettuce or baby greens, carrots, green onions, radishes, and tomatoes together well. Add one to two cups of cooked, cooled herring eggs. Make sure the herring eggs are nice sized portions, rather than clumps of eggs. You can all light canola mayonnaise or a salad dressing of your own choice.



*Enjoy!*



**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  
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**Office Hours:**

Monday - Friday

8:30 AM to 4:00 PM

Appointments  
encouraged.  
Walk-ins based  
on availability.