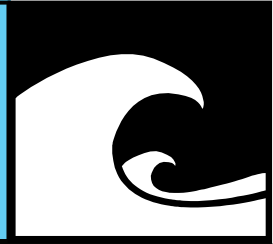




# ~ the Wave ~ news from the big beach



November/December 2011

Volume 31 Issue 6

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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 election time again and there are three seats up for election on your tribal council. The election will be December 15, 2011. Normally the election is in November, however, this year the office is having new carpet installed sometime in November and we aren't sure of the date. The date will vary depending on when the USS Healy returns to Seward as the US Coast Guard members on the Healy have volunteered to move furniture and pull up the old carpet but they only know they will be here sometime in November. The decision to move the election back a few weeks will prevent the office from being in total disarray during the election and annual meeting. So here is the time line for this year's election.

November 3<sup>rd</sup> - All QNT eligible voters will be mailed a complete alphabetical list of tribal members eligible to vote in this election, copies of the current election notice, and the purpose of this upcoming election.

November 3<sup>rd</sup> – **candidacy forms will be available** at the QNT tribal office for eligible voters to pick up and complete to get on the election ballot.

November 17<sup>th</sup> – completed and signed **candidate applications must be submitted** to the QNT tribal office prior to 4:00 PM.

December 1<sup>st</sup> – an official list of certified candidates and the eligible voters list will be mailed to all eligible voters.

December 1<sup>st</sup> - absentee ballots will be available at the tribal office for pick up.

December 15<sup>th</sup> – **Election Day**, the tribal office is open from 8:30 AM to 6:00 PM for voting.

December 15<sup>th</sup> – absentee ballots must be received in the tribal office prior to 6:00 PM.

December 15<sup>th</sup> – at 6:30 PM QNT will have its **Annual Meeting**, during which time the preliminary election results will be announced and posted on the tribal office front door.

December 20<sup>st</sup> – any election protests must be filed at the tribal office by 4:00 PM.

December 21<sup>st</sup> – **if there are no protests**, the FINAL election results will be posted on the tribal office front door for 14 working days then removed. **If there is a protest**, the Qutekcak Native Tribe "Tribal Election Ordinance Section 10.2 Protests" will be followed.

As stated above, the QNT Annual Meeting is at 6:30 PM on election night December 15<sup>th</sup>. Make plans to attend and find out all about the programs and services offered by your tribe. The meeting will contain presentations from staff members about all the exciting things that transpired during the year.

The next regularly scheduled council meeting will be held at 6:30 pm on Monday, January 9th, 2012 in the tribal office. Remember, the tribal council meetings are open to all tribal members. **Please feel free to attend!** You may decide you want to get involved or at least make a comment!

Thank you,  
Scott Allen  
QNT Tribal Administrator

# COMMUNITY NEWS

**December 15th will be a BIG DAY for the Outekcak Native Tribe!!**

**~SAVE THE DATE!!~**

- ♦ The **Annual Tribal Council Election** will begin at 8:30 am and run until 6:00 pm.
- ♦ The **Holiday Open House** will be from 11:00 am to 4:00 pm. This event is open to all tribal and community members of Seward. Stop by and have a cup of mulled cider and a treat while visiting with friends and chatting with QNT staff. We will even have little treats available to take home!
- ♦ At 6:30 the Qutekcak Native Tribe will be holding its **Annual Meeting** to discuss current programs, future projects, and announce the Election results. This meeting is open to all tribal members and we hope that you will come and support your tribe.
- ♦ If you have any questions about any of the day's events, please call the QNT office at 224-3118 or feel free to stop by the office.



**IMPORTANT - BASE ROLL INFO!!**

**Can you help us?**

We are looking for the following so that we can update their files for Base Roll Membership.  
If you recognize a name, please call us or ask them to call the QNT office at 224-3118 option 3.

Blatchford, Debra J.  
Buoch, Carol Hatch  
Chappell, Eleanor  
Crawford, Hetty M.  
Eads, Theckla  
Endresen, Elena R.  
Goresen, Judi  
Gottschalk, Sara J.  
Ledet, Judi  
Neal, Grace B.  
Peterson, Manlbak  
Rice, Michael V.  
Ronne, Mable  
Simpson, Ellen  
Wassom, Christine P.  
Wood, Fred W.

