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Chilkoot Indian Association



Heentaak Disi (March - 2012)

Sea flowers begin to grow. The black cod, halibut and herring start to spawn.

New CIA Home



Garage with paved drive way



Main entrance - kitchen (with dishwasher) and dining room.



Tribal Administrator
David Berry Jr. &
Transportation Coordinator
Scott Hansen
peeking into the furnace room



Garage with the furnace room off the corner of the garage.



Construction Manager,
Ronald "Tony" Malone &
Construction Foreman, John
Katzeek (member)

Submitted by:
Dave Berry



*Seward's Day
The United States
purchase of Alaska
from Russia
Monday, March 26
All CIA offices
are closed on
this day.*

The three new houses in Chilkoot Estates are available to purchase by qualified applicants. Please contact Mary Gross, Housing Coordinator at the Tribal Offices for more information 1 (907) 766-2323. The Tribal offices are located on the second floor of Howser's Supermarket. The Chilkoot Indian Association opened two new four-plexes in 2011, providing eight low-income hous-

ing rental units. We received 52 applications. Sadly, 85% of the applicants and their families were not able to live in an affordable, safe and modern housing unit. This alarming statistic shows the need for continued development and construction of affordable housing in Haines. The Tribal Council sees the need for additional affordable housing and has instructed the staff to find

new avenues of funding to construct more housing units. CIA has started the long process of applying for a Section 184 Construction Loan to build two additional houses for qualified applicants who will also have to qualify for a Section 184 loan. When the house is completed the applicant will assume the loan.

Employees

Tribal Administrator
David F. Berry Jr.
dberry@chilkoot-nsn.gov

Assistant Office Manager
Georgiana Hotch
ghotch@chilkoot-nsn.gov

Transportation
Scott Hansen
shansen@chilkoot-nsn.gov

Housing
Mary E. Gross
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Financial Assistant
LA Graham
lkattenhorn@chilkoot-nsn.gov

Environmental
Luke Williams
llwilliams@chilkoot-nsn.gov

Community Waste &
Haines Recycling
Fred Brouillette
fbrouillette@chilkoot-nsn.gov

Food Distribution
Admin Assistant / Coordinator
Harriet C. Brouillette
hbrouillette@chilkoot-nsn.gov

Social Services
Stella S. Howard
(907) 766-2810
showard@ccthita.org

~ Construction ~

Project Manager
Tony Malone
dhcw@aptalaska.net

Construction Manager
John Katzeek
jkatzeek@hotmail.com

Open Monday - Friday
8:00 am - 4:30 pm

Shori Long

learns how knowing her numbers helps her control her diabetes



Shori, who is half-Aleut, was told she had prediabetes two years ago, but she kind of shrugged it off. When she was diagnosed with diabetes just after her 36th birthday in January, she was told to start logging her numbers.

“After seeing the results, I decided I had had enough and I was going to get serious about losing weight and to reverse this, if possible,” Shori said.

She started exercising and watching her food intake, but it didn't seem like enough. So she went on a special diet and lost 60 pounds in five months. Now she no longer has to take diabetes medication.

“Knowing my numbers was the reason,” Shori said. *“My meds were affecting me, and I didn't like the fact of being on meds for the rest of my life. I wanted to get off all of my medications.”*

Shori said her improvement came from lifestyle changes, such as eating healthier food and getting more physical activity. She also continues to check her numbers, which have improved since her diagnosis. She regularly checks her blood pressure, and she checks her blood sugars to see how she reacts to different foods.

“I feel better,” Shori said. *“I don't know if I would've been so motivated to change.”*

Her family is one of the major reasons Shori made her changes. She has two children (ages 11 and 13), and now she thinks she is being a better example for healthy lifestyles. She also is an avid hunter and

fishes, and she wanted to be able to keep up with her brother and father when they spend time outdoors. Diabetes runs in her family, too.

“I think the kids in the family suffer the most when you're health deteriorates,” Shori said.

According to the American Diabetes Association, there are nearly 26 million Americans with diabetes and about a third of them (about 7 million) don't even know it. Another 79 million Americans are at risk for diabetes. Knowing Your Numbers (blood sugar, cholesterol and blood pressure) is the first step toward managing or beating diabetes.

“Even if you don't think you're at risk, get them checked,” Shori said. ♡

Article taken from
SEARHC Healthbeat

Shori is a member of the Chilkoot Indian Association and daughter of Steve and Sarah Virg-In.

Sharing Our Knowledge

A Conference of Tlingit Tribes and Clans
Sitka, Alaska ✧ March 29 - April 1st, 2012

This is a multi-disciplinary conference that includes those interested in Native culture—artists, academics, students and other learn-

ers—meeting with Alaska Native tradition bearers, elders, and fluent speakers to discuss subjects such as linguistics, archaeology, art and music,

Alaska Native history, museum studies, cultural anthropology, indigenous law and protocols, fisheries, and traditional ecological knowledge.

Geographic Information Systems (GIS) Training

In the first week of February, Luke Williams and I attended a three-day GIS training in Juneau, presented by Blue Skies, LLC, a private training company. ArcGIS 10 is the most current ESRI product, used by tribes and other government agencies all around the world. We learned how to understand, create, and



manipulate data as part of various administrative projects. The program uses satellite imagery and

local stream and property data, along with other statewide data for the area. We can create maps with the program and analyze data for our area as we need it for each project that comes along. We anticipate using the maps and data in the projects to come.

