

Seldovia Village Tribe

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A Quarterly Newsletter

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2008 Open Enrollment

Enrollment for 2008 opened July 1, 2008 and will remain open through September 1, 2008.

Are all your family members enrolled?

Do you know the answer to this question? If not please feel free to contact the Tribal Offices for information regarding Enrollment. Below is the definition of eligible membership from SVT's Tribal Enrollment Ordinance

Section 6 ~ SVT Enrollment Ordinance: Any blood descendent of any person who was originally enrolled to the Native Village of Seldovia -under the Alaska Native Claims Settlement Act.

Time is a ticking please call Trinket Gallien @ (907) 234-7898 ext. 223 if you have questions, concerns or want an application.



Ogle/Hilts Adoption



Tribal Members, Adam Ogle & Chaela Ogle

Seldovia Village Tribe through the ICWA coordinator Paula Elvsaas would like to extend our Thanks to Laurel Hilts. Laurel has welcomed Adam and Chaela into her family.

Adam and Chaela lived in Seldovia when they were just in diapers and now have been back home for a little over two years. Both are actively involved in the school activities along with Boys & Girls club programs. They have had the opportunity to travel to New York with their new adopted family members where they appeared on the Today show.

Thank you Laurel, for giving our children the loving, caring, and stable home life they so deserve. Adam and Chaela are in the hearts of all of us.

You do not need to be related to become a foster parent or an adoptive parent. We

are all extended family through our Tribe. The Tribe would love to see more family's open their hearts and homes as Laurel has. For any further information on becoming a placement for our Tribal Member Children, please feel free to call me.

Paula Elvsaas
ICWA coordinator
(907) 234-7898 ext. 255



Adam, Chaela and Laurel during their Adoption Celebration

Berries Wanted!

Berry Prices for 2008

Red Salmonberry...\$2.00 lbs

Blueberry...\$2.00 lbs

All Salmonberries & Blueberries
MUST be CLEAN & RIPE!

Buying hours: M-F 10am-3pm, bring berries to the ATC office entrance.



Seldovia Conference Center~Alaska Tribal Cache 1-800-270-7810

N·A·S·F·T
Fancy Food Shows



Tribal Members Kristy Gallien, Katrina Hecks, Courtney Collier, and Ariel Anahonak.

National Association for the Specialty Food Trade Inc. Fancy Food Show New York

Seldovia Expansion Enterprise Project had a great opportunity to attend the NAFTA Fancy Food Show in New York June 30-July 2, 2008. SEE Project Assistants Courtney Collier, Katrina Hecks, Kristy Gallien and Ariel Anahonak traveled to the East Coast with Marcia Patrick, Crystal Collier and Trinket Gallien. During the visit to the Fancy Food Show SEE Project students were set to task, collecting as much information and insight regarding the Specialty Food Trade. Alaska Pure Berry products have a great fit in the market of Specialty Food Trade. The following are comments from a couple of the SEE assistants, “My favorite part of the Fancy Food Show was being able to see how different businesses draw you in. How they spoke to you as you passed by, and the things they said to persuade you to take one more look at their

product. Everyone was different, but almost everyone had samples of their best products and they constantly urged you to try them. I also enjoyed examining how the natural/organic businesses had different things to offer, which is something we can provide to our customers, because our products are so high in antioxidants.” says Courtney Collier. Katrina Hecks said “I think I can speak for the group when I say we loved it! Everyone’s group was exciting in its own way with colors, flyers, and smiling faces. We are all excited to eventually go to another show and have our own booth because we are a kind and friendly group ready to answer any questions people might have and I believe we have the knowledge to know when to ask people questions in a polite manner that would help our company.”

Senior Dinners



Seldovia Village Tribe’s Senior Meal Program added Dinners to their agenda of events. Every 1st and 4th Tuesday evening the Cook, Assistant Cook and SEE students put on evening events of a sit down dinner, deserts and Bingo.

These events have been great fun for Seldovia Natives along with their guests to share time together in a happy, healthy atmosphere.



Marcia Patrick, Senior Meals Director calling Bingo numbers.

