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RURAL CAP'S

Village Voices

Healthy People, Sustainable Communities, Vibrant Cultures



John Baker wins the 2011 Iditarod in Nome!
Photo by David Dodman, KNOM Radio Mission

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John Moller, Governor /Lt. Governor of Alaska
Vacant, Municipality of Anchorage
Gail Reed, North Slope Borough
Bernice Joseph, University of Alaska, Fairbanks



Children enjoy the remaining days of winter in Huslia.
Photo by Tanya Yatlin

Message from the Board President I Dream, I Try, I Win

by Andrew Ebona, RurAL CAP Board President

"I dream, I try, I win". John Baker's conviction guided him to setting a new record in the grueling 1,000 mile Iditarod dog sled race on March 15, 2011, arriving in Nome from Anchorage in 8 days, 18 hours, 46 minutes and 39 seconds, breaking Martin Buser's 2002 record by more than three hours. His victory sparked a statewide celebration beyond the Inupiaq communities of the North; it had been 35 years since an Alaska Native had won this prestigious race. He is the first Inupiaq champion and the fourth Alaska Native to win the Iditarod, the first since Jerry Riley's (Nenana) win in 1976. Three of the first four Iditarod winners were Natives; the other two were Emmitt Peters (Ruby) in 1975 and Carl Huntington (Galena) in 1974.

Baker is the 18th person to win the Iditarod championship. Born and raised in Kotzebue, Baker, 48, began mushing in 1995 and ran his first Iditarod in 1996, running each of the subsequent 15 races since then. He had 11 impressive top ten Iditarod finishes going into this year's race. With almost 1,000 miles in the race, finishing under ten days means a team is traveling an average of more than 100 miles per day.

For Baker, the Iditarod race is much more than the special relationship between dog driver and

dogs. He has taken his motto and message to youth to emphasize the importance of having a dream, of setting goals to pursue what is desired, and of working hard to make the dream a reality.

When challenged, John's Inupiat heritage grounds him; it honors a value system steeped in the ancient history of a people closely connected to the land and animals. These values (www.ankn.uaf.edu and www.alaskool.org) are the foundation of Alaska's Native peoples and indigenous people worldwide. They speak to our responsibilities to one another, the survival of our cultural spirit, and the traditions through which they survive.

Baker addresses a number of these values on his website (www.teamjohnbaker.com), in his messages to youth, and by his own actions: Hard Work, Cooperation, Family Roles, Respect for Others, Responsibility to Tribe, Sharing, and Humility. It takes vision, commitment, and hard work to develop the relationship and build a good team. Baker's vision is shared by many as evidenced by his supporters who have made long-term investments to pursue shared goals. This commitment to each other is built on relationships based on mutual trust and respect. John's strong competitive nature is coupled with an immense respect for his competitors. In this highly competitive sport, respect is truly the ultimate competitive advantage. Baker says, "I didn't figure I had the race for sure. I didn't allow myself to think like that," Baker said. "I just needed to take care of my own business. Take care of running the dogs. Make sure that they could arrive here in the quickest possible way and being fair with them, not asking too much of them."

He speaks to his audiences about staying focused and encourages people to "believe in yourself and never, never give up". John is purposeful about giving back to people and is always eager to share his life experiences – especially with the youth who live in the villages.

In this issue of the Village Voices, we cover the heavy topic of suicide and prevention. John's example is one that can be replicated; his victory serves as a reminder of how the collective strength of his team and supporters, and resiliency and hard work make a difference.

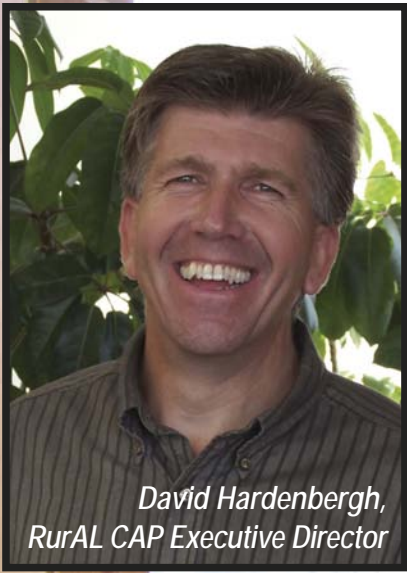
We are proud and honored to extend a hearty congratulation to John for a job well done and wish him many more victories in his racing career for being an example of moving hope and dreams to reality. ●

I Dream. I Try. I Win.



