

# Eyak Echo

ECHOES OF OUR ANCESTORS

Native Village of Eyak | 1<sup>ST</sup> QUARTER 2021



ICC rolls out new slate of

## Cultural Classes



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Birth

Okalee Jensen  
Cunningham

March 17, 2021

Parents: Tribal Members  
Jerry and Raven Cunningham

Okalee (traditionally written xaxtl'i — pronounced aa•k•lee) is named after Okalee Spit down in Controller Bay. Xaxtl'i is an Eyak/Tlingit word meaning harpoon line, which also translates to strength. Okalee Spit was where Raven created first when creating the land. It is said that there is a rock between the base of spit and Cape Suckling that was Raven's float. Okalee Spit is also the traditional territory line between Eyak and Tlingit land.



Tech tips

Fighting  
'password  
fatigue'

BY STEVE BAMBAKIDIS

IT Director, sbambakidis@eyak-nsn.gov

As our internet use increases, so does the burden of remembering all those passwords! A recent report showed that weak passwords account for 80% of on-line fraud and theft. Even though we still have to use passwords, there are some good solutions out there to help us.

Here is a list of tactics  
and software you can use  
to help "password fatigue":

- Always use a modern browser such as the latest Chrome, Safari or Firefox. These have the best encryption support and has the bonus of having built in 'password management'
- Utilize a combination of two of your common passwords to make passwords easy to remember. If you always use Frank as one option, and Sinatra as another, create a new password that is FrankSinatra.
- Try to replace a letter or two in your password with a character that looks like the letter. For instance, instead of FrankSinatra, use Fr@nkS1natra.
- Use a third-party password manager to remember your password. The best free option is still LastPass, but you can use 1Password as well.
- Change your passwords often! Maybe once every six months minimum.
- If a website offers "two-factor authentication" use this! Basically, it will utilize your cell phone texting to make sure you are who you say you are.

Stay safe out there!

Myles and his dad, Kyle, smile for camera!



Birth

Myles  
Richard King

January 12, 2021

Myles Richard King, son of Kyle and Elizabeth King, was born on January 12, 2021. Myles is the Grandson of Mark and Sandy King, and Richard and Debbie Collins.

Graduation

Congratulations  
to Wesley Ladd

Congratulations to Wesley Ladd for graduating in December with a Master's Degree in Aeronautics with an emphasis on Aviation Operations. Wesley is also a recipient of the Native Village of Eyak's Educational Scholarship.



Wesley Ladd with his diploma in December 2020.



## NVE Ilanka Cultural Center

# Subsistence Program

Distributes jams, bone broth, salmon fillets

BY SARA TIEDEMAN

The Native Village of Eyak's Subsistence Program has had a busy first quarter in 2021. Spring is upon us and summer is fast approaching. Fishing season is right around the corner and we are looking forward to having Tribal Members on board this year.

Connex No. 1 behind the NVE Office has had its refrigeration head unit replaced as well as a Condenser Fan Motor and is up and ready for whatever we put in there.

In the canning department this quarter, I have made 10 1/2 cases of assorted jams and jellies. Forty-eight pints of moose bone broth and 11 1/2 cases of plain pack salmon. I have been selling canning jars, but we have a lot left if anyone would like to purchase any at \$10.00 a case. Wide-mouth pints, 4 oz jelly and 8 oz (tall) jelly jars only.

