

Seldovia Village Tribe

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A Quarterly Newsletter

Volume 14: Number 3 April 2008

SVT Health Center

A Non-Profit
Community Health
Center Providing
Primary and
Preventative Care
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Going Green

Here is a simple way to
Go Green, submit your
email address to SVT to
receive our Quarterly
Newsletter
electronically to reduce
paper usage.

Seldovia Conference Center

Planning a conference
or a wedding? Contact
the Seldovia Economic
Enterprise (907)
234-7898 ext. 249.

Seldovia Village Tribe Scholarships

SVT Scholarships are
due May 1, 2008 no
later then 5PM.
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SVT's Housing Program

SVT's Housing Office is
still offering 4 programs
for low income Ak
Native families living in
the Seldovia area.
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Prevention Program

SVT Prevention
Program has exciting
events planned for
Summer.
www.seldoviafun.com
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2008 Annual Health Fair

Seldovia Village Tribe's Health Fair will take place at the Seldovia Conference Center next to the Main Street Market this May 10th starting at 8AM until 12 noon.

The following are some of the tests available during that time. Blood Chemistry \$35, Thyroid (TSH) \$30, Prostate Specific Antigen (PSA). If you are interested in getting your blood drawn one must fast for 12 hours prior to blood draw. Fasting means no food or drink, just water.

Other Booths will include: Blood Sugar Screenings, Blood Pressure, Vision, Height & Weight, Immunizations, Tobacco Prevention, Heart Monitoring, Shaklee Products, Traditional Native healing and much more.

If you have any questions feel free to contact Debbie Hecks CHR @ (907) 234 7898 ext. 230.



Seldovia Village Tribes Green Star Program

SVT has tirelessly worked over the last couple winters to achieve our Green Star Rating. The Green Star Award is given to businesses, organizations, schools, and agencies that demonstrate a strong environmental and business ethic by implementing the eight Green Star Standards. These Standards encourage waste reduction within several media, as well as education and outreach. Examples of Standards topics include recycling, waste prevention, improved purchasing, outreach to other organizations, education of employees, reduction of toxic materials, water conservation, and energy efficiency.

The SVT EPA Department encourages other business members to participate in the Green Star program. We would be more than happy to help others get started in their own recycling program to help others achieve a Green Star. These small steps help the environment and the always ever-present bottom line. Saving money is always a good thing in this economy of high-energy costs like fuel and electricity.

Green Star began as a cooperative effort in 1990 in Anchorage. The Anchorage Chamber of Commerce successfully partnered with the Alaska Department of Environmental Conservation (ADEC) and the non-profit Alaska Center for the Environment (ACE) to create the Green Star program. The program, represented by this diverse group of state regulators, environmentalists and business leaders, was created to give positive recognition to organizations that exercised environmental responsibility.

Green Star is both pro-business and pro-environment. By examining an organization's waste streams and making internal changes to reduce them, significant financial savings—as well as environmental savings—can be achieved.



SVT Health Center ~Seldovia~

SVT on the bayside is busy!!!!

We continue to grow!!!! Posters are up around town so that the community folks will know more about our services which include health care for the family! Some of these include:

- * infant, child and adult care
- * acute and chronic illness
- * employment and sports physicals
- * infant, child and adult physicals
- * medicaid physicals for infants and children
- * WIC (women infant and children's program)
- * health counseling and education
- * medication reviews and refills
- * referrals for specialized care (radiology, medical, orthopedic, cardiology etc)
- * -women's health exams
- * -laboratory work

AND MORE - JUST ASK US!!!!

Want to be healthy and stay that way? *The Health Fair is coming!!!*

Spring is on the way and plans include our annual health fair which will be Saturday May 10th at the Seldovia Conference Center - a wonderful place for a fair! **Join us** and visit the many health providers and booths for up to date health information. Win door prizes! Get your lab work done! Pick up some freebie's at the booths! **Prevention is in!!!!**

Health Gathering!!!!

Cancer prevention specialist Melany Cueva plans to visit Seldovia to do a community presentation on cancer. We are looking at the evening prior to the health fair (May 9) but watch for more

information critical subject! Local providers will be involved too!