Blatchford, Lena L.  
Cameron, Emma Jean  
Cooper, Gladys L.  
Deer, Judi  
Endresen, Arthur I.  
Foster, George  
Gottschalk, Alvin  
Halvorsen, Judith  
Munson, Sr., Tom  
Peterson, Andrew  
Peterson, Martha  
Roehle, Roy  
Schultz, Sally  
Simpson, William C.  
Wiley, Joanne  
Wright, Frances

**Office Decorating and Cookie Exchange**



QNT's annual Office Decorating and Cookie Exchange will be held on Wednesday, December 7th from 1:00 - 3:00. Be sure to bake

a big enough batch of goodies so that there are enough to share during all the fun of the decorating extravaganza and enough to take home too! And some of the decorations we have here are becoming slightly "over-used". If you feel like recycling some of your decorations to bring a newer look to our seasonal frivolity, that would be great! Just please come and join the fun. This event is always a big hit and you won't want to miss out!



The QNT website - [sewardaknatives.com](http://sewardaknatives.com) - has recently been updated! Information available on the QNT website includes photos and short biographies of all the council members on the Tribal Council page. Make sure you check out the "Calendar of Events" page with a complete listing of all upcoming QNT events into 2012. You can also now access many tribal documents (available under "Member Services") such as QNT policies and procedures, tribal ordinances and resolutions, governing documents and more. You can even find all of the recipes submitted in the Healthy Soup Contest at the 2011 Celebration of Healthy Lifestyles Gathering. Check it out and let us know if you have any suggestions or comments!

# COMMUNITY NEWS

## Celebration of Healthy Lifestyles Gathering a Great Success!!

*If you weren't there you should have been!*

Over 500 community members and others from all across the state attended our first Community Celebration of Healthy Lifestyles Gathering and the comments were overwhelmingly positive. The only negative feedback received was the disappointment that this would be a biennial event rather than annual. With over 40 vendor booths and non-stop entertainment featuring both Native and community demonstrations, the fun never stopped. And of course with Pamyua as the finale, everyone seemed disappointed for the day to end. Sleeping Lady of Anchorage were amazing in their beautiful regalia and the King Island Dancers really pulled in the crowd. The Healthy Soup Cook-off was also a great crowd pleaser. Folks really seemed to enjoy tasting and voting and were able to walk away with their favorite recipes in hand. (Check out the QNT website at [www.sewardaknatives.com](http://www.sewardaknatives.com) for the recipes!)



But, as the saying goes, it takes a village... well it took a community to pull this one off. Thanks SO much to all the different organizations that helped with the planning and coordination. Thanks also to all the wonderful sponsors that donated prizes. Special thanks to all the craft, food, and informational vendors, volunteers, dance groups, demonstrators, and our M.C. Thanks to the American Legion, SPRD, SeaView Community Services, North Star Health Clinic, North Pacific Rim Housing Authority, Holiday Inn Express, Spenards, Chugach Alaska Corporation, Y-South Foundation, Wells Fargo, MSPI & Foster Families programs, CITC, and CRRC for your monetary, door prize, or in-kind donations; Breeze Inn, ASLC and AKRR for the Healthy Soup Contest prizes; Apollo Restaurant, Irvin Pottery, Abby Wentworth, Carla Rogers, One Shot Photography and Judi Christiansen for donating door prizes; National Park Service and Chugach Forest Service for their outstanding work with the Kids Corner. Thanks also to the Healthy Soup contestants, QNT staff and council and all the other community members that put countless hours into the planning, coordination, and execution of this awesome event! Our sincere apologies if we inadvertently omitted any one of the great folks or organizations that helped to make this gathering such a success.