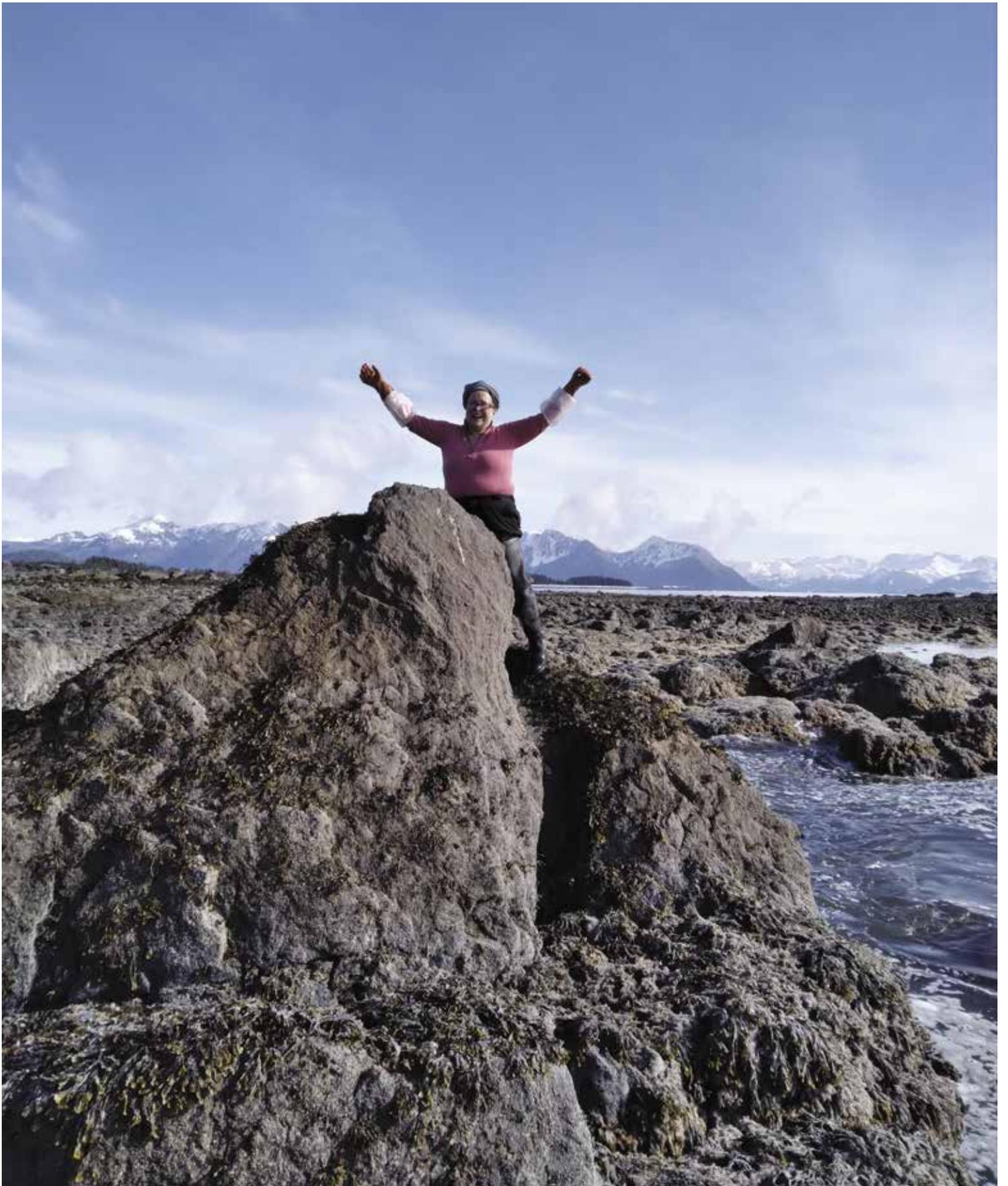
A Toyo stove was purchased from Copper Highway Heating and a fuel tank from Shoreside Petroleum for the subsistence locker out at the Marina and we are currently awaiting installation.

One hundred and 60 freezers were distributed to Tribal Members and many were filled due to all the wonderful distributions NVE has had. Bison, cod, goat, halibut, herring roe, hooligan, assorted jams and jellies, jarred plain and kippered salmon, moose bone broth, rockfish, salmon fillets and seal oil were among the many traditional foods shared with the Tribe.

Recently we were able to make a trip to Red Head to harvest herring roe, which I am very grateful for. Upon returning, I was able to distribute to many of our Tribal Members. We are looking forward to hooligan dip-netting and seagull egg harvesting soon. Hopefully we can catch some halibut too. Let's go fishing!

If you have any questions regarding the Subsistence Program, please call **907-429-3100**.







A beaded salmon leather class, taught by Kanisha Tiedeman Lohse in February 2021.

## ICC rolls out new slate of *Cultural Classes*

BY TEAL HANSEN

Ilanka Cultural Center Coordinator  
Teal.Hansen@eyak-nsn.gov

The Ilanka Cultural Center staff, Danaya Hoover and Teal Hansen, spent the month of January organizing the annual ICC Membership Drive. This year's event included an online silent auction featuring beautiful items donated by local Cordovan artists, and a to-go dinner of clam chowder, fry bread and a cookie.