Senior Lunches are served Monday, Wednesday, and Fridays at 12 noon located at Lakeside Terrace or togo meals are available those same days by calling 234-7520. Monthly Menus are available contact Marcia Patrick at (907) 234-7898 x. 249.

360 Degrees Student Travel-Community Service Group

26 YEARS AGO, West-coast Connection – Teen Travel Experiences began with the goal of using exciting, m e m o r a b l e travel to enlighten and inspire teenagers and to enhance their understanding of themselves along the way. With a simple philosophy of “EACH & EVERY” thousands of teens would come to share in our spirited and tightly knit groups where everybody is included in an enriching program. *continued on pg. 5*



SVT Program Up-Dates



SVT 2008 May Scholarship Awards



Jennifer Giles,
Achievement Scholarship \$1,500.00
Jennifer will be attending University of Alaska Fairbanks, Accounting

Zach Kashevaroff,
Achievement Scholarship \$1,500.00
North Central University,
Business, Music, Bible

Kellie Nelsen,
Achievement Scholarship \$1,500.00
Western Washington University,
Elementary Education/Art Education

William Payton,
Achievement Scholarship \$1,500.00
Alaska Pacific University,
Liberal Studies

Congratulations!!! SVT is very proud of all the applicants and wish each and everyone of you the best of luck in your education.

Mark your calendars for General Scholarships, due September 1st, 2008. This scholarship is to be used towards Voc-Tech training. Applications available www.svt.org or call 907-234-7898 x223.

Tribal Member Message: Thank You letters...

Dear Seldovia Village Tribe

Thank you very much for all the support you have given me throughout the past few years. As a result of your generosity, I have been able to successfully complete my undergraduate academic career at the University of California at Berkeley.

I am truly grateful for all that you have done for me. It is because of your continual support that I have been able to realize my academic dreams and to prepare for graduate study. This fall, I will commence my graduate career at the University of Chicago with the ultimate objective of attaining a Doctorate of Philosophy.

Words are insufficient in expressing my gratitude for all that the Seldovia Village Tribe has done. It is my hope to return the kindness you have shown me someday in the near future.

Thank you again for everything.

Sincerely, Kristyn N. M. Hara

Dear Seldovia Village Tribe:

Thank you for the \$1500.00 Scholarship. I greatly appreciate it and promise to continue striving for high academic status. I'm currently working towards my teaching degree. Thank you Again

Sincerely, Kellie Nelsen



The digital television transition is less than one year away when full-power television stations will switch to 100 percent digital broadcasting on February 17, 2009.

The U.S. Government is providing financial assistance to help households with the transition. Consumers who wish to keep their existing TV sets using antennas will probably need to connect them to a new product on the market called a TV converter box. These converter boxes are available at many retail stores and range in cost around \$50-\$70. TV sets connected to cable, satellite, or other pay TV service will not require a converter box from this program.

The U.S. Government is providing each household up to two \$40 coupons to be used towards the purchase of these converter boxes. Households can apply by calling 1-888-388-2009 or going online at www.DTV2009.gov. Households need to provide a valid home mailing address where the U.S. Postal Service can deliver the coupons. A Post Office Box will be considered a valid mailing address for residents of Alaska Native Villages and other rural areas who do not receive home postal delivery.

Environmental Protection Office

Here are some helpful hints that I found while cruising around the web that I thought might be helpful to others who are trying to save money on their utilities. This will also make kids happy who's parents make them wash dishes by hand.

Cook stove

Never use an open electric oven as a room heater or as a source of warm air for drying rain-dampened outerwear. If the kitchen is furnished with the type of refrigerator or freezer that exhausts warm air through a front floor-level grille, damp shoes can be dried quite nicely and at no extra energy cost by placing them on the floor near the grille. Rather than using the oven for preparing small quantities of food, consider cooking in small portable electric appliances such as a frying pan, grill, or toaster oven. On average, these use only about one-third of the electric power of an oven broiler.