John Baker





David Hardenbergh,
RurAL CAP Executive Director



Energy Wise crew members share energy consumption information with homeowners in New Stuyahok
Photo by Tara Loyd

Message from the Executive Director

Energy Wise
Small Investments Result in
Big Savings in Residential Energy Use



by David Hardenbergh

Sometimes a spontaneous statement is more memorable and more effective than a scripted statement could ever be.

When Diana Ramoth, a Selawik resident and 2010 recipient of services through RurAL CAP's Energy Wise program testified at the Alaska House of Representatives Energy Committee in March 2011 that, "I saved more money from Energy Wise than I get from my PFD", those present immediately felt the power of this simple statement. We knew this message was worth repeating.

Summing up the impact of a program like Energy Wise succinctly is a challenge – it provides local jobs, job training, reduces residential energy bills, reduces state Power Cost Equalization (PCE) expenditures, increases money circulating in the village economy, and boosts the Alaska economy by buying supplies and services in-state. The program improves the quality of life for community residents both by providing employment and by empowering residents to change behaviors and make improvements to their homes with low-tech supplies and training.

Funding for the pilot year of Energy Wise was provided by a one-time allocation to RurAL CAP through the Community Services Block Grant. The two main goals of the project were to provide employment opportunities and reduce the residential energy burden on rural Alaskan residents through education and low-tech improvements to homes.

Between September 2009 and 2010, Energy Wise provided training and employment to 160 rural Alaskans, home energy assessments and improvements in 2000 homes, and general energy efficiency and conservation education to 7,500 residents in 32 communities.

Designed to complement Alaska's successful Weatherization and Energy Rebate programs, Energy Wise takes a comprehensive educational

approach and relies on the engagement of participants to result in behavior change, a reduction in energy consumed, and savings on electric and home heating bills.

In the pilot year, Energy Wise communities were selected based on their high electrical costs, high use of LIHEAP energy assistance, and based on where they were on the waiting list for the Weatherization program. After a crew leader was hired to serve as the local supervisor and project coordinator, up to 10 crew members were locally recruited, hired and trained. RurAL CAP staff traveled out to each site for 'launch week' to provide hands-on training on energy efficiency, conservation, basic building science, and safety.

The crew members brought the energy efficiency and conservation message to community members three times. First, a community-wide energy fair was organized. Then residents signed up for an in-depth home visit. Two trained crew members would visit a home and work with the residents for eight hours to assess home energy use, review energy bills, identify energy guzzling appliances or habits, install about \$300 worth of low-tech supplies in the home, and develop a personalized energy-efficiency plan. Finally, 3-6 months after the initial home visit, a follow-up visit was conducted by a trained crew member to survey the residents and assess results.

Follow-up surveys showed that more than 85% of participants were still practicing energy saving techniques. Participants reported saving at least \$50/month in home heating and electric costs. These savings were confirmed when electric bills 12 months prior and 12 months after the Energy Wise program were compared. After 12 months, rural residents are saving an average of \$600 per year on home heating and electric costs and the state of Alaska is saving approximately \$468 in PCE subsidies per home.

It is a rare investment opportunity that can repay the costs within two years and continue for years into the future to save money. The project payback period for Energy Wise is remarkable. The project cost of approximately \$2,000 per

Rural Alaska Community Action Program, Inc.'s
Energy Wise
Program

home to implement is paid back in just two years—all the savings after that are gravy.

It is exciting to look ahead at how Energy Wise can continue to develop and address other energy efficiency and conservation challenges in rural Alaska. In the coming year, RurAL CAP plans to add professional certification to the training regimen for Energy Wise crews – Weatherization Tech 1 and Occupational Safety and Health Administration (OSHA) 10 training. These certifications will help Energy Wise crew members be ready for future employment in the growing energy and construction fields. In the future, the scope of the program could also be expanded to include:

- increasing energy-efficiency and conservation in personal transportation;
- increasing the local availability of energy-efficient replacement supplies (CLFs, weather stripping, window film, etc);
- providing energy assessments, low-tech supplies, and behavior change education for public buildings such as tribal and city offices; and
- improving rural Alaskans' access to energy-efficient appliances and the backhaul of inefficient appliances.

High energy costs coupled with scarce employment opportunities are contributing to the increase of migration from rural Alaska to urban centers. This out-migration threatens the long-term viability of many of our rural villages. Energy Wise can provide an important part of the solution through local employment and empowering residents to make small changes that save big bucks – all while giving the village and state economy a healthy boost. Each October, Alaskans eagerly anticipate the economic bump of the PFD. Energy Wise can provide the equivalent of a second PFD year after year after year. ●

Together, We Can Stop Suicide



RurAL CAP AmeriCorps Member Theresa Lord (at right) supports teens in a team building exercise at the Nenana Spirit Camp.