We would like to thank our sponsors Nichols Front Door Store and AC Value Center! Everyone who became a member this year was entered to win a grand prize drawing of 25,000 Alaska Airline miles, generously donated by the Native Village of Eyak. Our lucky winner was Glen Borodkin! The membership drive was a success, and we are so thankful to all our new and renewing members for your continued support. Being an ICC Member allows you to participate in our Cultural Classes



Beaded salmon leather crafts.

as well as gives you first email notification and priority when they become available. If you are interested in becoming a member, it's just \$20 for an individual or \$50 for a family.

The Alaska Native Arts Class at the high school, taught by Danaya, has been learning how to bead, different earring designs, brick stitch beading, leather crafting and stamp making. The class learned one method of tan-



Projects by Alaska Native Arts students in a high school class taught by Danaya Hoover.

ning halibut skin and has been incorporating some of the tanned skin into their projects. Next, we will be learning basket weaving. Native Arts meets twice a week on Mondays and Wednesdays.



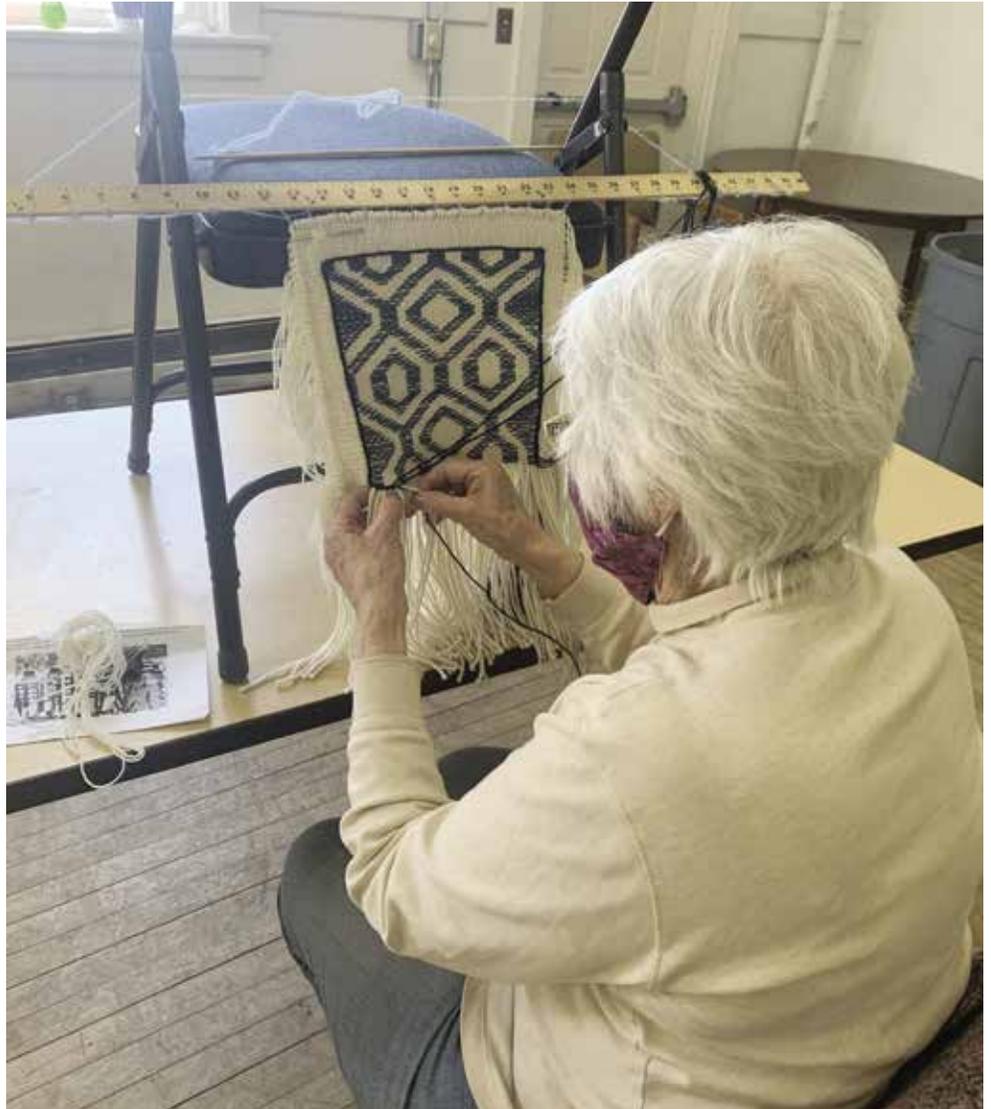
Lisa Docken's brick stitch beaded earrings from a class taught by Gloria Cunningham in February 2021.