Dishwasher

Overall, dishwashers use less water than washing dishes by hand. For a full load of dishes in the dishwasher, washing the same dishes by hand would typically use at least 6 more gallons of hot water.

Here is the site I was looking at so if you would like more great tips then this site is pretty good.

<http://www.getenergyactive.org/wisely/tips.htm>

If you have any other great sites that you would like to share please feel free to send them in to me at mopheim@svt.org and maybe we can use some of the tips in the next newsletter.

Michael
Environmental Coordinator



Biathlon~Seldovia Style

SVT sponsored a 2008 Biathlon on Saturday July 5th, 2008. The weather was typical day after the 4th cool, foggy and sprinkles of rain. Racers gathered at the Visitor Center/Museum entrance to register and the race began at 10am. Racers biked to SNA's gravel pit at 2 mile Jakalof Bay Rd, ran up the logging roads at 2 mile, got back on their bikes and returned to SVT Administration Building. 1st place Gary Burleson, 2nd place Calem Collier, 3rd place Crystal Collier and the red lantern prize went to Kristin Nixon. Fun was had by all.



SEE Project Summer 2008



Tribal Members, Katrina Hecks, Stephen Payton, Ariel Anahonak, and Courtney Collier.

Throughout the course of the summer I've had the privilege of working for the SEE project; along with Stephen Payton, Katrina Hecks, and Ariel Anahonak. We are all marketing assistants that help promote Seldovia, and Alaska Pure Berry. It has been a fun learning experience for all of us and we are all truly thankful for the

great opportunity we have been fortunate enough to receive. During our time working for the SEE Project we are involved in the many different things the Seldovia Village Tribe has to offer. We set up, clean up, and cater to the many different affairs held in the Conference Center - one of the regulars being, Senior Meal Dinners. During the dinners, we practice proper etiquette, the importance of a sanitary workspace, and the gravity of good communication and respect for the many elders we have here in Seldovia.

Stephen Payton is seventeen years old and heading into his senior year of high school, working in an office is something different than what he's used to, the SEE Project is giving him a new outlook on different career choices. Katrina Hecks is sixteen years old and is excited to jump into her junior year of high school, with hopes of learning as much as she can about the business world. Ariel Anahonak is eighteen years of age and is thrilled to be in her last year of high school. As she propels into her adult life she is very thankful for the opportunity she has had to learn as much as she can about the world of business and marketing. I, Courtney Collier, am a junior in high school at the age of sixteen. I am also very appreciative for the generous opportunity I've had being able to work for such a wonderful business.

The four of us being able to graduate from high school, already having some experience in the business world will benefit us more than we could ever imagine. This is definitely an experience we will take with us as we grow up and become employers of our own. We would all like to sincerely thank the Seldovia Village Tribe and Alaska Pure Berry for this opportunity that will definitely leave a mark on us for the rest of our lives.

By Courtney Collier



Prevention Program Summer Activity Update.

Summer is in full swing in Seldovia! The Prevention Program staff has been busy keeping the community actively engaged in many different events and programs that we offer. The Toe-Basher Soccer Camp on the 4th-5th was a big success. Kids of all ages had great time learning new skills and working on the ones that they had.



The Hiking/ Camping events have been good fun for all this month. Alisha Sughroue, Sevea Kroll, and Bryan Slover took a group of 14 kids out for a campout to Red Mountain. The kids and chaperones had a wonderful time playing in Windy River, and taking in the beauty of the mountain. The group hiked up to the bowl behind the mountain, and stopped to have a picnic lunch, and play in the snow. The kids were thrilled to find snow up on the mountain, and had a great time sledding. Sledding in July, who would have thought!



Look for signs and the Prevention Newsletter around town, or if you have any questions about up coming events please contact our Prevention Program Activities Coordinator Sevea Kroll at 234-7898 ex. 228. Enjoy the rest of summer!