By Kate Burkhart, Executive Director,
Statewide Suicide Prevention Council

If someone was heading toward thin ice, would you call out to them before they broke through? If they went through the ice, would you help them? If you fell through, would you yell to someone nearby for help? What if someone you know acted depressed? Would you reach out to them? What if you were feeling hopeless? Would you call for help?

We hope you would.

Suicide is an issue that reaches every corner of Alaska and it's 100 percent preventable. There were 1,369 confirmed suicides in 176 separate communities between 2000 and 2009 in our state. If you are willing to call for help, for yourself or someone else, you can help change the future of suicide in our state—prevention is possible.

While there are many causes of suicide, there are also many things we can do to help someone at risk. The Suicide Prevention Resource Center reports that 60-90 percent of suicide victims have a diagnosable mental illness and/or a substance use disorder. Those conditions are all treatable health problems, like diabetes or high blood pressure.

But like many worthwhile things in life, suicide prevention takes a little effort on everyone's part. We thank Iron Dog racers Chris Olds and Tyler Huntington for making suicide prevention part of their race this year. We also thank Cynthia Erickson, a mom, shopkeeper and Iron Dog volunteer from Tanana, for recruiting them – and us – to help. We hope that every Alaskan will join them in their efforts. Here are six things you can do to join the team and prevent suicide:

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- Take a suicide prevention or mental health first aid training. The state and the Alaska Native Tribal Health Consortium offer many kinds of trainings. You can find a calendar of trainings on StopSuicideAlaska.org, a website for people who work on suicide prevention.
- Contact someone on your school board and tell them you'd like to see a suicide prevention program in your local schools. This is something our kids want, too—the Alaska Association of Student Government passed a resolution at their Fall 2010 conference in Bethel that all high schools should provide suicide prevention training or awareness events. For details go to aasg.org.
- Protect your own mental health. Researchers found five simple things that work to keep people resilient—to keep them able to handle rough times when they arise:
 - **Connect** – with family & friends, online, with a card, a phone call or radio shout out—in whatever way works!
 - **Learn** – keep your mind active learning new things, or brushing up on old skills.
 - **Help someone in need** – share your catch, volunteer, shovel a neighbor's walkway.
 - **Move** – stay active.
 - **Reflect** – be mindful of the world around and how you experience it.
- Lock up your guns; 66 percent of suicides in Alaska between 2004 and 2008 were committed with a firearm.
- If someone you know talks about feeling really down, take it seriously. Tell them you care, and give them the Careline number to call. If they won't call, you call and ask for ideas on how to help them. If a friend of yours seems down, let the person know you care and are concerned, and tell an adult you trust so he or she can get help.
- If you need help, get help. Other risk factors for suicide—like having been abused as a child, post-traumatic stress disorder, substance abuse, medical or financial problems, problems with the law—these



Savoonga boys enjoy a game of basketball outdoors
Photo by Angela Gonzalez

are big things, without easy fixes. But there is help out there. If you feel helpless or hopeless, please call Careline at 1-877-266-HELP (4357), go to CarelineAlaska.com and chat online, or text 907-2-LISTEN (547836).

We need to talk about suicide, because not talking about it hasn't worked. Spread the word to the kids in your community: We love you! You can talk to us! Adults can do the same thing for each other too.

Together, we can stop suicide.
Life's a team effort!

If you have any questions or want to learn about more ways you can get involved in suicide prevention efforts, please visit the Statewide Suicide Prevention Council website at www.hss.state.ak.us/suicideprevention, call the Council at 465-6518, or call the Alaska Dept. of Health & Social Services at 269-8041.

- Kate Burkhart, Executive Director, Statewide Suicide Prevention Council
- Commissioner William Streur, Alaska Dept. of Health & Social Services
- Commissioner Joe Masters, Alaska Dept. of Public Safety
- Barbara Franks, Alaska Native Tribal Health Consortium ●

A Recent Message by Edward Vent of Anchorage, originally from Huslia:

I can find myself thinking about all the good friends and close family that became victims of suicide on beautiful days just like today, and I can't help but to think about what could have been, what should have been. What would it be like if they had never left us?

Some were younger than others and some were older, but they all left the same type of wound. It's hard to find things to fill the void that was created by them passing in such a confusing way, leaving a lot of unanswered questions.

A much older man once told me when he was a young man, much like myself, that what he began to do was live his life for the friends he had lost. He had to come to peace with what they had chosen...in whatever way he could. You have to remain strong and content. Make sure you never pass a friend by without a kind visit, no matter how long or short it may be.