# PROGRAM ACTIVITIES

## This is the list of Eligible Voters for the December 15, 2011 Tribal Council Election

Andrew, Marie	Eads, Ava	Nelson, David Ray
Barnes, Kevin Adams	Ennes, Karlie Nicole	Nelson, Donald Gene Sr.
Barnes, Kimberlee Louise	Faigle, Stephen Charles	Nelson, Maranda Barrier
Barnes, Steven Allen II	Gardner, Robert	Nicolet, Charles E Sr.
Battishill, Tabatha Ruth	Goshorn, Rita Patricia	Ollestad, Gilbert
Blatchford, Daisy M	Gunter, Mary Anna	Osenga, Corey S.
Blatchford, Kenneth Eugene	Hamrick Jr, Floyd Lee	Osenga, Dorothy Carol
Blatchford, Percy Herbert Jr.	Hansen, Alma Marie	Osenga, John Winston Jr.
Boren, John J	Hansen, Eric R	Peterson, Hans Andrew
Boren, Ted D	Hansen, Garrett	Randall, Dorothy Jean
Broughton, Julie T	Hansen, Tony Eric Sr.	Ronne, Esther Kristina
Broughton, Mervin R Jr.	Hansen, William Carl	Ronne, Mark S.
Broughton, Nickolas	Hatch, Arne Aaron	Ronne, Marshall George Jr.
Broughton, Ryan	Hatch, Carson Eric	Ruby, Rita Marie
Buchanan, Andrew S.	Hatch, Haley Alexis	Scheele, Anastasia Marie
Buchanan, Lettie Lavern	Hibbetts, Micheal Eugene	Schoening, Justin Nevada
Buchanan, Melissa Marie	Hubbard, Jeremiah Allen	Schoening, Karen L
Buchanan, Michelle Harriet	Hubbard, Milcah Lea	Shea, Amber Dawn
Buchanan, Nathan Merritt	Jack, Julia Nichole	Shellgren, Norma Ruth
Buchanan, Perry Steven	Jackson, Charles James Jr.	Stone, Heather Adair
Buchanan, Thomas Arthur	Jackson, Kevin Wayne	Swartz, Aaron James
Buchanan, Thomas Milton	Kunnuk, Leo III	Swartz, Courtney Marie
Capurro, Damon	Kunnuk, Leo Apapayoc Jr.	Swartz, James D.E.F.
Carr, Timothy M.	Kunnuk, Steven Wayne	Swartz, Teresa Marie
Casey, Brittany Glynn	Lackey, Bradley Wayne	Swearingen, Karen Marie
Casey, Leah Kristine	Lackey, Darren Shane	Toloff, Caroline Alice
Christiansen, Carl Jr.	Lackey, Kyle Dee	Toloff, Peter M
Christiansen, Carl Sr.	Lane, Anastasia Nicole	Tolson, Daniel Anthony
Christiansen, Judith	Larson, Charles M	Tolson, Nancy Ann
Christiansen, Marjorie	Lee, Kenton David	Tolson, Tanya Ann
Clock, Raymond Eric	Martin, Bruce E.	Towsley, Mabel Adele
Davenport, John W	McHone, Kylee R	Unrein, Larry Allen
Dean, Crystal J	McRae, Diane L	Valenza, Gertrude R.
Deer, Danielle Jean Marie	Miller, Angel E.	Wallace, Ajillia Ida
Deer, Joseph Daniel	Miller, David A Jr.	Wallace, Darius Joel
Doleman, Jaime Edward	Miller, David A III	Wallace, Jared Garner
Dotomain, Isaiah Axel	Nelsen, Herman	Wallace, Melody Merel
Dotomain, Joseph Ian	Nelsen, Jasen Michael	Wallace, Micha Aaron
Dotomain, Matthew	Nelsen, Jessie Marena	Wheeler, Daniel Earl Jr.
Dotomain, Tamara R	Nelsen, Michael Vernon	Wood, John Calvin

### Become A Seward Community Foundation Board Of Director

The Seward Community Foundation is locally governed by a dynamic group of citizens who are attuned to the changing needs and goals of Seward and Moose Pass nonprofit groups. As an organization, our goal is to support projects of importance to our community that will help us all become better stewards of the land. We are continually listening and learning about what is important to you. The endowment Seward Community Foundation is building allows grants to be made that improve the lives of Seward and Moose Pass residents in areas such as health, education, human services, arts and culture, youth, and community development.