Cherish The Children Family Gathering



Louise Shavings (Group Facilitator, CITC Child and Family Services)

Seldovia Village Tribe hosted the Cherish the Children Family Gathering on Saturday, June 14, 2008 from noon until 3:30 p.m. Suse Cushing, SVT Wellness Coordinator and Behavioral Health Aide coordinated the arrangements. The purpose of the event was to learn more about the Cherish the Children Project, enjoy family games/activities, learn about best practices in reducing risk factors that lead to family problems, and share ideas to strengthen resiliency in tribal families. Fred Elvsaas shared his personal experiences about growing up in Seldovia and views about the important influence of family in the lives of children. Louise Shavings (Group Facilitator, CITC Child and Family Services) facilitated the family discussions. Gary Leonardson, Cherish Evaluator, and Lydia Hays provided an update on the Cherish the Children planning project. About 30 community members attended the meeting and luncheon held at the SVT Building in Seldovia. According to participant surveys, 78 percent were satisfied or very satisfied with the entire Family Gathering.



Fred Elvsaas sharing family stories...



Seldovia Village Tribe Visitor Center/ Museum

SVT Visitor Center/Museum opened for the summer season May 26, 2008. Since that date we have had roughly 2,900 visitors come through our doors. Visitors have been greeted by Agnes Dushkin pictured above and Russ Radliff, SVT's Museum Coordinator.

Currently Michael Opheim, EPA is working with contractors to upgrade SVT's Museum area. A display will be installed this winter featuring local flora, fauna, and the history of Seldovia.

When visiting Seldovia next summer be sure to stop in.

360 Degrees Student continued...

The philosophy of respecting the individual while also creating a bonded group is as important today as it was when we began. And even more important in today's global community is the need for teens to travel beyond the classroom and away from home. By moving outside their comfort zone, our tour members experience different cultures and new adventures that encourage self-development.

Seldovia had the pleasure of hosting 20 participants to conduct Community Service through out our community. These students spent two days beautifying our gardens around both the SVT Administration Building and Alaska Tribal Cache. Our CFO Peggy Keesecker took time out of her busy schedule to guide students with weeding. Great Job Done!

SVT Health Seldovia Side

Dates available for appointments:

July 30th

August 4th & 5th

August 11th

August 18 & 19th

If you would like to make an appointment for any of these days please contact Tina Yuth, (907) 234-7898 ext. 221.

SVT Health Center Dental Services

Now taking new patients. Please Call for an Appointment

Children's Appointments Given Priority

Dental Department Hours
Monday-Thursday 9am-5pm

Phone: (907) 226-2228
880 East End Road
Homer, Alaska 99603

News From SVT Health Center Seldovia Side

Great News!!! We are happy to announce that an experienced Physician's Assistant, Sue Christiansen has joined our Seldovia team. Many of you already know Sue since she also works at SVT Health Center in Homer, and she spends a great deal of time at her Seldovia home as well. Sue also travels providing health care to remote villages throughout Alaska. We welcome her.

Growing!!! Our Seldovia Health Center continues to grow. Our goal is to have weekly clinic so that health services can

be more accessible to each of you. We serve all ages in our family practice which also includes wellness, health promotion, disease prevention, acute and chronic disease. Questions? Stop by or give us a call at 234-7898 x237.

Stay Healthy!!! High Blood Pressure is called "the silent killer". Blood Pressure is the result of blood pumping into the arteries and the amount of resistance from the arteries to the blood flow. Healthy arteries are muscular and elastic, easily stretching as blood travels through them. Every time the heart beats, blood pressure rises, representing systolic pressure (the

top number such as 110/70). The pressure falls between beats as the heart rests representing diastolic pressure, or the bottom number. Normal blood pressure should be less than 120/90 (ideally 70).

By making healthy lifestyle changes, you can lower or prevent high blood pressure by:

- have a healthy diet high in fruits, vegetables, whole grain and low fat dairy products.
- reduce alcohol intake.
- decrease saturated fat and sodium.
- maintain a healthy weight with physical activity at least three times a week.
- not smoking.
- manage stress to aid in muscle relaxation.

High blood pressure can kill or injure you severely. The sooner one starts a healthier lifestyle, the better your chances for a longer and healthier life. (Smart Ideas-Summer 08, American Academy of Nurse Practitioners).

Submitted by Donna Fenske



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