

Seldovia Village Tribe

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SVT Health & Wellness

A Community Health Center Providing Primary, Preventative Care, and Naturopathic Healing.

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.
email: tgallien@svt.org

Seldovia Conference Center

Planning a conference or a wedding?
(907) 234-7898



SVT's Housing Program

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

Prevention Program

SVT Prevention Program has exciting events planned for Summer. Check out our Calendar!

www.SeldoviaCalendar.com

Kachemak Voyager 2012 Season

Seldovia Bay Ferry begins its third season of operation on Thursday May 3rd. The ferry will provide service twice a day between Seldovia and Homer.

Purchase tickets on board the Kachemak Voyager, fare is \$23.00 one way. To see sailing schedule please go to www.seldoviabayferry.com for more information.

The 150 passenger, fully equipped M/V Kachemak Voyager gets you to and from Seldovia, one of Kenai Peninsula's up and coming destinations, a-washed in history that is easy to explore on foot. The advanced, twin-hull catamaran design-provides enhanced stability for smoother sailing with comfortable indoor seating and large viewing windows.

Please arrive 30 minutes prior to departure for all sailings.

For more information contact:
1-877-703-3779.



Lisa Murkowski visits SVT Health & Wellness



On April 4, 2012 U.S. Senator Lisa Murkowski tours Wellness Wing with Tribal President/CEO Crystal Collier, Assistant Director Trinket Gallien and Wellness Director, Gregg Browngoetz. Senator Murkowski notes the progressive nature of the Wellness initiative and praises moving health care to prevention and treatment of whole person.



2012 Open Enrollment

Enrollment for 2012 opens July 1, 2012 and will remain open through September 1, 2012.

Why should your family members be enrolled?

Being enrolled with Seldovia Village Tribe has many benefits for programs available to Alaskan Natives. Being enrolled in your Tribe can help with housing needs, low income energy assistance heating program, scholarships, and much more. 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.

Questions call Trinket Gallien @ (907) 435-3248 if you have questions, concerns or want an application. Application can be downloaded at http://www.svt.org/SVT_members.html as well.



Seldovia Village Tribe is proud to announce the official opening of our Wellness addition to our Homer Health facility, creating the new and improved SVT Health & Wellness building. The Wellness wing was constructed this past fall and completed in December 2011. We started moving in December 8, 2011 and an open house was celebrated March 8, 2012.



Crystal Collier, President/CEO spoke to the success of a long time dream of that SVT Tribal Council has had to begin the journey of providing both Allopathic and Naturopathic care under the same roof. A letter from Sena-



tor Mark Begich was read to the crowd congratulating SVT on the success of project completion. Tribal Council Members Trinket Gallien, Helen Quijance, Crystal Collier, Kim Collier, and Lillian Elvsas were present for ribbon cutting.



Turn out for the Open House was a great success with over 100 people coming through the doors throughout the celebration.



During this time tours of the facility were given, food was shared and presentations were given by both Gregg Brown Goetz, Wellness Director

and Dr. Abby Laing ND.



We are pleased to welcome **Dr. Abby Laing, ND** back to Homer. A native of Homer, Dr. Laing is a graduate of Bastyr National College of Naturopathic Medicine. Dr. Laing, ND practices naturopathic medicine focusing on holistic, proactive prevention and comprehensive diagnosis and treatment.

Wellness Services

- **Naturopathic Medicine**
Healing through natural remedies
- **Nutritional Services**
Holistic health through diet and nutrition
- **Sauna Services**
- **Massage**
30 or 60 minutes, deep tissue, full body.

Open every other Thursday and Friday. To make an appointment please call our Homer office at 226-2228.

Seldovia Village Tribe Contract Health Services will be covering Naturopathic visits.

Recommended remedies or supplements will be patients responsibility.



Wellness News

Spring is here! Many of us feel a pull this time of year to do some deep cleaning as the sun shines through finger printed windows into dusty corners of the house. Pantry shelves are becoming bare as the last of the canned fish and jellies are used and thoughts of fish, gardens, and tide-pooling come to mind. As we shift into a season of cleaning and our thoughts to restoration, many people enjoy inner cleansing as well. Inner cleansing, or detoxification, is often thought of as an extreme fast lasting 3 to 10 days with people going through major emotional and physical swings. As a student of nutritional therapy, I encourage us all to view cleansing in a much more gentle way (at least at first).

