

Eyak Echo

ECHOES OF OUR ANCESTORS



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Native Village of Eyak Employees

TRIBAL COUNCIL

Mark Hoover Tribal Council Chairman
 Sylvia Lange Tribal Council Vice Chairman
 Pam Smith Tribal Council Secretary-Treasurer
 Tom Andersen Tribal Council Member
 Darrel Olsen Tribal Council Member

NATIVE VILLAGE OF EYAK

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 Brooke Mallory Deputy Director
 Jim Gittleson Finance Director
 Steve Bambakidis IT Director
 Kari Collins Health and Wellness Director
 John Whissel Environmental Director
 Aniessa Hodges Human Resources Assistant
 Reyna Newirth Executive Administrative Assistant/
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 Rebecca Calfina Administrative Assistant
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 Christine Belgarde Elder Services Assistant
 Jessica Weaver Family Program Coordinator
 Linda Powell ICWA Coordinator
 Kym Magallanes Staff Accountant
 Celeste Gasmen Accounting Technician
 Sean O'Brien Capital Projects Director
 Myra Eleshansky Housing Coordinator
 Tyler Quiring Capital Projects Office Administrator
 Matt Piche Natural Resources Coordinator
 James Paley DENR Engineer
 Ivy Patton Environmental Coordinator
 Andy Pfeiffer IT Coordinator II
 Russell Mallory IT Coordinator I
 Lennette Ronnegard Enrollment Clerk

ILANKA COMMUNITY HEALTH CENTER

Cindy Bradford Operations Manager
 Brian Iutzi Physician
 Benjamin Head Physician
 Delia Reyes Nurse Practitioner
 Nicole Piche Clinical Services Manager
 Cassi Septien Registered Nurse
 Karin Siebenmorgen Registered Nurse
 Ellen Sheridan Case Manager
 Florelyn Adajar Medical Assistant
 Jim Cabusora Medical Assistant
 MaryCris Carino Medical Assistant
 Reese Plant Medical Assistant/
 Emergency Management Coordinator
 Audrey Cunningham Medical Office Receptionist/
 Outreach Advocate
 Berna Quemado Certified Nursing Assistant/Patient Services
 Jessicca Jones Outreach & Enrollment Specialist
 Sarah Lamb Care Coordinator
 Jessica Arasmith Operations Assistant
 Shannon Mallory Revenue Cycle Supervisor
 Susan Powell Behavioral Health Coordinator
 Sun Young An Behavioral Health Clinician
 John Yakanak Behavioral Health Specialist
 Barbara Solomon Licensed Nutritionist
 Nicko Felix Environmental Services Technician

ILANKA CULTURAL CENTER

Danaya Hoover Cultural Director
 Teal Hansen Cultural Center Coordinator
 Angela Butler Eyak Language Specialist
 Janalie Howard ICC Assistant
 Shyla Krukoff Sugcestun Language Specialist
 Mark King Subsistence Boat Captain
 Jamie Foode Traditional Harvesting Coordinator

TRIBAL ENTERPRISES

Bob Ladd Prince William Marina Manager

THE CORDOVA TIMES

Zachary Smith Staff Reporter/Editor
 Vivian Kennedy Office Manager & Sales Representative



Photo courtesy of Jessica Weaver

Tribal Family Services

Backpack Bash

Eighty-eight backpacks were distributed to NVE Tribal Youth Members, who are in pre-school to twelfth grade, during the 2021 backpack bash.



COMMUNITY LETTER

A much-appreciated Distribution Day

Thank you NVE for the Distribution Day on Sept. 1! Gunnar and I feasted on goat sausage stuffed peppers! We will be smoking the fish you gave us as well. Super appreciate all the work that goes into these! Thank you, Jamie, Mark, and Tina for processing the goat and thank you to Duke and Charles for helping pass it out to our Tribal Members!

—JASON DAVIS

Have a special life announcement to share in the Eyak Echo?

EMAIL IT TO US AT
echo@eyak-nsn.gov

(Please put "Eyak Echo" in the subject line.)





Photos courtesy of Ivy Patton



DENR update

14-mile powerhouse demolition

BY IVY PATTON

DENR Environmental Coordinator

Ivy.Patton@eyak-nsn.gov

The Native Village of Eyak's NALEMP (Native American Lands Environmental Mitigation Project) demolished the former powerhouse at 14-mile in July 2021. All demolition work was performed by NVE personnel, a first for all NALEMP programs statewide. NVE's Environmental Coordinator and Tribal Member, Ivy Patton, coordinated and oversaw the project. The crew consisted of NVE Tribal Members Duke Anderson, Charles Hodson and Jason Barnes, as well as NVE employee Carl Rowland.

The former powerhouse measured 86 feet long by 27 feet wide and was the only structure that remained in the operations area. At one time this building stored fuel in 31 1,000-gallon steel fuel-oil tanks and one 1,500-gallon steel kerosene storage tank. The mile-14 site was a military facility operated by the U.S. Navy. It was built along the Northwestern Railway in 1917, and was active until 1930, when most of the mile-14 site equipment was moved to the Eyak station and operations concluded. The site is on Eyak Corporation land and is currently listed on the Alaska Department of Environmental Conservation (ADEC)



Contaminated Sites database.

The concrete powerhouse was painted with pink lead-based paint between 1917 and 1930. Much of the paint had been weathered away by strong winds and time. In April 2021, a T-CLIP test was collected from the building and sent to a professional environmental laboratory in Anchorage. Results came back below levels of concern, and all demolition debris was hauled to the Cordova City Dump. Prior NALEMP activities removed the roofing material off the powerhouse building in 2009. The ceiling and roof were known to contain asbestos.

Throughout the years, the 14-mile site and powerhouse has attracted vandalism and illegal activities. The powerhouse had many tripping and falling hazards to anyone who entered the space.