Clinic Faces!!! There are several of us you may meet when you stop by the clinic which may include any of these talented ladies as they welcome you!!!

Debbie Hecks fills several roles. She is not only the CHR (Community Health Representative) but she is the Medicaid Fee Agent and an EMT. As the fee agent Debbie helps folks fill out applications for Medicaid and Disability as well as travel assistance for out of town appointments. She also is the office support for the clinic, helping with paperwork and checking in patients. **Way to go Debbie!!!!**

Alix Chartier fills several roles as well. Alix is the Fire and Safety representative at SVT which is a very busy role with a focus on prevention as well as an EMT! She has a wealth of information to share to keep our community safe and healthy. Alix also is involved in the office support for the clinic, helping with paperwork and checking in patients. **Way to go Alix!!!**

Bobbi Sweatt is a new face you may see occasionally as she helps us out in our clinic. Bobbi is an LPN (Licensed Practical Nurse) with years of nursing experience including emergency, obstetrics, the elderly, and general health care. She currently is working at South Peninsula Hospital Long Term Care and Providence Seward Medical Center in emergency room and clinic care. She is also an ETT for the community! She fills the role of supply officer for the fire department making sure the supplies are ordered and stocked for the ambulance. Bobbi will be

involved in office support of the clinic, helping with paperwork and checking in patients. **Way to go Bobbi!!!**

Donna Fenske is the Family Nurse Practitioner (FNP) Board Certified, national and state, at the SVT clinic. She is a registered nurse with past nursing experience in hospital, education, community and public health nursing. Prior to becoming an FNP Donna was a public health nurse for the State of Alaska for 25 years. She has extensive experience in rural and bush communities, including becoming actively involved in research as well as developing and teaching health education topics for all ages. Her certifications also include being an ETT.

Way to go TEAM!!!! Stop by and visit us at SVT Health Center in Seldovia!!!

Dates available for appointments:

May 5th & 6th

May 19th & 20th

June 2nd & 3rd

June 16th & 17th

June 30th

July 1st

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

SVT Program Up-Dates



SVT Scholarship Deadline is May 1, 2008



The Seldovia Village Tribe Scholarship deadline is approaching fast. The Achievement Scholarship of \$1500.00 or Student Exchange Program Scholarship of \$1,000.00 applications are available to enrolled Tribal Members. Applications are due May 1, 2008, must be received in our offices via mail, fax or email no later than 5 PM.

For a scholarship application please contact Trinket Gallien @ 234-7898 ext. 223 or visit our website, www.svt.org for an electronic application.



Alaska Tribal Cache

2008 Summer hours 10AM-6PM Monday thru Saturday, 11AM-5PM Sundays begin Memorial Day Weekend. ATC will be soon featuring our new name Alaska Pure Berry, same great taste but new look. Website www.alaskajamsandjellies.com

Green Star Program continued...

The core Green Star Award program focuses on aspects of operations, which includes examining all waste streams (solid waste, utility usage etc.) and eliminating waste through smarter purchasing, restructuring employee procedures, maintaining or updating equipment and recycling. By meeting the Green Star Standards, these organizations can demonstrate to the public that they have gone well beyond compliance with environmental regulations, and have voluntarily implemented a thorough waste prevention and pollution prevention plan.

Green Star works hard to promote the efforts of its members. Award winners are announced in local press releases and through the Anchorage Chamber of Commerce. We will have our announcement released in the Homer News and on our Seldovia Village Tribe website and have the award presented during Earth Day April 22nd 2008 at the Seldovia Conference Center. An annual list of members is published and distributed at many Green Star functions. Members will be listed on the Green Star web site and can be linked to their business' web site. Through these and other publicity opportunities, Green Star will promote your business and your commitment to the environment.

Because of Green Star's respected reputation in business and environmental communities, its members, through association, benefit from this reputation. After earning the Green Star Award or Green Star Air Quality Award, members

receive a Green Star logo sticker, which can be displayed in the business, attracting new clients and customers who recognize the Green Star name and care about the environment. Members also have permission to use the Green Star name and logo in connection with their business (e.g., business letterhead, press releases, web sites, fax cover sheets, signs, equipment).

Seldovia Village Tribe Open Enrollment 2008



Enrollment for 2008 will open July 1, 2008 through September 1, 2008.