It can be quite dangerous to cleanse too quickly and deeply. It is important to take small steps as we cleanse, making sure all the toxins are able to actually leave our bodies. If, for example, we have stagnant or weak digestion, we will not be able to effectively eliminate toxins released during a cleanse...yikes! So, to keep this brief, here are some basic ideas to gently stimulate cleansing while opening detoxification pathways for elimination:



Start your day with the **juice of ½ an organic lemon** in a bit of filtered water. This is full of enzymes, vitamin C, has an alkalizing effect, and

much more.

🧘 Do some yoga, tai chi, whatever you do that you'll actually stick to. This moves your body, getting all systems to **wake up and move**. Up and down, back and forth movements are

so important for our bodies to get going.

🧘 **Quiet your world for a bit.** Take time for personal affirmations, meditation, prayer- again whatever you do that you will actually stick to.

Think about your **breakfast as true fuel**. Good fats and healthy proteins are a wonderful way to start your day. Good fats are natural, like coconut oils, grass-fed butters, cold-pressed olive oil, and flax seed oils. Remember eggs are nature's perfect food!

🧘 **Think whole foods all day!** Aim to have the rainbow of colors at every meal and certainly throughout the day for a



natural variety of vitamins and minerals. Have celery with peanut butter or salmon jerky or almonds and an apple for a snack. **Just say no to food in a plastic wrapper.**

🧘 **DRINK WATER!** Filtered, chlorine-free water is so great for our bodies. Maybe you'd like to take that other ½ lemon and use it to flavor your 4, 16 oz., water bottles for the day. Chlorine free? Just sit your glass or stainless steel bottle (without the lid) on the counter overnight and it will evaporate for you.

These are simple ways to make changes this spring. Of course there are so many more things we can do... aren't there always? Let's start simple, actually follow through and be proud of the positive changes we make!

Cheers to good health!

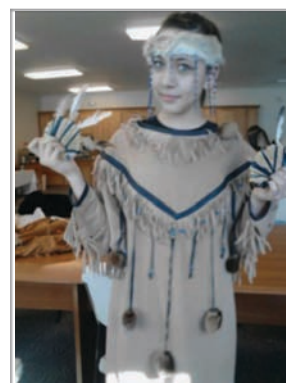
Jen Dickson, SVT Prevention Program

Prevention Program Update

SVT's Prevention Program offered many interesting, exciting and fun activities for our community members over the past quarter. Jenifer Dickson joined our staff in January and began sharing her passion for healthy eating. Her classes have been a big success; she's taught how to make sauerkraut, how to use beets in



many ways, how to understand the benefits of whole foods, and much more. Jen has even begun taking her lessons over to Homer to share at SVT's new Wellness facility. Also for adults, Robin Hiltz Hoffmann partnered with our program to offer crafting classes on many different art techniques.

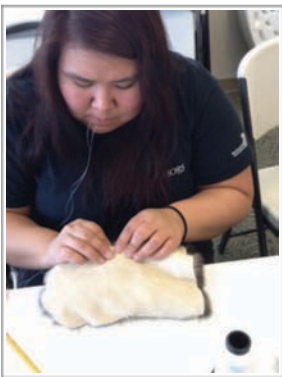


Ariel Anahonak and Cody Ritchie continued their work with youth to offer safe and healthy activities each week, and now Ariel is teaming up

with Sarah O'Leary to begin our Sea Otters Dance Group once again. Cody will be starting up Native Youth Olympics this summer. We are excited to see these wonderful cultural opportunities return for our children.



Tessa Baldwin came to share at Susan B. English School her message of suicide prevention and Hope4Alaska, and June Pardue traveled to Seldovia at the same time to lead a wonderful three-day skin-sewing workshop. We had close to 20 participants and there were beautiful hats and mittens created! It was a great time with grandmothers, fathers, mothers, daughters, sons, nieces, and friends all together working in our lovely Seldovia Conference Center overlooking the bay.



Now we are moving in to spring and our schedule is getting busier and busier. Alisha Sughrue is finalizing her plans for our summer activities and we will have those published in early May. We will also be offering our summer swim program once again, in addition to many other fun activities. Please remember that you can keep up-to-date on all of our activities on our Facebook page. You can find us by searching "Seldovia Village Tribe Prevention Program."

The SVT Prevention Program works to promote healthy drug and alcohol-free lifestyles through activities, cultural enrichment and education. We

hope to see you at one of our activities in the near future!

You can keep posted on the Prevention Program activities in many ways: On Facebook, visit "Seldovia Village Tribe Prevention Program" and click "like." On the web, visit www.svt.org and select the Calendar of Events. Also on the web, go to the new www.SeldoviaCalendar.com to see a list of all the activities that are happening in Seldovia each day!