Scott Hansen
Tribal Transportation



After my ArcGIS training, I attended the Alaska Forum on the Environment held in Anchorage. J. Michael Fay was one of the more interesting key note speakers. Fay has spent his life as a naturalist—from the Sierra Nevadas and the Maine woods as a boy, to Alaska and Central America in college, to North Africa and the depths of the Central African forest, and savannas for the past 25 years. Fay hosted Colin Powell in a forest walk after the former Secretary of State's announcement to support the Congo Ba

sin with tens of millions of dollars for national park creation, development, and forest management. In 2004, Fay completed the megaflyover, an eight-month aerial survey of the entire African continent. He logged over 800 hours and took 116,000 vertical images of human impact and associated ecosystems, many of which are now visible on Google Earth. Every day of the Forum was packed with environmental sessions from 8:00 am - 5:00 pm. Also, the CIA website is up-and-going with short videos



and lots of pictures. Check it out at www.chilkoot-nsn.gov. Our weather stations should be up-and-running in a month or two. The Environmental Department has been using this website to keep tribal members and other viewers up to date on current snowfalls in town and at the customs station.

"WE R NATIVE" Photography Contest

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This contest is open to American Indian and Alaska Native youth 13 - 21 years old.

Send one or more photographs that depict We R Native's values:

- ◆ We are Native—we are members of diverse and vibrant communities
- ◆ I am Strong—in mind and spirit
- ◆ I control My Body—I have control over my physical and sexual health
- ◆ We are Not Alone—we can support one another and come out stronger in the end
- ◆ We can Change our World—Step up, and shape your community in positive ways

Winning entries will receive:  
\$75 - first place  
\$50 - second place  
\$25 - third place  
and will be showcased on We R Native's website - Coming Soon!!

Please include  
- your name / age, and Tribal affiliation  
- mailing address / email address / and phone number (will not be shared)  
- one or more digital photographs  
- if other people are in your photograph, please make sure you have their permission to submit their image

Send entries to  
[native@npaihb.org](mailto:native@npaihb.org)

Winners will be announced  
on March 16th

## SEARHC Mobile Mammography Van in Haines, May 9th - 22nd, 2012



**Chilkoot Indian  
Association**

PO Box 490  
Haines, Alaska 99827-0490  
Phone: 907 766-2323  
Fax: 907 766-2365  
ghotch@chilkoot-nsn.gov

every eye in town is watching **YOU**



If you provide alcohol to a minor, you will be reported and you will be held accountable.

Delivery of alcohol to minors is a class A misdemeanor. The penalty includes imprisonment up to 1 year and fine up to \$10,000.00.

**Call 766-2121 to report someone that you believe is providing alcohol to minors. You may request to remain anonymous.**

Haines Alcohol Task Force  
This message is paid for by the Haines sportsmen's association

*Haines Alcohol Task Force*

[www.chilkoot-nsn.gov](http://www.chilkoot-nsn.gov)

*Committee  
Meetings - March*

*Thursday, March 1st  
**Natural Resources**  
See - Luke Williams*

*Tuesday, March 6th  
**Housing**  
See - Mary Gross*

*Thursday, March 8th  
**Election**  
See - Della Brouillette*


*Thursday, March 22nd  
**Enrollment**  
See - Georgiana Hotch*

*Thank You!  
to all members that  
serve on a committee.*



*Happy Birthday*



|      |                       |      |                   |      |                                                                                       |
|------|-----------------------|------|-------------------|------|---------------------------------------------------------------------------------------|
| 1st  | Cecilia B David       | 13th | Linnea Leiter     | 25th | Jessica Williams                                                                      |
| 1st  | Tanya Reamy           | 13th | Luke Williams     | 26th | Seward's Day                                                                          |
| 2nd  | Verna L. Adams        | 14th | Leslie Dennis     |      | All CIA                                                                               |
| 3rd  | Kelsey Taylor         | 14th | Nancy Denny       |      | offices                                                                               |
| 3rd  | Carrie Valentine      | 14th | William Albecker  |      | will be                                                                               |
| 5th  | Gerald Albecker       | 15th | Maria Chambers    |      | closed on                                                                             |
| 5th  | Tina Anderson         | 16th | Karl Tompkins     |      | March 26th                                                                            |
| 5th  | Bradley Wilson        | 16th | St. Patrick's Day |      |  |
| 5th  | Stanley Wilson        | 17th | Jennifer          |      | William Henry Seward                                                                  |
| 6th  | Lisa Albecker         | 17th | Preus-Williams    | 26th | Wayne Chambers                                                                        |
| 6th  | Harriet M Brouillette | 17th | Jasper Strong     | 27th | Christy                                                                               |
| 6th  | Athena Alsup          | 19th | Nicholas Degtoff  |      | Matthews-Ruby                                                                         |
| 6th  | Tiffany Johnson       | 19th | John Katzeek      | 28th | David Dunn                                                                            |
| 8th  | Joseph L. Jacobs      | 20th | Spring begins :)  | 28th | Dixie Hayes                                                                           |
| 10th | Viva Landry           | 21st | Kimberly Mohon    | 30th | Alice Daly                                                                            |
| 11th | Day Light             | 22nd | Kelly Johnson     | 30th | Austin Davis                                                                          |
|      | Savings begins :)     | 23rd | Helen Smith       | 31st | Mia Berzanske                                                                         |
| 12th | R. David Phillips     | 24th | Shane Martin      | 31st | Charles E. King                                                                       |
| 12th | Jermaine              | 25th | Rima Lake         |      | Whew! Spring at last!!                                                                |