So, today, be happy and remember the good times and rejoice in the way you rode out the hard times. Say a prayer for the ones we lost and the ones that were left behind.

Suicide Statistics and Risk Factors

Legislative Research Report: Suicide Rates, Prevention Funding, and Prevention Efforts in Alaska
November 12, 2010; Report Number 11.015
Prepared for Representative Bob Herron; By Tim Spengler, Legislative Analyst

Suicide Deaths of Alaska Residents, 2000-2009:

Overall		2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
AK	No.	135	103	131	123	154	127	132	149	167	140
	Rate	21.1	16.5	20.9	20.5	23.3	19.5	20.0	23.1	24.7	20.2
U.S.	Rate	10.4	10.7	10.9	10.8	10.9	10.9	10.9	11.3	n/a	n/a

By Race (Native and White)

Race		2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Native	No.	54	31	42	42	60	48	45	47	52	44
	Rate	47.5	28.1	35.5	32.7	50.8	43.1	34.9	37.1	40.9	32.8
White	No.	78	71	89	74	86	75	81	94	110	89
	Rate	17.0	15.6	19.5	17.2	17.9	15.8	17.0	20.5	22.0	17.7

Notes: 2009 data are provisional and subject to change. "Rate" refers to age-adjusted suicide rates, which are calculated using a weighted average of the crude rates (which are found by dividing the number of suicides by the total population and multiplying by 100,000).

Sources: Andrew Jessen, Research Analyst III, Alaska Bureau of Vital Statistics, (907) 465-8604.

Risk Factors:

Suicide is a global concern: the World Health Organization estimates that nearly one million people worldwide commit suicide each year. Much research has been devoted to the tragedy of suicide and, while the causes of each particular suicide are, of course, singular, certain basic risks and protective factors have been identified.

A risk factor is something that increases the likelihood that an individual will consider or attempt suicide. Some of the common risk factors associated with suicide include the following:

- Major depression;
- Deficits in problem-solving abilities;
- Alcohol or substance abuse issues;
- A troubled home life;
- Being a victim of physical or sexual abuse;
- Losing a parent or caregiver during childhood;
- Being exposed to suicidal acts of family or friends;
- Loss and breakup of relationships;
- Isolation;
- Poverty; and
- Social disorganization.

Suicide Prevention Awareness - Applied Suicide Intervention Skills Trainers (ASIST)

Resource List Websites/Contacts

From the Alaska Native Tribal Health Consortium (ANTHC) website.

WEBSITE RESOURCES

- www.griefnet.org (for parents)
- www.suicide.org (for survivors)
- www.yellowribbon.org (lists parents/child concerns)
- www.afsp.org (references, data, National Suicide Survivor's Day, U.S. SPAN contacts)
- www.jedfoundation.org (college students)
- www.suicidepreventionlifeline.org (for help now)
- www.feelingblue.org (after an attempt)
- www.sprc.org (resources, other links)