Prior to any demolition activities, all NALEMP employees completed a 40-hour Hazardous Waste and Operations (HAZWOPER) training course. Over the course of two weeks, the NALEMP crew first removed the steel beams and joists and then pulverized the concrete rebar-enforced walls. At all times, care was taken to preserve steel sections for tribal member re-use. Personnel wore proper personal protective equipment (PPE) while performing demolition and cleanup activities. Wilson Construction hauled 150 cubic yards of demolition debris, and 70 cubic yards of rebar and unusable steel from the 14-mile site to the dump. 80 cubic yards of pit run gravel was hauled to the site to even the gravel surface.

Future activities at the 14-mile site consist of removing DRO and lead-contaminated soil, and then backfill with clean gravel. ■

ILANKA COMMUNITY HEALTH CENTER

Flu symptoms can include:

FATIGUE *
(FEELING VERY TIRED)
HEADACHE
MUSCLE ACHES
OR BODY ACHES
Runny or stuffy nose
CHILLS
COUGH **SORE THROAT**
FEVER

*Not everyone with flu will have a fever

Benefits of Flu Vaccination

- Flu vaccination reduces your risk of getting sick, being hospitalized, or dying from flu.
- Flu vaccination can reduce the risk of having a heart attack in people who have heart disease.
- In people who have diabetes, flu vaccination can reduce the risk of being hospitalized with flu or from their diabetes.
- Flu vaccination has been shown in some studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, elders, and people with certain chronic health conditions.



CALL **907-424-3622**
TO MAKE AN APPOINTMENT,
705 Second St.



PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY



JIM CABUSORA

Announcing a health care superstar

BY JESSICA ARASMITH

Ilanka Community Health Center,
Operations Coordinator
Jessica.Arasmith@eyak-nsn.gov

Ilanka Community Health Center is proud to announce that Jim Cabusora, MA was recognized by Alaska Primary Care Association as a Community Health Center Super Star. Jim has gone above and beyond in facilitating and coordinating many COVID-19 testing and vaccination events. He continues to work hard to provide Native Village of Eyak beneficiaries and the community with the best possible care when getting tested or vaccinated for COVID-19 during this pandemic.

Now that winter is here and life has slowed down, it's the perfect time to come into the clinic for a wellness exam. We like to see you when you're healthy too! Call us today at 907-424-3622 to set up an appointment. ■

HEALTH UPDATE

ICHC offers online service with MyHealth

BY JESSICA ARASMITH

Ilanka Community Health Center,
Operations Coordinator
Jessica.Arasmith@eyak-nsn.gov

Flu vaccines and COVID-19 boosters are available. Ask your provider for more information.

MyHealth Patient Portal

Ilanka Clinic continues to look for ways to better serve our patients, from communication options to adding services. We are actively using the MyHealth patient portal to give patients an option to view chart notes, in-clinic labs, request medication refills, schedule appointments, and even send a message to your provider. The MyHealth patient portal can be accessed from the comfort of your home using your smart phone or computer on Ilanka Clinic's website at www.eyak-nsn.gov/ichc. Click on the "Log in to the Patient Portal" button under "Documents & Quick Links." Need an account? Ask front desk staff how to enroll at your next visit or call us at 907-424-3622.

Have high blood pressure?

Another new clinic enhancement includes a monitoring program for patients with high blood pressure. Provision of a blood pressure monitor will allow pressure monitoring at home in between visits and will assist you and your provider in the effective treatment and reduction of high blood pressure. If interest-

ed in participating, please talk to your Ilanka Clinic provider.

Turning 65? Have questions about Medicare?

Visit or call the clinic today and schedule an appointment with our Outreach and Enrollment Specialist. We can help you navigate through the Medicare Maze. We also assist with Marketplace Insurance, Medicaid, and Denali Kid Care enrollment.

Help and Hope

Ilanka Clinic has also began co-hosting a new gathering called "Help and Hope" which focuses on providing support to family and friends of those dealing with addiction. Brought to you by Ilanka Clinic behavioral health staff and Sound Alternatives staff, this group is open to all and will provide a safe place to meet. "Help and Hope" meetings take place every Thursday from 6:30-7:30 p.m. in the Ilanka Wellness Center (across from the Episcopal Church). The Ilanka Clinic continues to offer free Narcan Kits and fentanyl strips for anyone dealing with opioid drug use. Whether you are family, a friend, or a neighbor, Narcan kits can save a life; they are easy to use and do not cause harm if accidentally dispensed. To further assist in medication safety, we offer free medication disposal bags. Please do not throw medication away or flush it down the toilet. Visit Ilanka Clinic to pick up a free disposal bag whenever needed.

Ilanka Community Health Center Recovery Circle



*Are you in need of some extra recovery support and social support?
Are you currently struggling with alcohol or drugs and want to stop?
Do you want to learn more about sobriety, abstinence, and recovery?*
We offer a safe environment where you and your anonymity is honored.
We help one another out and lift each other up.



COVID-19 protocols observed.

**Join us for Recovery Circle
Every Tuesday
At Ilanka Clinic Wellness Center**
(across from episcopal church)

7:00 – 8:30pm

For questions call John, (907) 424-3622



LICENSED NUTRITIONIST

ICHC
welcomes
Barbara
Solomon

Ilanka Community Health Center,
Operations Coordinator
Jessica.Arasmith@eyak-nsn.gov

In April, Barbara Solomon, Licensed Nutritionist, joined our staff. Barbara can provide basic dietary guidance or more in-depth nutritional therapy. We also continue to host Northland Audiology for their monthly visits. If you feel you would benefit from a referral for these services, please talk to your Ilanka provider. ■

ILANKA CULTURAL CENTER GIFT SHOP



Now conveniently located at
711 FIRST STREET
(The old trooper building)
907-424-7903

10 A.M.-4 P.M.
MONDAY through FRIDAY
ILANKACULTURALCENTER.COM

BECOME A MEMBER!