Ch'anik'na

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Children's House

Hello and greetings from Seldovia Village Tribe's newly re-named children's program (formerly Playgroup): **Ch'anik'na - Children's House** – *a place for children to come learn, play, create and explore the world in a healthy and nurturing environment.*

Ch'anik'na (pronounced cha-neek-nuh) is a Dena'ina word for children. The word, unique to our area, was specially chosen to represent our dedication in exploring and enriching all of our children's various cultures, Alaskan and world-wide, and exploring the surroundings and culture of our Seldovia community. **Our House will be open for children birth to seven years old.**



Our Ch'anik'na staff members are: Heidi Geagel, program director; and Ashley Haller, Ch'anik'na assistant. Laurel Hilts is our new supervisor and we will have great support from

the SVT Prevention Program staff who are partnering with us in providing the most fun and nutritious snacks available, plus collaborating with us on art, culture and outdoor education.



Along with new staff and a new name, we also have a new space in the recently remodeled Alaska Tribal Cache building. We'll be on the left-hand corner if you are facing Seldovia Bay from Main Street. We will be using the exterior door under the awning as our regular entrance and exit. For more information, you can call us at 435-3287.



Visitor Center/Museum

SVT Visitor Center/Museum will begin 2012 Summer operations May 24, 10 am-5 pm daily. Seldovia Village Tribe is happy to display a informational Kiosk in our Visitor Center for the 2012 season. Cost is free but a suggested donation is always welcome.



SVT Housing

If you live in Seldovia and haven't taken advantage of the State and or the Tribal Weatherization programs, now would be a great time to start, (or finish), your application. Any of the three available programs would result in a warmer house or rental, and would save the household some of the money currently spent on fuel next winter. At today's cost of fuel do we need to say more?

There are three programs available and one includes renters.

Two of the weatherization programs are funded by the State, the other one by SVT.

IN ADDITION, the housing office has applications for those living in the original housing put up around 1980 that are having problems with their septic systems and/or water supply.

The Alaska Native Tribal Health Consortium, (ANTHC) has a program whereby they provide assessment, design and actually provide the work. Give Rod a call, or come into the office for an application for this program.

The most popular program is the State 's weatherization program. In Seldovia this program is provided through Cook Inlet Housing Authority, (CIHA). Tracie, at the Seldovia House, or SVT's Housing Office has applications for this program.

There are qualifying income levels but they are quite generous, especially for a small family. Anyone can apply for this state funded program. (Even if you are above the income guidelines, you can still qualify for the State's weatherization program. They call it the Rebate Program.) We

can provide or help with the application.

If interested in any of these programs contact Rod Hilts at 435-3260.



Alaska Tribal Cache

2012 Summer hours 10AM-6PM
Seven days a week starting Memorial Day Weekend. ATC will be featuring fresh fudge and Alaska Pure Berry Products. Order online today! Web-site www.alaskajamsandjellies.com

~Homer~

Dr. Margit Walker, DO

Melissa Bunker, ANP

Open Mondays 9 a.m.-7 p.m. Tuesdays- Fridays 9 a.m.-5 p.m.

To make an appointment or have questions regarding services please call (907) 226-2228.

"COMPASSIONATE CARE FOR OUR COMMUNITY"

~Homer Dental~

Dr. Bill Richardson, DMD

Open Mondays - Thursdays

8:30 a.m.-5:30 p.m.

Fridays 8:30 a.m.- 12:30 p.m.

~Seldovia~

**Open Mondays & Tuesdays
9 a.m.- 5 p.m.**

If you would like to make an appointment or have questions regarding services please contact Shirley Hughes, (907) 435-3262.

Job Opportunities

Senior Meals Cook

This position is part time. \$12hr

Seldovia Gardener

This position is seasonal part time.
\$15hr

ATC Gift Store Clerks

This position is seasonal part time.
\$8hr

Janitor-Part Time

This position is on call/part time.
\$15hr

Information Specialist

Network Node

This position is part time. Salary DOE

Marketing Assistant

This position is full time. Salary DOE

Web and Graphic Designer

This position is full time. Salary DOE

Seldovia Bay Ferry, LLC

is accepting applications for all positions fill-ins of *Captain, Senior Deckhand* and *Deckhand*.

See www.seldoviabayferry.com

SVT Health & Wellness ~Homer

Wellness Assistant

This position starts part time working into full time. Salary DOE

**Admin Assistant to
the SVT Health Director**

This position is part time. Salary DOE

To receive a full job description or submit a resume' contact Shirley Hurley, Human Resources
(907) 435-3267



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