If you are interested in learning more about the Seward Community Foundation or how to become a Board of Director, please contact the Seward Community Foundation by: Emailing: [seward@alaskacf.org](mailto:seward@alaskacf.org) or visiting our website at: <http://www.alaskacf.org/AcrossAlaska/AffiliateCommunities/SewardCommunityFoundation/tabid/203/Default.aspx>

Writing: Seward Community Foundation, PO Box 933, Seward, Alaska 99664

Or by message phone: 224-GIVE (4483); please leave a message.

# PROGRAM ACTIVITIES



## Personal Care Attendant Training at QNT

Take advantage of this exciting opportunity towards a new career as a Personal Care Attendant! **The training will be held in January** at the Qutekcak Native Tribe office in Seward. Learn how to help elderly and disabled people in your community in this rapidly growing field. You will receive a certificate and have the chance to start earning a pay check after only one week of training!

The QNT Elders' Neighbor to Neighbor program, sponsored by the Indian Health Service, is offering this PCA training. 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 be able to pass criminal background check.

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

## **Traditional art classes to be held at Qutekcak**

*Sponsored by Qutekcak and grants from the Rasmuson Foundation and Seward Community Foundation.*

**Beading-** Wednesdays on November 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 1:00-3:00. Come learn the traditional skill of beading. Students will learn basic beading with a necklace project and beginner loom work. Pick your colors and designs. *Classes held at the Orca building (North Star) first floor.*

**Carving-** Traditional carving resumes Wednesday, January 4th 1:00-3:00 and will be held every other Wednesday through March. Our instructors have prepared detailed lesson plans for students, new tools and materials - wood and antler. Carving has been an important part of cultures for thousands of years. Come learn this lost art from professional native carvers.

**Leatherwork-** Since early civilization, man has used animal skin for practical and artistic purposes. Our classes will start with basic leather tooling and whet students' appetites for the art of leatherwork. Classes start Wednesday, January 11 at 1:00 pm.

*Materials and space are limited so sign up early to ensure your spot.*



## **Fitness Group**

North Star is offering group fitness every Tuesday at 10:30 am and Thursday at 2:00 pm. The groups are led by a certified personal trainer and

are tailored to participants' abilities. Individual sessions available upon request. Personal training sessions often cost over \$50 an hour - take advantage of this amazing value for **free!** Meet at the North Star Gym facility on the first floor.



## **Tour of Trail Lakes Fish Hatchery October 26th**



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

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

# ANNOUNCEMENTS

## ~ Happy Birthday ~

### November

9 Riegina Getman  
 10 David Miller II  
 10 Thomas Blatchford  
 10 Haley Hatch  
 11 Teresa Wright  
 11 Percy Blatchford  
 13 Michael Willoya  
 15 Carmen Dunham  
 15 Thomas Watson  
 15 Marjorie Christiansen  
 16 Jeremiah Oksoktaruk  
 17 Marie King  
 17 Richard Hood  
 17 Esther Ronne  
 17 Mark Lamberson  
 18 Nick Pavloff  
 19 Byrl Getman  
 20 Jesse Demott  
 21 Ted Boren  
 21 William Eckenberg  
 22 George Watson  
 22 Isabel Roehl  
 22 Albert Roehl  
 23 Stephanita Velazquez  
 24 Edger Blatchford  
 25 Michael Nelsen  
 27 Rodney Chappell  
 27 Judy Goreson  
 29 Dale Getman  
 29 Dawnelle Sauve  
 30 Tiffani Cantrell



### December

4 Jerney Battishill  
 4 Anthony White  
 5 Jeffrey Buchanan  
 8 Brittany Casey  
 11 Edward Watson  
 11 Michael Eckenberg  
 13 Alma Hansen  
 13 Ronald Broughton  
 14 Gifford Benoit  
 14 Carson Hatch  
 14 Christopher Blatchford  
 15 Lynnette Stettinger  
 15 Christopher Towsley  
 15 Chynna Towsley  
 15 Kellen Swanson  
 17 Julie Kenick  
 17 Oren Nicolet  
 17 Arthur Endresen  
 18 Natasha Aragon  
 18 Donald Nelson, Sr.  
 20 Cheryl Lackey  
 21 Laura Perri  
 23 Rose Ellis  
 24 Eric Hansen  
 24 Jenny Munday  
 26 Jared Wallace  
 26 Christopher Norbert  
 27 Eya Tofson  
 27 Gilbert Ollestad  
 28 Eddorah Zinis  
 28 Mark Ronne  
 29 Elton Dotomain  
 30 Donald Nelson, Jr.