ICC's coordinator has scheduled several cultural classes this year. Completed classes consist of a beaded salmon leather class with Kanisha Tiedeman Lohse, a brick stitch earring class with Gloria Cunningham, and a Ravenstail weaving class and free workshop with Brooke Mallory. Future classes include a beginning skin sewing pillow class with Gloria Cunningham at the end of April, a traditional plant knowledge class with Kim Aspelund on June 5, and a Sug-piaq atlatl and spear carving class with Andrew Abyo at the beginning of September. There is still space in the latter class. Teal has also written several grants for a few cultural classes we hope to bring to our Tribal community and our members. Stay tuned!

We welcome you to stop by the Cultural Center and shop the hand-crafted items made by local tribal artists – like the wallets made by Christine Belgarde and Diana Riedel, earrings by Melina Meyer, copper and silver jewelry by Sean O'Brien, and earrings, pillows, hats and mittens by Gloria Cunningham. The Ilanka Gift Shop also has newly acquired glass float earrings from Coco by the Sea and a new selection of Thistleberry dolls. A limited supply of gift shop items is available for purchase online at [www.ilankaculturalcenter.com](http://www.ilankaculturalcenter.com). Items within the store may be purchased over the phone and mailed directly to you.

The Cultural Center Gift Shop is now conveniently located at 711 First Street, below Northstar Lumber. Hours of operation are from 10 a.m.-4 p.m., Tuesdays, Thursdays and Fridays.

Contact the Cultural Director with any questions you may have by visiting us during open hours, emailing [danaya.hoover@eyak-nsn.gov](mailto:danaya.hoover@eyak-nsn.gov), or by calling the Gift Shop at 907-424-7903. Follow us on Facebook for class advertisements and cultural updates at [facebook.com/IlankaCulturalCenter](https://www.facebook.com/IlankaCulturalCenter). ■



Ravenstail weaving students working on their projects at the Masonic Hall as part of a class taught by Brooke Mallory in March-April 2021.





# ILANKA CULTURAL CENTER GIFT SHOP



*Sign up for cultural  
crafting classes*

**BY TEAL HANSEN**

Ilanka Cultural Center coordinator  
Teal.Hansen@eyak-nsn.gov

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

Accepting Cordova Cash Cards!

OPEN 10 A.M.–4 P.M. TUESDAYS, THURSDAYS & FRIDAYS

**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](mailto:DANAYA.HOOVER@EYAK-NSN.GOV)

OR CALL DURING REGULAR OFFICE HOURS

We are excited to announce a Tlingit-styled cedar woven hat class taught by master weaver Holly Churchill.

This is a three-week class held from September 20–October 9. Please see the image to the right for more class information and payment.

A cedar hat is projected to take about 40 hours to complete and there are 48 class hours available. This gives you time to catch up if you happen to miss a class or two due to scheduling, or gives more time for those who need it.

There are two elder scholarships available. Contact Jackie.ladd@eyak-nsn.gov for more information.

There is also an NVE educational scholarship available to tribal members who are interested in taking the class, but who are not able to pay the class fee. The scholarship application can always be found on NVE's website. Please send applications to brooke.malloy@eyak-nsn.gov.

We still have some space in master Alutiiq carvers Andrew Abyo's atlatl and spear class. See the image to the left for more information.

Let us know if you'd like to sign up for either classes! Pay over the phone at 907-424-7903 or in person during ICC's open hours, which are Tuesday, Thursday and Friday from 10 a.m.–4 p.m. ■



# Scholarships bring cultural activities to elders

**BY JACKIE LADD**

Elder Service Coordinator,  
Jackie.Ladd@eyak-nsn.gov

The Elders Program offers Cultural Class Scholarships to NVE Elders. If you are interested in taking a class and need a little help paying for the application class fee, contact Elder Service Coordinator Jackie Ladd by email at Jackie.Ladd@eyak-nsn.gov or by phone at 907-424-2230. ■



Projects by Alaska Native Arts students in a high school class taught by Danaya Hoover.