\$20 for individuals, \$50 for the whole family!
Get notices & priority on upcoming classes.

EMAIL DANAYA.HOOVER@EYAK-NSN.GOV
OR CALL DURING REGULAR OFFICE HOURS



ELDER SERVICES

Medical alert systems help keep elders safe

BY JACKIE LADD

Elder Services Coordinator
Jackie.Ladd@eyak-nsn.gov

September was Falls Awareness month

Healthy aging means taking care of yourself and your surroundings. Falls put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard-proofing your home. Physical activity can go a long way toward fall prevention by improving strength, balance, coordination, and flexibility.

Consider changing your footwear as part of your fall-prevention plan. Wear properly fitting, sturdy shoes with nonskid soles. This may also reduce joint pain. Certain eye and ear disorders may increase your risk of falls. Be sure to schedule your annual health care appointments and talk to your doctor with any concerns to avoid falls.

Elder medical lifeline alert systems

Medical alert systems are great for anyone living alone. A medical alert system can create a level of safety emergency monitoring in and out of the home at the touch of a button by delivering fast medical support when you're alone. These life-saving devices enable elders and those with medical concerns to maintain their independence by providing safety and peace of mind.

What is the monthly cost of a medical alert system?

Unfortunately, original Medicare doesn't cover medical alert systems. The cost of medical alert systems primarily depends on the type of system you choose and how many extra features you want. Home-based systems typically cost \$20 to \$40 per month, while mobile systems are around \$10 to \$30 higher per month due to mobile services like GPS tracking and cellular coverage.

I am interested in knowing how many el-

DEER AND MOOSE

Interested in proxy hunting?

BY JACKIE LADD

Elder Services Coordinator
Jackie.Ladd@eyak-nsn.gov

Elders, are you interested in proxy hunting? This means someone will deer or moose hunt for you and deliver all salvageable parts of the harvested game to you. NVE's Subsistence Program and Elder Services Program are collaborating to provide proxy hunting for our elders. Let us hear from you if you fit one of these conditions:

- You are 65 years of age or older
- You are 70% physically disabled
- You are developmentally disabled or blind.

These are reasons for authorization of a proxy hunt. We have the paperwork and can help you fill it out. You will need to have a current Alaska hunting license.

Contact Jamie Foode at 907-429-3100 or Jackie Ladd at 907-253-7230.



Photo courtesy of Teal Hansen

Teal Hansen harvested her papa Bill's cow moose via proxy in Sept. 2019.

ders would like more information about this service. Please contact me at 907-253-7230 and ask to speak with Jackie.

Services for the Caregiver

The Native Village of Eyak has caregiver support through the Elder Services Program. The caregiver support program is for the benefit of non-paid family members caring for their elders and for grandparents caring for their grandchildren.

Who is eligible for the family caregiver support services?

Informal, unpaid family caregivers of older adults (55 plus). Grandparents and relative caregivers, age 55 and older, who are the primary caregivers of a child not more than 18 years old. The grandparent must live with the child.

Specific programs services provided are:

- Information and assistance to caregivers in gaining access to the services
- Individual counseling, support groups and caregiver training to assist the caregivers in the areas of health, nutrition, financial literacy and in making decisions and solving problems relating to their caregiving roles.
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities and supplemental services on a limited basis, to complement the care provided by caregivers.

It is important to recognize that the services available through this program include services for the caregiver, not for the elder who needs care. If caregivers are supported while they do their work, they can provide care longer and better. ■



Photo courtesy of Christine Belgarde

WELCOME

Introducing a new elder services assistant

BY CHRISTINE BELGARDE

Elder Services assistant
Chris.Belgarde@eyak-nsn.gov

Hi, my name is Christine Belgarde, I am Jackie Ladd's new assistant. I started work in September and I am enjoying working with her. I was born in a skiff coming to Cordova from Hinchbrook Island. I am Inupiat. I was born on my daddy's birthday and am number 11 of 23 children. I worked at the Cordova Community Medical Center for over 30 years. I own my own catering business and I enjoy beading, skin sewing, biking, harvesting and smoking salmon. ■

NVE Elder rides are back!

We are offering rides again but strongly recommending utilizing family and friends to keep a small contact group. It is helpful if you can call ahead of time and schedule rides when you know you want to go somewhere.

We are asking all Elders to please sit in the backseat with your face mask on.

Contact Jackie Ladd

Elder Services Coordinator

907-253-7230

for information on Elder Services, activities and events.

8AM - 5PM Monday thru Friday



Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



Elder Services

Upcoming NVE Elder events to look forward to

- **Nov. 22:** NVE Elder Thanksgiving baskets and pie social.
- **TBD:** AFN held a special board meeting to decide if this year's convention will be in person or virtual. With a lot of consideration, the Board voted to hold a hybrid convention in mid-December to allow in-person and virtual attendance. A final determination for in-person attendance requirements will be determined at the October board meeting depending on the COVID situation. Be aware that in-person may

be changed to virtual if COVID cases and risks to the communities are too high. The board delegated authority to the Administrative Team to determine the exact dates.

- **Dec. 17:** NVE Elder Christmas mug-up and gift/ornament exchange.

More information will be provided as events get closer, but feel free to contact Elder Services Coordinator Jackie Ladd any time at 907-253-7230 with questions.

RECOMMENDED EXERCISE

Chair Rise Exercise

What it does: Strengthens the muscles in your thighs and buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out, and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.



Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.



Margaret Olson and Piper O'Brien.