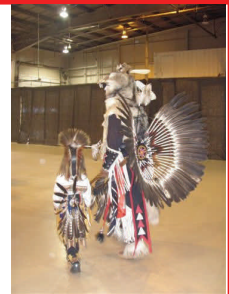
### Important Reminder...

The dentist will be at the North Star Health Clinic Nov 14-17 & Dec 12-16.

Contact the clinic at **224-4925** for an appointment. Please leave a message. Your call will be returned right away.

### Elder's Meditation

“As Elders, it is our place to show respect to our young people in order to gain respect.”



### 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:

**12/20/2011**

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

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

**Thursday, Nov 17 & Dec 22,**

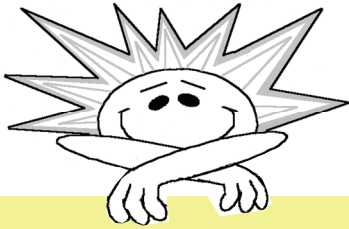
**from 9 am - 1 pm at the Seward City Hall.**

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  
Gilbert Ollestad      Caroline Toloff

**QUYANA!** (Thank You)

*We often take for granted the very things that most deserve our gratitude. ~ Cynthia Ozick*

Thanks to **Cook Inlet Aquaculture Association** for the tour of Trail Lakes Fish Hatchery on October 26th.

Thanks To **Billy Harley** for helping us spruce up the office!

Thanks to **Icicle Seafoods** for their donation of red salmon fillets.

A Big Thanks to **North Star Health Clinic & Chugachmiut** for the use of their conference room for our beading classes, Quyana!

Thank you to **Mountain Haven** for hosting the drum making classes for their residents as well as other community and QNT tribal members.

Another thanks to **Mountain Haven** for the ghoulishly good time that was had at their Halloween party! We really appreciated you including us for the fun.

## Important Dates

**November 2nd** - Tribal Council Meeting at 6:30 pm  
All Tribal Members are welcome to attend!

**November 6th** - Daylight Savings time ends

**November 11 - Veteran's Day** - QNT office closed

**November 24th** - Thanksgiving Day  
QNT office closed on the 24th & 25th

**December 7th** - Office Decorating & Cookie Exchange

**December 7th** - Pearl Harbor Remembrance Day

**December 15th - Christmas Open House, Annual Meeting & Tribal Election! Big Day!**

**December 21st** - Winter Solstice

**December 25th** - CHRISTMAS DAY!

**December 26th** - QNT office closed

**December 31st** - New Year's Eve



Happy Holidays!

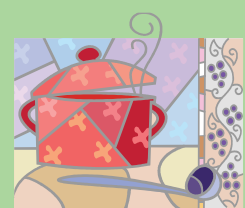
## **FIRST PLACE WINNER IN THE HEALTHY SOUP CONTEST!** "Dad's Beef Soup"

### **Ingredients:**

Large soup bones  
2 pounds beef, cubed as for stew  
2 cups each sliced carrots, celery, & potatoes  
1 large onion, diced  
2 cans (15 ounce) stewed tomatoes  
1 - 2 cups macaroni  
1 - 1&1/2 cups rice  
Season to taste.

### **Directions:**

In the biggest pot you have:  
Boil water. Drop in beef bones and cubed beef. Return to a boil. Skim foam from pot as it appears. Add veggies. Simmer until meat is done and veggies are tender. Serve hot with Pilot Bread and butter.  
Now folks, this is like your old grannie's recipes...measurements are merely suggestions. So add more or less of any of the ingredients to suit your own taste & 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  
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.