## Ilanka Cultural Center

### Cedar Woven Hat Class

Make a Tlingit-styled hat with master weaver Holly Churchill



3 weeks of class held @ the Masonic between September 20<sup>th</sup>-October 9<sup>th</sup>,  
5:30-8pm on Mondays, Tuesdays, Thursdays, & Fridays  
& 10am-4pm on Saturdays (lunch Noon-1)  
Class capacity: 14 Students  
Class Cost: \$200

2 Elder scholarships available! Contact Jackie Ladd for more information. [jackie.ladd@eyak-nsn.gov](mailto:jackie.ladd@eyak-nsn.gov)

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 424-7903 to pay over the phone, or come into our gift shop (711 Main SE.) during open hours (Tuesday, Thursday, Friday 10am-4pm). You may also sign up for a membership online at [https://ilankaculturalcenter.com/product\\_cat/memberships](https://ilankaculturalcenter.com/product_cat/memberships)

This class is funded in part by The CIRI Foundation.



## Ilanka Cultural Center

### Sugpiaq Nug'aq (Atlatl) Class

Make an 18" Atlatl and Spear with Andrew Abyo



Class will consist of 9 classes between September 2<sup>nd</sup>-11<sup>th</sup>;  
5:30-9pm on weekdays M-F & 11am-4pm on Saturdays  
@ NVE Boathouse, Unit C7&8 (Located @ the Marina, mile 1.7 Whiteshed Rd.)

Class capacity: 10 Students

Class Cost: \$75

Atlatl throwing demo, event open to the public, 5:30 Saturday the 11<sup>th</sup>

September 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>
	5:30-9pm	5:30-9pm	5:30-9pm	5:30-9pm	5:30-9pm	11am-4pm 9:30 Demo

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 424-7903 to pay over the phone, or come into our gift shop (711 Main SE.) during open hours (Tuesday, Thursday, Friday 10am-4pm). You may also sign up for a membership online at [https://ilankaculturalcenter.com/product\\_cat/memberships](https://ilankaculturalcenter.com/product_cat/memberships)



## Capital Projects

# Grants fund improvements to highway and housing

**BY SEAN O'BRIEN**

Capital Projects Director  
Sean.O'Brien@eyak-nsn.gov

The Marine Tribal Transportation and Shepard Point Oil Spill Response Facility Project received the NSFLTP (Nationally Significant Federal Lands and Tribal Projects) Grant in January for \$40,199,275 for development of the highway extension connecting Cordova to Shepard Point.

NVE submitted and received \$22,500 to conduct a public transit study from the Federal Transit Administration

NAHASDA Housing Grants are being utilized more and more by tribal members that meet HUD requirements – grants such as the mold remediation, home improvement mini grants and college student housing vouchers.

Below are the most current HUD Income Limits by number per household to be eligible for Housing Grants through NVEs housing department.

An exact chart can be found via the PIH notice available at <https://cdv.tiny.us/hud>.



	2020 MFI		113,200			Valdez-Cordova		
	1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
80%	\$ 63,392	\$ 72,448	\$ 81,504	\$ 90,560	\$ 97,805	\$ 105,050	\$ 112,294	\$ 119,539
100%	\$ 79,240	\$ 90,560	\$ 101,880	\$ 113,200	\$ 122,256	\$ 131,312	\$ 140,368	\$ 149,424



### Highlights:

- Capital Projects Seasonal Field work set to begin May through November
- Laborer positions open for applicant submissions
- Eyak River Recreation Area Rehabilitation Phase II set to kick off in 2021
- Application for grant funding for the Housing Dept. was submitted. If awarded, it would bring in up to potentially 2.5 million in funding towards future housing projects under the tribe





## Ilanka Community Health Center

# ICHC expands health and nutrition services

BY JESSICA ARASMITH

Operations Coordinator

Jessica.Arasmith@eyak-nsn.gov

Ilanka Clinic is continuing to expand health and nutrition related services. Joseph Nyholm, RD is a visiting Dietician from Chugachmiut who has been coming to Cordova for approximately a year. If interested in dietician services, his next visit will be July 13. To complement the dietician services, we also have a licensed nutritionist, Barbara Solomon, who will be available to provide medical nutrition therapy. Barbara lives in Cordova and began accepting referred patients in April. For more information on any of the above services or to make an appointment, please call us at 907-424-3622.