GRANDPARENTS' DAY Celebrating our elders

BY JACKIE LADD

Elder Services Coordinator
Jackie.Ladd@eyak-nsn.gov

Grandparents' Day! Where would we be without them? Traditionally observed on the first Sunday after Labor Day, National Grandparents Day was celebrated this year in the United States on Sunday, Sept. 12.

It all started when 9-year-old Russell Capper in 1969 suggested to President Nixon to dedicate a single day to grandparents. The President appreciated his suggestion but ordinarily issues proclamations designating periods for special observance only when a Congressional resolution authorizes him to do so. While this did not directly lead to the National Grandparents Day it certainly sparked the match. Following this letter, Marian McQuade pressed the U.S. Senate to proclaim a special day for grandparents in 1978. That same year, President Jimmy Carter signed the bill into law proclaiming special recognition for grandparents throughout the land. As the popularity for Grandparents Day caught on, forget-me-nots were designated as the official flower and a National Grandparents Day song "A Song for Grandma and Grandpa" by Johnny Prill.

While we honor our grandparents every day, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives. Grandparents are like stars. You don't always see them, but you know they are there. ■



Front, left to right, Miles, Mary, Michelle; middle, Sawyer, Raegan; back row, Mason, Max, Jackie, Uppa, Caitlyn, Mary and Madeline. Not pictured: grandchildren Micah and Dayna.



Maddie Ladd and Uppa.



Chris Belgarde with granddaughters Odessa Shanelle Christine Belgarde and Alexandria Cecilia Marie Myszka.



Margaret Olson and Greyson O'Brien.



“A SONG FOR GRANDMA AND GRANDPA” WORD SEARCH



Find the following words from the lyrics to the National Grandparents Day Song. Words can be found across, up or down, and diagonal.

N Y A E G M E M O R I E S C I R C U S
 A S X P C P H O T O G R A P H S B N M
 X E N S I V E I P Z H Q N Y B Z H I A
 Y I F I S H I N G J U H U V I N Y L F
 L R K J T I J U E T A L O C O H C O T
 O O R T X D K N D R P N U O X J P V O
 Z T A P H I M D P V S E I K O O C E G
 S S P I U U P M N X N H K L L M Y Y E
 O X Y B I R T H D A Y K T O N D G O T
 N C K D U M C A L A G C U O E N Z U H
 G L I R N G E B B R T U O Y I M Y H E
 Z O X C Y A A Q A A K Z H K P K I X R
 H W I C E L C N G V W S A J B K C T Y
 K N Y W L C D N G R N B L E X P Z F O
 C S I G O M R U O E A O O Y S I S I I
 N P A Q A F X E J T Y N B U O C Z W K
 U M J E W V V V A L T K D V T N Q X Y
 E P R E S E N T S M K O W P P I T Z M
 Z U W S E D A R A P P B C Q A C I Q S

BAKING
 BALL GAME
 BIRTHDAY
 CHOCOLATE
 CIRCUS
 CLOWNS
 COOKIES
 COTTON CANDY
 FISHING

GRANDMA
 GRANDPA
 HUG AND KISS
 ICE CREAM
 I LOVE YOU
 MEMORIES
 PARADES
 PARK
 PHOTOGRAPHS

PICNIC
 PRESENTS
 SONG
 STORIES
 TIME
 TOGETHER
 ZOO



ILANKA CULTURAL CENTER

ICC receives art acquisitions grant

Ilanka Cultural Center recently received an Art Acquisition Fund. The grant was written by Teal Hansen and was awarded by Museums Alaska, supported through a grant established by Rasmuson Foundation. The purpose of the funding is to encourage museums in Alaska to collect the work of accomplished Alaska artists for their collections, and support living, practicing Alaska artists. We are so grateful and want to thank them for this award!! With these funds, we purchased two amazing pieces of artwork by David Pettibone. On the left titled: Study for Harvest, and on the right: Open for Business. Now on display at the Ilanka Cultural Center Gift Store and Museum. ■



MUSEUMS ALASKA



Ilanka Cultural Center

Traditional Sugpiaq Regalia Workshop

Make dance regalia with master Alutiiq artist Hanna Agasuuq Sholl



Two 1-week in-person workshops with a preliminary virtual meeting.

Virtual Meeting: projected late December/Early January

1st week of class: projected end of January

2nd week of class: projected at the end of February

Class capacity: 20 Tribal Members or Tribal Family Members

Class Cost: \$75

Must be a Tribal Member or a family member in a Tribal family to take class.

Elder scholarships available from NVE's Elder Program!

Contact teal.hansen@eyak-nsn.gov for more information.

Must be a current 2021 Member to sign up for Cultural Classes: Single memberships: \$20

To sign up for class OR to become a member: call 424-7905 to pay over the phone, or come into our gift shop (711 Main St.) during open hours (Tuesday, Thursday, Friday 10am-4pm). You may also sign up for a membership online at https://ilankaculturalcenter.com/?product_cat=memberships

This workshop is funded in part by the Tribal Heritage grant program, funded by the Historic Preservation Fund, and administered by the National Park Service, Department of Interior.



KODIAK ARTIST

Scholarships available for regalia class

BY TEAL HANSON

Ilanka Cultural Center, Coordinator
Teal.Hanson@eyak-nsn.gov

We have an upcoming regalia workshop taught by Kodiak artist Hanna Sholl. Please view the flyer at cdv.tiny.us/regalia for more information. This class is for tribal members or for those who are in a tribal family.

The exact dates have not been determined yet, so, at this time, we are gauging interest in the class. If you are available during these timeframes and are wanting to take the class, please let myself or Danaya know and we will get you signed up. Closer to the date, we will announce more solid class days/times.