What is Open Enrollment?

Seldovia Village Tribe Welcomes all descendants of Original SVT Tribal members to apply for membership. Once a year for three months SVT takes applications for descendants to become members.

Also if you know of family members that have not been notified or do not receive the newsletter please pass on this information. Call Trinket Gallien @ (907) 234-7898 ext. 223 if you have questions, concerns or want an application.

SVT Housing Program

Survey Results

The response to the recent survey on local housing needs was not great but our office did gather valuable information. Enough information to learn there is still a large need in our community for help in making the homes of our low-income Tribal Member's safe, healthy, warm and comfortable. Those members requesting additional information on how we can help were contacted and the Housing Office is hopeful that solutions to their housing needs can be met.

Thanks to those of you responding to the survey. The information shared, your comments were greatly appreciated and will be used to enhance our programs to fit the needs of our community members.

Housing Weatherization/ Rehabilitation/Modernization Program

The Seldovia Village Tribe Housing Program Office has established a program for repairs, maintenance and weatherization on the homes of enrolled Tribal members and other low-income Alaska Native/American Indians living in the Seldovia area.

What kind of work can be done on the home?

You, as the applicant, may choose to make foundation repairs, replace heating sources, septic and plumbing repairs or replacement, roof repairs, structural alterations to accommodate handicapped individuals and last but not least **we know how cold winters are** this would be a good time to think about weatherization for keeping warm next winter. Things to consider for weatherization are door and window seals, insulation or complete replacement of windows and/or outside doors.

Other housing programs available are Rental Assistance and Emergency Assistance.

Applications are available at the Tribal Housing office at 206 Main Street or call Happy at 234-7898 x 235 if you have questions.

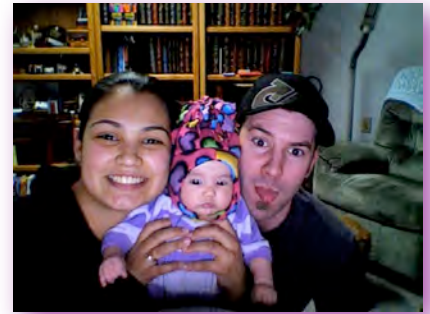
Employee Feature



**Daisy Wheeler~
Environmental Assistant**

I started working for the Environmental Program at SVT in January. I was raised in Seldovia until 1989. After high school in northern California I went to the University of Sonoma. I wasn't sure what I wanted to major in so between jobs and semesters I tried to figure this out while traveling and studying all over California, England, Hawaii and Africa. After many years of that I returned to stay in Seldovia because it is an amazing place.

I am really interested in making connections between the scientific and the public communities. I think scientific terminology, language barriers, lack of communication and lack of awareness can all cause gaps that come at a cost to our environment, and sometimes our personal safety. Working for the Environmental Program at SVT has given me a rare opportunity to learn about the environment around Seldovia and to do science for the direct benefit of my hometown community. *By Daisy Wheeler*



Crystal Palmer~Playgroup Attendee

My name is Crystal Palmer and I was born in Anchorage. I moved here a little over a year ago with my fiancé Justin Keef. We both love living here, it's much nicer than the hustle and bustle of Anchorage.

A few months ago we became proud parents after the arrival of our first child Kimberly Elizabeth Colberg Keef, born in Homer, December 7th, 2007. We are planning to have more children after we get married here in Seldovia next summer.

Justin and I both find our jobs enjoyable and rewarding. Justin works for Camel Rock Construction with Kirby Corwin. I work at Playgroup with Paula Elvsaa. I love working at Playgroup, one because I get to spend all day with my little munchkin, Kimberly and two because I really enjoy working with kids.

Justin and I plan on staying here in Seldovia so that we can someday build a house for our growing family. We look forward to having many memorable years here in this charming little town. *By Crystal Palmer.*





Photographs of the 2008 UAF/RHSS/Anchorage graduating students from the tribal councils within Cook Inlet:

Top Row, left to right: Susan Cushing (Seldovia Village Tribe), Gwen Emel (Chickaloon Traditional Tribal Council), and Alicia Erickson (Native Village of Eklutna).