ABOVE: ICHC staff Brian, Cassi and Jim.

LEFT: Matt and Kristel Rush.



Ilanka Clinic has been very busy this year jumping at every opportunity to provide tribal members and the community with COVID-19 vaccinations at the clinic. Staff have also collaborated with CCMC providing several all-day drive-through vaccination clinics via the CCMC ambulance bay. As summer approaches, Ilanka will be holding smaller vaccination pods to accommodate the increased seasonal population. As more and more people are getting vaccinated the CDC, state, and city guidelines will be updated. Please be aware of the current guidelines. Links for some of these guidelines can be found at [www.eyak-nsn.gov](http://www.eyak-nsn.gov).

The Rushes will be leaving Cordova in mid-summer opening a new chapter in their lives in Wasilla. We are so excited for all the new adventures awaiting them. ICHC will be hosting a farewell event open to the public on Saturday June 26 from 2-4 p.m. at the City Center Atrium. Please join us as we say farewell to this wonderful family.

To transition patients and ensure the best possible care, Dr. Benjamin Head joined Ilanka Community Health Center starting May 3. Dr. Head is no stranger to Alaska, having grown up in Nome. He then attended medical school at the University of Washington through the Alaska WWAMI program and completed his residency training in Rural Family Medicine at the Duluth Family Medicine Residency Program. After graduating, he moved to Kemmerer, Wyoming, where he practiced full-spectrum family medicine, including OB, Inpatient Hospital Medicine, ER and endoscopy. He began his search for the perfect rural Alaskan town to call home and feels like he has found it in Cordova. He provides healthcare to newborn, pediatric, adult and geriatric populations with a special interest in prenatal care, women's health and sports medicine. He is married, has three children and enjoys hunting, fishing, camping and all sports. He is thrilled to be back home in Alaska.

Heading up the Behavioral Health Department, and filling Matt Rush's shoes will be Susie Powell, LPC, who has been with Ilanka Clinic for a little over three years. Please welcome Susie as she takes on this new challenge. Ilanka is seeking a Behavioral Health Clinician as Susie transitions into her new role.

As the Ilanka Clinic grows in services and increases its response to the global pandemic, administrative responsibilities increase as well. Joining our team is Shannon Mallory as Revenue Cycle Supervisor. Shannon will be overseeing the clinic's revenue cycle, which consists of each step of the billing process from registration to final billing. We are excited to have her on board.

Spring is starting to show itself as the snow

melts and daylight lingers. Normally that would signal it's time for the Cordova Health Fair and our Spring Patient Survey. Due to COVID, we are unable to bring this event to you as usual, however, we still want to get your input on how we are doing. Patient Satisfaction Surveys will be starting at the clinic on May 3, continuing through May 28. Fill out a survey and enter to win a \$50 gift certificate

or the grand prize of a \$200 gift certificate to anywhere in Cordova. We will also have surveys available at the Saturday Market on May 8 from noon-4. Stay tuned for more upcoming opportunities to provide ideas and direction to clinic activities.

We're looking forward to returning to "normal" and providing even more health services in the coming year and beyond. ■

## Ilanka Community Health Center

# JOIN US IN WELCOMING ILANKA'S NEWEST PROVIDER

## Dr. Benjamin Head!

**D**r. Head, along with his wife and 3 children, are excited to be joining our community and reconnecting with rural Alaska. Dr. Head specializes in Family Medicine, with dedicated interest in Prenatal Care, Women's Health and Sports Medicine.



To make an appointment,  
please call Ilanka Clinic at  
**424-3622** option #4.



PLEASE CALL  
**907-424-3622**  
TO MAKE AN  
APPOINTMENT



PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY



## Older Americans Month

# Communities of Strength

In tough times, communities find strength in people — and people find strength in their communities. In the past year, we've seen this time and again in Cordova as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month. This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life — a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others — even virtually or by telling about the experience later — we help them build resilience too. This year, The Native Village of Eyak will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength — and create a stronger future.

### Here are some ways to share and connect:

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason

storytelling is a time-honored activity.