There are two elder scholarships available. Please contact me with any questions. (I am still working minimal hours each week, so responses may be delayed!) ■



10 Warning Signs of Abnormal Memory Changes or Dementia

Everyone slows down as they get older, both in body and mind. But **big changes that make it hard to get through the day** are not a normal part of aging. Some people notice changes in themselves. Sometimes, friends and family are the first to see changes in memory, behavior, or abilities. If you have one or more of these 10 warning signs, see a doctor to find the cause.

- 1 **Memory loss that disrupts daily life:** forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
- 2 **New trouble planning or solving problems:** having a hard time paying bills or cooking recipes you have used for years.
- 3 **Difficulty with familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.
- 4 **Confusion with time or place:** having trouble understanding an event that is happening later, or losing track of dates.
- 5 **Trouble understanding visual images and information:** having more difficulty with balance or telling distance, tripping over things at home, or spilling or dropping things more often.
- 6 **New problems with words speaking or writing:** having trouble following or joining a conversation or struggling to find a word you are looking for (saying “that thing on your wrist that tells time” instead of “watch”).
- 7 **Misplacing things and losing the ability to retrace steps to find them:** placing car keys in the washer or dryer or not being able to retrace steps to find something.
- 8 **More slips in judgement or acting impulsively:** being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
- 9 **Withdrawing from work or social activities:** not wanting to go to church, cultural events, other activities as usual, not being able to follow radio shows or sports games or keep up with what’s happening.
- 10 **Changes in mood and personality:** getting easily upset in every day situations or being fearful or suspicious.



American Indian and Alaska Native elders have a higher risk of dementia & younger Indian and Native people report *more* memory problems at a younger age

Big changes in memory, thinking, and ability that make it hard to get through the day are **not a normal part of aging.**

People with one or more of these 10 warning signs should **see a doctor** to find the cause.

Other health problems may also cause these same symptoms and may be treated.

Early diagnosis gives you a chance to seek treatment and plan for your future.



**AMERICAN INDIAN
and ALASKA NATIVE**
RESOURCE CENTER FOR BRAIN HEALTH

www.AIANBrainHealth.org

www.cdc.gov/aging

[www.alz.org/publichealth/
indiancountry](http://www.alz.org/publichealth/indiancountry)



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

Adapted from resources from the Alzheimer's Association & University of Wyoming. UofW materials created in collaboration with Eastern Shosone and Northern Arapaho tribal members. Funding support provided by the CDC Foundation to the International Association for Indigenous Aging.



PROJECT GRANT

Recording the past

BY DANAYA HOOVER

Ilnaka Cultural Center, Cultural Director

Danaya.Hoover@eyak-nsn.gov

This grant titled "Recording the Past" was written and submitted by Teal Hansen. The project funding will go towards acquiring necessary equipment to scan and store our

elder's and tribal families photographs into a digital collection.

We will be purchasing digitizing equipment that will allow the cultural department to accession historical photographs from tribal members with confidence in our ability to record and sustain everlasting documentation.

This equipment will benefit and strengthen ICC by giving us the opportunity to professionally develop a digital collection and record our other historical documents, in turn, ensuring the longevity of our history. By creating a digital collection, we give future researchers additional resources needed to learn about our area, our heritage, or on specific events with visual content.

After project completion, future descendants can enjoy photos of their ancestors for generations to come. This project will begin now and run through July 2022.

★ Junior

December - February

2021 - 2022

NYO ★

Grades: 1st-6th

Time: 6pm-7:30pm

Location: Mt. Eccles Gym

Practice Dates: TBA

Coach: Mr. Tiedeman

Interested in joining JYNO?

Contact Danaya Hoover at
907-424-7738 or
Danaya.Hoover@eyak-nsn.gov

CULTURAL CENTER

Introducing a new ICC assistant

BY JANALIE HOWARD

Ilnaka Cultural Center Assistant

Janalie.Howard@eyak-nsn.gov

Hi everyone, my name is Janalie Howard. I grew up in Cordova, and I just graduated from Utah Valley University with a degree in Anthropology and Archaeology. I recently accepted the job of Ilnaka Cultural Center Assistant working on a project called Recording the Past.



This project is made possible by the Institute of Museum and Library Services Native American, Native Hawaiian Library Services Grant written by Teal Hansen. For this project I will be collecting old photos from any tribal members willing to participate.

These photos will be scanned, digitally restored and put into a digital archive. All participants photos will be returned to them, as well as a flash drive containing the restored photos.

We are looking for old photos of the area, people, buildings, hunting, harvesting, fishing, maps, art, and things depicting daily life, as well as any information that is known about the photos.

If you would like to participate or want to come check out the project, feel free to call me at 907-424-2284 or email me, janalie.howard@eyak-nsn.gov I look forward to working with all of you!



Native Village of Eyak FDPIR Services

(open to the community of Cordova)



Questions & Answers

What is FDPIR?

FDPIR (Food Distribution Program on Indian Reservations) provides monthly nutritional food to income eligible households (who are not enrolled in SNAP) in a federally recognized tribal community.

What foods does the program offer?

Participants may select from over 70 products including, but not limited to: Fresh produce, canned fruits and vegetables, meats, poultry, fish, canned soups, spaghetti sauce, pastas, cereals, rice, cheese, egg mix, box & canned milk, flour, cornmeal, bakery mix, crackers, beans, juice, nut mix, peanut butter, butter & vegetable oil.

How do I apply?

**Contact a representative to schedule an appointment
Email: linda.powell@eyak-nsn.gov
Applications can be found at <http://www.eyak-nsn.gov>**

Call NVE and ask for a FDPIR representative *Linda Powell* for additional information 907-424-2227





ABOVE: Master carver Andrew Abyo teaches Gunnar how to create a Sugpiaq Throwing Spear. BELOW: Blueberry-stained spear.