Middle Row, left to right: Ruth Aileen Hidecker (Seldovia Village Tribe), Geraldine Nicoli (Knik Tribal Council), and Linda Painter (Ninilchik Traditional Council).

Bottom Row, left to right: Sondra Stewart (Kenaitze Indian Tribe/Salamatof Tribal Council), Brandy Standifer (Native Village of Tyonek), and Vide Van Velzor (Kenaitze Indian Tribe/Salamatof Tribal Council).

Graduation for Nine Village Staff Celebrated

On Friday afternoon, March 14, 2008, nine staff from the tribal councils of Cook Inlet were awarded their Rural Human Services Certificates by the University of Alaska Fairbanks/RHSS Program for their successful completion of 32 university credits in behavioral health counseling. A total of 16 students from the Cook Inlet tribal councils, Copper River Native Association, and Chugachmiut Native Association completed the Program held in Anchorage between September 2007 and March 2008. Several students remarked during their studies, "This RHSS program has changed my life." "I have a better understanding about the people I serve and feel more confident in what I am doing." "I want to continue my university studies." A majority of the Cook

Inlet students have indicated that they want to continue work toward undergraduate and graduate degrees in social work and counseling.

The UAF/RHSS Program offers culturally appropriate training in crisis intervention, suicide prevention, community development and counseling in mental health, substance abuse, interpersonal violence, grief and healing provided by University instructors and Native Elders. The purpose of the RHSS Program is to train staff to help meet the behavioral health needs of families within the local communities throughout Alaska. Normally, the 12 classroom sessions (one week per session) are scheduled over a 24 month period; however, because of funding schedules, the 2008 RHSS/Anchorage training was conducted during a six-month period -- a challenge that each of the students successfully met!



*Alex Moonin, Zac Stanish & Skylar Bond
Easter Egg Hunting.*

Prevention Program

The Prevention Program has been busy planning summer events for the community. Our summer programs run from June to September, and there is something to do almost every day of the week. Starting in June we provide many day and overnight hikes for children and adults. Our overnight camp outs are very popular with the kids, and are well participated. The trips planned, take us to Seldovia Lake, the Sounding Board, Tutka Bay, Jakalof Bay, and Red Mountain.

In June, summer swimming lessons program begins. The kids that participate are anywhere from ages 3-13 years old, and swim once a week for 6 weeks.

There are Crafts on Wednesdays, and Art Classes on Thursdays at the Boys and Girls Club from 3-5 PM. For the Art

Classes this summer we will be working on a unit every two weeks and producing works of art for a Community Art Show in August. The art mediums we will be learning are Charcoal Drawing, Watercolor, Acrylic Painting, Leatherwork, Fiber art, Native Alaskan arts, Woodcarving, and much more!

We will be facilitating many various activities throughout the summer, like a Bike Parade, Tie-dyeing, Community Potlucks, Culture Camps, and field trips. Look for updates on the Seldoviafun.com website, in your mailbox, and posted signs and calendars around town!

If you have any questions about any of the Prevention Program's up coming events, or if you would like to suggest an idea for an activity please contact our Prevention Program Activities Coordinator, Sevea Kroll at 234-7898 x. 228 or skroll@svt.org.

Lily Kroll, Eli Kroll, Faith Waterbury



Preschool Egg Hunt



Elementary Basketball



SVT Play Group

Playgroup is having a wonderful time with the arrival of our two new babies Kimberly Keef and Michael Geagel. The kids are showing them just how everything is done. In the mornings while the older kids are in school, the babies have the run of the place as there are 4 of them in the morning sometimes. In the afternoons we have on average of eight older kids and two babies. Wednesday afternoons we take the kids on an outing from 2pm-3pm. So be sure to be dressed for the weather.

Playgroup is looking for recycled products to help with our craft unit, paper towel and toilet paper tubes are always great building products, currently we are working on wind chimes for Mothers Day, so if you have any frozen juice lids we would greatly appreciate them. *By Paula Elvsaas, ICWA*



Kimberly Keef & Caleb Collier



Michael Geagel



Lucas Raby, Ashonte Wright, K2 Kashevaroff, Faith Waterbury



MJ Kashevaroff



Lucas, Ashonte, MJ, K2 & Faith