➤ **Hearing how others experience the world helps us grow.** Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! ■

For more resources, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation via [#OlderAmericansMonth](https://twitter.com/OlderAmericansMonth).

## May is Older Americans Month



Look for joy in everyday

- Share a happy moment, give a compliment or say Thank You!

Reach out to neighbors

- Call them, share a fresh salmon or offer a car ride to a appointment.

Build new skills

- Find a opportunity to teach someone a new craft. The NVE Elders program offers scholarships to Ilanka's Cultural classes

Share your story

- There is a reason storytelling is a time-honored activity, it helps us grow and helps us connect with family or friends.



# Communities of Strength



NVE Elder Services Coordinator contact #: Jackie Ladd 424-2230



# 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: [tfsassistant@eyak-nsn.gov](mailto:tfsassistant@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



## JNYO

# Native Youth Olympians achieve in virtual competition

BY DANAYA HOOVER

Cultural Director

Danaya.Hoover@eyak-nsn.gov

Junior Native Youth Olympic Season was a great success for our Cordova Team! This year's event was very different from years past. Due to COVID, the kids were not allowed to travel to Anchorage for the usual competition. Instead, they held a virtual competition where over 140 athletes from 10 different Alaskan communities submitted videos of themselves competing in the different events.

The traditional Native contests in which Junior athletes competed includes the following: Alaskan High Kick, Two-foot High Kick, One-foot High Kick, Scissor Broad Jump, Kneel Jump, Seal Hop and Wrist Carry. Junior athletes participated from any location that supported safe physical distancing. There was a male and female division for each of the events, and participants split into groups of first and second graders; third and fourth graders; and fifth and sixth graders.

Coach Nick Tiedeman and assistant Coach Jason Holley met with the kids to practice in February and March at the Masonic Hall. Athletes learned how to participate in the events of their choices and were

encouraged to practice at home as well. Since the kids were not able to travel this year, it gave us the opportunity to purchase new equipment for the team. We got new kick stands, stick pulls, seal skin balls and some other needed supplies.

Also as a special bonus to our Cordova JNYO team, Native Village of Eyak will be providing each athlete a personalized 2021 JNYO outfit as reward for participation. All the athletes who participated in the virtual competition will receive a 2021 JNYO Beanie.

Those who place first, second or third

will receive a medal and their choice of a JNYO T-shirt or sweatshirt. To compete in this year's events, athletes made videos of themselves in their events and submitted to them to NYO Games Committee for judging. We appreciate all the hard work the kids put in, time and effort from the coaches, as well as help and support from the parents. I would like to announce the winners of the 2021 Junior Native Youth Olympics team from Cordova! ■

**The JNYO awards ceremony can be found at [cdv.tiny.us/jnyo](https://cdv.tiny.us/jnyo).**



**ONE-FOOT HIGH KICK**

- **1st Place:** Madden Merritt kicking 48" (Boys first and second grade)

**SCISSOR BROAD JUMP**

- **2nd Place:** Grace Higgins jumping 16'7" (Girls third and fourth grade)
- **3rd Place:** Gunnar Davis jumping 21' ¾" (Boys fifth and sixth grade)

**WRIST CARRY**

- **1st Place:** Jonah Wright holding on for 29.80 seconds (Boys 3rd-4th grade)
- **2nd Place:** Grace Higgins holding on for 13.43 seconds (Girls 3rd-4th grade)

- **3rd Place:** Madden Merritt holding on for 7 seconds (Boys 1st-2nd grade)

**TWO-FOOT HIGH KICK**

- **2nd Place:** Gunnar Davis kicking 52" (Boys 5th-6th grade)

**SEAL HOP**

- **3rd Place:** Willow Tiedeman hopping 34'9"

**Congratulations to the winners of the 2021 Junior Native Youth Olympics!** Thank you to our sponsors Native Village of Eyak and Tiedeman Construction.

# ILANKA COMMUNITY HEALTH CENTER



*Watery Eyes?  
Itchy Skin?  
Runny Nose?*  
**YOU MIGHT HAVE ALLERGIES**

Ilanka Community Health Center offers convenient allergy testing right here in Cordova. We can help narrow down the cause of your symptoms with a simple blood test.