SUGPIAQ THROWING SPEARS

Visiting master carver teaches atlatl-making

BY DANAYA HOOVER

Ilanka Cultural Center, Cultural Director

Danaya.Hoover@eyak-nsn.gov

Ilanka Cultural Center welcomed back master carver Andrew Abyo to Cordova to teach a Sugpiaq Throwing Spear Class. Andrew's visit was supported by the Native Village of Eyak, and class was offered by the Ilanka Cultural Center. Abyo is originally from Pilot Point on the Alaska Peninsula and currently resides in Anchorage, Alaska.



Tina Fox, Janalie Howard, Andrew Abyo, Gunnar Davis and Danaya Hoover.

He is the same instructor who came last year for the Sugpiaq shield and war club class, and was also involved in the qayaq classes the year prior.

"It was an honor to have Andrew back to teach this class. He is an amazing instructor with immense knowledge of his crafts and passion for sharing Cultural knowledge," says Danaya Hoover, Cultural Director and student in the class. An Atlatl is an ancient tool which are levering devices that hurl darts longer and farther than hand-thrown spears.

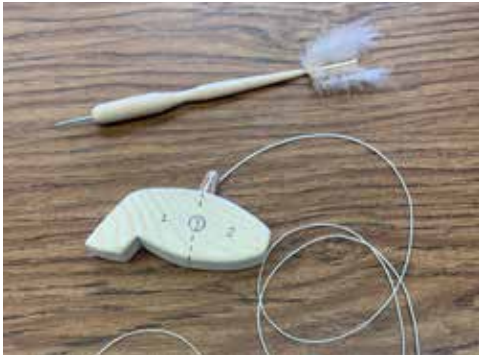
The nug'aq (atlatl) is a spear-throwing weapon used primarily from the kayak by the Sugpiaq and many other Alaskan cultures. Sept. 2-11 seven lucky members of the Ilanka Cultural Center signed up for the class and gathered at the NVE boat locker out at the Marina.

Under Andrew's expertise instruction they learned the step-by-step process of creating this device. Working with red cedar filled the locker with an amazing aroma. Lots of hours of cutting, carving, and sanding. Each Atlatl was made to the student's finger placement and arm measurements, making each piece a custom work of art.

In addition to the throwing apparatus students also made their own spears from wood, with a spear tip cut from moose antler on one end and three feathers on the other. The tip of the spear fits perfectly into a hole created at the tip and is attached with sinew that wraps around the shaft creating a beautiful appearance. When thrown the tip would stick into the target, separate from the spear but still be attached by the sinew, the spear floats and you could retrieve both the target and the spear.

Once the students completed their Atlatl's they were able to custom design them with unique carvings, or painted details. Student Tina Fox thought to gather blueberries growing in the area and use them to stain her proj-





ABOVE: Inagua mini dart game taught at the high school. BELOW: Unfinished atlatls.



ect. It worked so well and came out so cool she invited other students to try it. The red/purple stain added a beautiful touch and inspired others to try other plant lore to create a contrasting green color.

Andrew also spent his time in town guest teaching the Native Arts class at the High School. He shared with them how to make a mini dart game called Inagua. Students learned of how the game was played and made their own sets. Players would take turns throwing darts at a carved wooden fish dangling from a string. Teams of players knelt on the floor, as if sitting in a kayak, and threw their darts at the moving target. The object was to score twelve points, which were awarded for the location of each strike.

This game was taught to children at a young age teaching them hand-eye coordination, simulating skills needed for hunting, and provided hours of fun. "I enjoy teaching to the next generation and those who want to learn. I only ask those I teach to share what they have learned. This is how we bring our culture back," says Andrew Abyo.

Native Village of Eyak would like to thank Andrew for coming to teach us, and we hope to have him back again for future classes. ■

If you would like information on how you can become a member and attend ICC Cultural classes please email me at danaya.hoover@eyak-nsn.gov.

CULTURAL CENTER

Submit your art to ICC

BY TEAL HANSON

Ilanka Cultural Center, Coordinator

Teal.Hanson@eyak-nsn.gov

ICC is looking to purchase artwork made by NVE Tribal Members. If you are interested in submitting artwork for purchase, please fill out the application found at cdv.tiny.us/icc and email it to teal.hansen@eyak-nsn.gov with a picture or pictures of your artwork. The pdf is a fillable document, so feel free to use your computer to complete it and email right back to me!

Submission Deadline: Nov. 4

We are very grateful to ANGS for supporting our local tribal artists!

INTERESTED?

- Fill out an application & email to Teal.
- Contact Teal with any questions.
- Deadline – November 4th, 2021

Teal Hansen – ICC Coordinator
teal.hansen@eyak-nsn.gov

CAW

FOR

ART



Mark Hoover



MASTER WEAVER

Crafting cedar woven hats with *Holly Churchill*

BY DANAYA HOOVER

Ilnaka Cultural Center Director
Danaya.Hoover@eyak-nsn.gov

Ilnaka Cultural Center Coordinator, Teal Hansen, wrote and received the Journey to What Matters grant from The CIRI Foundation that allowed ICC to proudly offer members the opportunity to learn how to make a cedar woven hat from master weaver, Holly Churchill. We are so grateful for the funding we received to make this class a reality. Holly Churchill, a Haida weaver from Ketchikan, taught 14 students different weaving techniques and passed on traditional knowledge over the course of three weeks.

These classes were funded
in part by The CIRI Foundation.



THE CIRI FOUNDATION



Class group photo.

Class began on Tuesday, September 21st and continued weekday evenings and Saturdays, until October 9th, offering up about 45 hours of class time. In addition to her vast knowledge of weaving, Holly brought great energy and humor her instructions. ICC purchased 14 hat forms, one for each student, to help shape the hat, while Holly supplied the red and yellow cedar bark used to form the hat. The delicious smells fill the Masonic, where class was being held. Students got to choose between two different styles of weaving, Alutiiq or Tlingit, and throughout the class, learned different styles, beginnings, and endings, for each cultural technique.

“It has been so amazing watching all these hats take shape and take on their own look and uniqueness of those making them. Thank you, Holly, for this wonderful opportunity to learn from you! It has been such a joy,” says NVE Cultural Director, Danaya Hoover.

In addition to the cedar woven hat class, Holly also shared her knowledge with the Alaska Native Arts class at the High School. 12 students learned how to weave cedar headbands, traditionally used for canoe journey. As the youth completed their projects, Holly taught them other skills, like making rope bracelets, ornaments, sashes, and baskets. ■



Brooke Start.



Dan McDaniel Start.



Danaya’s hat and headband.


TRIBAL FAMILY SERVICES

Miqwanwasag CULTURE CAMP



Tyler Calfina picking blueberries. Photo courtesy of Rebecca Calfina

BY JESSICA WEAVER

Tribal Family Services
Jessica.Weaver@eyak-nsn.gov

The Native Village of Eyak Miqwanwasag Culture Camp provided a three-part camp experience to tribal youth of all ages. The camps are Miqwanwasag Traditional Plant Harvesting Camp, Miqwanwasag Berry Camp and Miqwanwasag Fish Camp. Each camp had a take-home activity kit. Tribal youth did these activity kits with their family. Families will be sharing their traditional foods with the Elders in November. A big thank you to Alaska Department of Health and Social Services, Alaska Community Foundation, Rasmuson Foundation and Alaska Native Health Consortium for funding the Native Village of Eyak's Miqwanwasag Culture Camp. ■



Elora Renner with her camp activity kit. Photo courtesy of Diana Riedel



Rebecca, Jimmy, and Tyler salted these fish to later make pickled fish.

Photo courtesy of Rebecca Calfina



Greyson O'Brien picking strawberries.

Photo courtesy of Jessica Weaver



Group gathering day. Photo courtesy of Jessica Weaver



Hannah, Amelia, and Mariah Hottinger are getting their labels ready to put on their jelly-jam. Photo courtesy of Sara Hottinger



Savannah and Emmy Eike Fishing.

Photo courtesy of Savannah Eike



Nick and Willow Tiedeman demonstrate the Eskimo Stick Pull.

CULTURE WEEK

Sharing Native language and crafts

BY DANAYA HOOVER

Ilnaka Cultural Center, Cultural Director
Danaya.Hoover@eyak-nsn.gov

Cultural week is a jam-packed week of fun and learning about the Native Cultures in Cordova. Native Village of Eyak hosts this event each year and it all happens at Mt. Eccles Elementary School. Sept. 27-30, school staff and teachers work together with NVE staff and community volunteers to educate students on Indigenous experiences, languages, activities, crafts, and cultural traditions. Kids are grouped together by grades, kindergarten, first and second grade, third and fourth grade and fifth and sixth grade. Throughout the week they move through the school to different stations where they learn through hands on and interactive lessons. All of the age groups attend daily Language and Dance with Shyla Krukoff, learning both Eyak and Sugcestun languages through songs, dance moves, and games. Native Youth Olym-

pics with Coaches Nick Tiedeman and Jake Holley, with help from youth volunteers Kiley Burton, Andrea Ronkar, Greyson Merek, Alice Graves, Aaliyah, Willow and Taylor Tiedeman, Braden Beckett, and Asha Estes. Youth helpers receive give back hours from the high school for their time. Native Youth Olympics teaches the basics of several of the events including Eskimo stick pull, scissor broad jump, seal hop, one-foot and two-foot-high kicks.

"It is great to be able to teach the kids these events during Cultural Week. It gets them excited and eager to join the NYO team which starts practicing later this Fall," Hoover said. NVE has both a junior team for younger kids, and a Jr. Sr. High School team that travel to Anchorage and compete with other participants from all over the state of Alaska.

Kindergarten guest teacher Jessica Weaver made woven berry baskets, and perler bead berries to go inside. They learned all about the different berries of the area and participated in fun games teaching them the weav-

ing techniques used in their projects.

Students were taught by a different Traditional Presenter each day of the week. Monday, they learned about smoking fish with Mark King. They watched a video of the whole process and were able to ask questions, and even got to sample the delicious smoked fish that was made in the video by Mark and Tina Fox. Tuesday's lesson, presented by Jessica Morningstar, included information on Petroglyphs, images carved or worn into stone, and Pictographs which are painted images. These were used to tell stories depicting animals, people, and activities. On Wednesday Jamie Foode shared an assortment of furs. Kids were able to see and touch the animal hides of wolf, caribou, fox, otters, martin, ermine, bear, sea lion, coyote, beaver, and seal. Thursday Angela Butler taught the kids all about the Yarrow plant and they learned to do a plant rubbing with crayon that transfers the details onto paper.

Students also participated in daily craft classes for the last hour of each day. First and second grade was such a large group we split them into 3 classes. Jessica Morningstar, Jessica Weaver, and Danaya Hoover continued the petroglyph lesson and helped students to create their own pictographs painting them on rocks and different coloring sheets including rocks and masks. The last day they learned about trade beads, making their own necklace, and playing a fun trading game with the beads to acquire different colors. Third and fourth grade crafts taught by Angela Butler and Jackie Ladd focused on Yarrow. Kids learned the process to make a salve, and each got to take home a sample in a seashell. They also learned that yarrow can be used as a poultice for wounds and how to make tea from the plant. Fifth and sixth grade instructed by Raven Cunningham were taught a new skill and made beaded cow hide leather card holders.