CALL **907-424-3622**  
TO MAKE AN APPOINTMENT

PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY



## Upcoming events

Due to the COVID-19 pandemic, NVE's upcoming events will continue to be done differently to ensure the safety and wellbeing of our Tribal members, community members, and staff until further notice.

STAY TUNED FOR UPDATES: Visit NVE's Facebook page, website [eyak-nsn.gov](http://eyak-nsn.gov), or by contacting Reyna at **907-424-7738** or [reyna@eyak-nsn.gov](mailto:reyna@eyak-nsn.gov).



## REGISTERED DIETITIAN JOE NYHOLM

Will be at Ilanka Community Health Center  
**July 20th and 21st**

PLEASE CONTACT ICHC AT  
424-3622, OPTION #4  
TO SCHEDULE AN APPOINTMENT



705 Second St.  
Cordova, AK 99574

**907-424-3622**



PERSONALIZED QUALITY HEALTH CARE FOR THE ENTIRE COMMUNITY

## Notices

### Tribal Council meeting schedule

NVE's Regular Tribal Council meetings are scheduled for the third Tuesday of the month unless otherwise noted. Special Tribal Council meetings may be held between regular meetings to address urgent business.

Due to the COVID-19 pandemic, all Tribal Council meetings are being held electronically until further notice. Tribal Members are encouraged to attend.

For more info on Tribal Council Meetings, please contact Reyna at **907-424-7738** or [reyna@eyak-nsn.gov](mailto:reyna@eyak-nsn.gov).

### Smith takes helm as The Cordova Times editor

BY THE CORDOVA TIMES STAFF

Zachary Snowdon Smith was promoted to editor of The Cordova Times in February. He replaced Annette Potter, who had been editor since 2016.



Potter, who began working for The Cordova Times in 2010, continues her association with the paper as a designer and layout artist.

Smith began working for The Cordova Times as a reporter and photographer in July 2019. He can be reached at [zsmith@thecordovetimes.com](mailto:zsmith@thecordovetimes.com).

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

EMAIL IT TO US AT [echo@eyak-nsn.gov](mailto:echo@eyak-nsn.gov)

*(Please put "Announcement" in the subject line.)*



## The Eyak People, DaXunhyuu

# Giyah Traditional and Contemporary Subsistence Patterns

BY RAVEN CUNNINGHAM

Traditionally, clans owned the salmon streams, halibut banks, berry patches, intertidal regions, egg harvesting areas, and land for hunting. As long as the area was used by the clan, they had ownership and rights to the area.

Food harvest was seasonal and therefore had to be preserved for the winter months until the following early spring. Their food was preserved by being smoked in a smokehouse or dried by wind or sun.

The Eyak adapted some subsistence customs from their Alutiiq/Sugpiaq/Chugach Region neighbors to the West, and others from their Eastern neighbors, the Tlingit. Oceans and rivers supplied their main source of food, salmon being the most important.

There are five species that run up the Copper River Delta and Orca Inlet area: te'ya'lee (King or Chinook), AdAte'ya' (Silver or Coho), cha'ch (Red or Sockeye), tiitl' (Chum or Dog salmon), kaashk' (Pink or Humpy). dAG lah (Steelhead trout), waaw (herring), k'uda'uhdg waaw (herring eggs), and saag (hooligan) were also caught and eaten.

Harvested sea plants included seaweed ti-shiyah (broad) and iinLxAWah (red), beach asparagus, and goose tongue. Eyak men fished for IAGtliiX (halibut) with hook and line from AXAih (dugout canoes), dug jiidaadAG (clams) from the beaches, and hunted geeLtaag (seal) and sahs (sea otter) with spears by sneaking up on them when they are resting on the beach, rocks, or ice.

In the spring and summer, the Eyak collected shoots, plants and la'mahd (berries). In the fall they hunted GAnuh (ducks), naaXAG (geese), and GAXtl' (swan), while k'uLdiyaann (grouse), and dlaaq'Aya' (mountain goat) were hunted year around.

XAwaa (dogs) aided in hunting for lixah (brown bear) and ts'iyuh (black bear). k'uX-aashg (beaver), XaangAdiinyanh (porcupine), k'ujAXAyaash (marten), k'uLA' ah (muskrat), and dALAxeeq (marmot) were taken with deadfalls and snares. Today, these subsistence patterns are still a crucial part of the Native people's cultural identity. ■



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### Contact Jackie Ladd

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