This event was coordinated by Danaya Hoover, Cultural Director for the Native Village of Eyak, this being her first year running the event. Special thanks to everyone who worked so hard to make this year a success, I couldn't have done it without you. Staff and volunteers, Teal Hansen, Aniessa Hodges, Linda Powell, Shannon Phillips, Janalie Howard, Jamie Foode, Jackie Ladd, Jill Graves, Logan Arnold, Brooke Mallory, and Chris Belgarde and all the youth who gave their time to help, I cannot thank you enough. Thank you, Principal Stephanie Milner, and all the staff, teachers, and helpers at Mt. Eccles Elementary School. You all do such a wonderful job. It was a great time had by all the kids and I look forward to working with you again next year. ■



Learning about Yarrow with Angela Butler, assisted by helpers Jackie Ladd and Jill Graves.



Marcus Holley.



Una Honkola.



First and second graders making chalk pictographs.



Hard smoked salmon.



Jessica Morningstar teaches petroglyphs to first grade.



Jaxon Pallas, Madden Merritt



Gravina and Teal Hansen playing a trade bead game.



NATIVE ARTS CLASS

Kayley Delozier joins Native Arts teaching team

BY DANAYA HOOVER

Ilanka Cultural Center, Cultural Director

Danaya.Hoover@eyak-nsn.gov

Native Arts Class at the High School has a new teacher this year! Tribal Member Kayley Delozier, local creator, and mother of three has stepped into the role with a fresh new vibe.

“I am thrilled to be teaching this years Alaska Native Arts class. It has been great to see all the kids eager to learn and getting more confident in their work, it is an honor to watch and be a part of. Looking forward to our future projects! I feel it’s so important to keep our spirited culture alive & share indigenous artistry and beyond with the next generation. Thank you AwA’ahdah for the opportunity!” Delozier said.

This year, 12 students have signed up to participate each earning a college credit for participation. Class is held from 2:40-3:40 p.m., Monday through Thursday. So far students have learned the art of dreamcatchers and beading onto leather.

Thanks to Ilanka Cultural Center’s recent cultural classes, the high school students have gotten a special treat learning from two guest teachers. Andrew Abyo visited class for three days and taught the kids all about Inagua, a mini dart game from the past.

They sanded their own targets and darts, added finishing feather details, and practiced the game when they finished. Holly Churchill brought her weaving skills and materials to class and taught them to weave cedar bark headbands. As kids completed the project, she continued teaching them more skills, braided bracelets, belts, sashes, ornaments and more.

Some of the completed work of the students is on exhibit in the display case at the school. Native Arts class is funded by the Native Village of Eyak, and materials are purchased with the help of the Indian Education Fund. ■



Display case at the high school displaying Native Arts class projects.



ABOVE: Cedar woven projects taught by Holly Churchill to Native Arts students at the high school. LEFT: Kayley Delozier.

SUCCESSFUL SEASON

Traditional harvesting update

BY JAMIE FOODE

Traditional Harvest Coordinator
 Jamie.Foode@eyak-nsn.gov

The Native Village of Eyak's subsistence program had another successful salmon season! We were able to harvest over eight hundred pounds of halibut and two thousand pounds of red salmon. We will be using these for our upcoming dinners as well as to smoke and jar for future distribution.

We were also able to utilize approximately one hundred and fifty pounds of red salmon portions for our Elder Program. We proxied for fourteen elders and took nine passengers out on the flats. We distributed over two hundred pounds of halibut to tribal members, and we will be using the rest for our upcoming dinners. In addition to this, we were able to distribute over two thousand pounds of Prince William Sound reds to over one hundred and thirty households.

We received a generous donation of six mountain goats from Fejes Guide Services. The department processed this into burger and sausage and distributed portions to tribal members. We also received a donation of one hundred pounds of keta salmon from Cordova District Fisherman United. This will be used to teach tribal youth how to hard smoke salmon over the winter in collaboration with our Family Services Program.

The Traditional Harvesting team participated in another successful Cultural Week. Due to time constraints with classes and COVID we opted to create a video to show youth the process for making hard smoked salmon. We are also working to post this video online soon so that interested parties can reference it. All of the children got to taste a sample of the fish from the video, as well as ask questions and tell fishing stories. Our team also provided a fur workshop, presenting several locally harvested pelts. We taught about different traditional as well as modern uses of various furs and animals harvested.

If you have any questions about our program or would like to schedule a time to use either the industrial vacuum pack machine or smokehouse, please contact Jamie Foode at 907-429-3100 or Jamie.Foode@eyak-nsn.gov. We also have mason jars available for purchase. ■

TRIBAL MEMBER PHOTO



Queen of hearts

Kelsey Hawley holds the heart of a bull moose with a 74" rack on Sept. 19 on the Copper River Delta.

Photo by
 Robert Linville IV

SUBMIT YOUR PHOTOS TO
echo@eyak-nsn.gov



For information on Elder Services, activities and events

Contact Jackie Ladd
 Elder Services Coordinator

907-253-7230
 8AM - 5PM Monday thru Friday

Prince William Marina

2.5 MILE WHITSHED RD. IN CORDOVA, AK

BOAT & LOCKER STORAGE

BOB LADD, MARINA MANAGER
907-253-4332

EMAIL: BOB.LADD@EYAK-NSN.GOV



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NOTICE

2021 Sobriety Celebration and Memorial Potlatch cancellation:


While the Native Village of Eyak holds our bi-annual Sobriety Celebration and the time of gathering close to our hearts, the health, safety, and wellbeing of our tribal members, employees, community, and guests is of the utmost importance.

Due to the current state-wide rise in COVID-19 cases, we have made the difficult decision to cancel all in-person events and activities for this year's Sobriety Celebration. We are working on alternative measures to safely continue our message of sobriety, friendship, culture, and wellbeing.

Thank you for your continued support of our Sobriety Celebration and Memorial Potlatch. We look forward to seeing you all next year.



Respectfully,


Mark Hoover
Tribal Council Chairman
Native Village of Eyak