ANTHC ASIST TRAINER TEAM

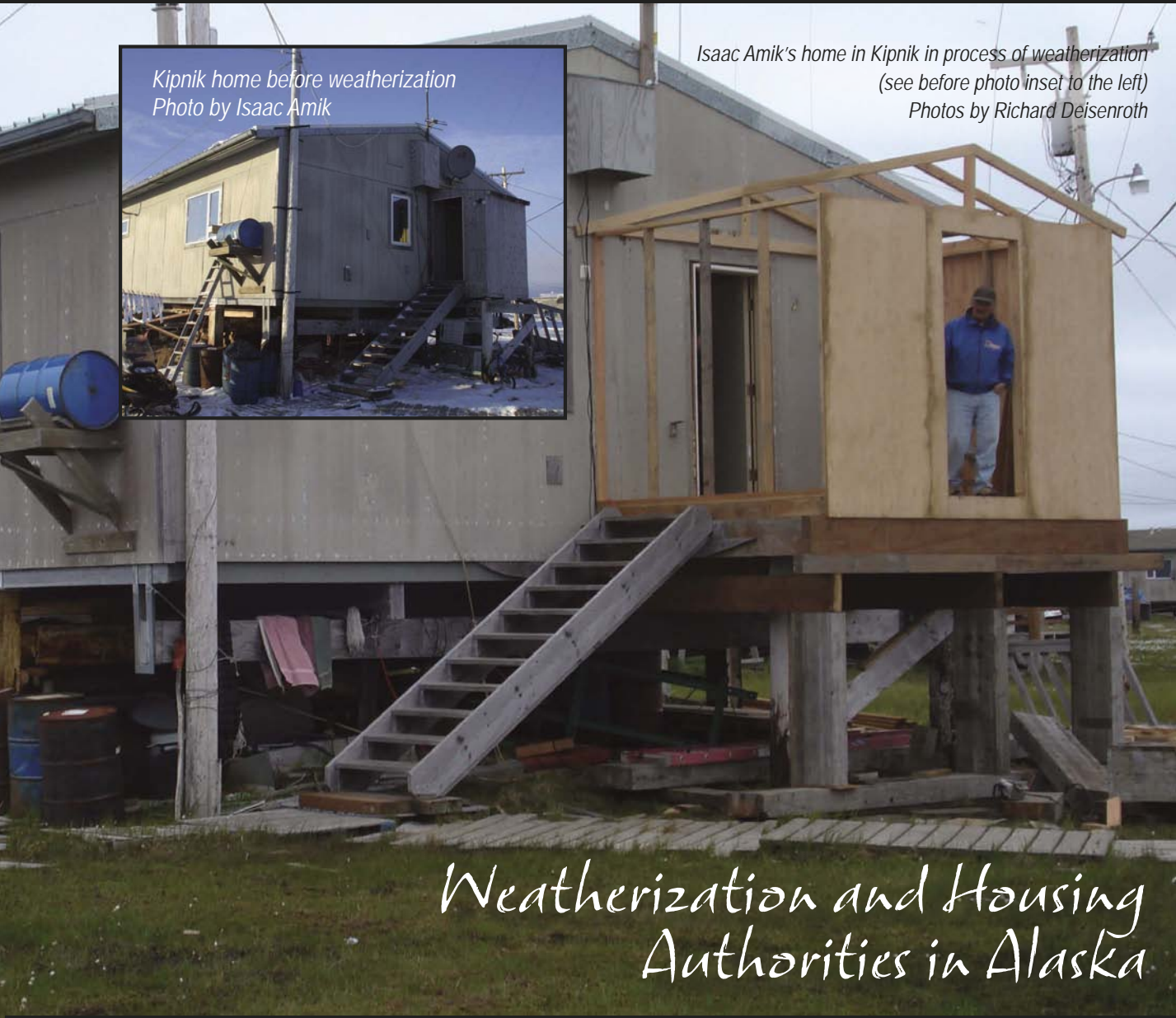
- Behavioral Health & Rural Services
- Dr. Kathy Graves, ksgraves@anthc.org
- Alberta Unok, afunok@anthc.org
- Barbara J. Franks, bjfranks@anthc.org
- Wellness & Injury Prevention
- Helen B. Stafford, hdstafford@anthc.org
- Hillary D. Strayer, hdstrayer@anthc.org

Kingikmiut dancers and singers perform at CITC Native Youth Olympics
Photo by Angela Gonzalez



Kipnik home before weatherization
Photo by Isaac Amik

Isaac Amik's home in Kipnik in process of weatherization
(see before photo inset to the left)
Photos by Richard Deisenroth



Weatherization and Housing Authorities in Alaska

by Angela Gonzalez, Communications Coordinator

Rural villages and service providers are hard at work planning and preparing for the busy summer construction season with many projects ahead ranging from building homes to repairing roads. Building supplies have to be ordered months in advance to be shipped out on barges or by air to communities off the road systems. In many areas of the state, construction work is limited to the summer when the arctic winter abates for a few short weeks. Summer is also the time when the weatherization program gears up to help improve the energy-efficiency of homes and reduce winter heating bills. Rural Alaska's housing stock faces numerous challenges from the wear and tear of the harsh weather, quality of building materials used, and age.

Since the 1970s, the Weatherization Program administered by the Alaska Housing Finance Corporation (AHFC) provides free weatherization assistance for homes, rentals, and multifamily dwellings occupied by qualified lower-income families. The work is accomplished through four principal weatherization agencies, who work in partnership with regional housing authorities to provide these services.

We are providing information on the weatherization agencies and regional housing authorities and the areas and communities they serve to respond to the questions we continue to receive. Here is a list of frequently asked questions and a listing of housing authorities and weatherization agencies.

Individuals should call the weatherization provider for their area of the state to check full eligibility requirements and apply for the program. Once accepted in the program, the client is put on a waiting list, and the home is scheduled for a weatherization assessment. The assessment determines the weatherization measures to be performed on the home. When the applicant reaches the top of the waiting list, the client's home is scheduled for the weatherization work. Once completed by the weatherization crew, the work is verified by the weatherization assessor.

What do weatherization agencies do?

Since 1975, thousands of qualified low-income Alaskans have received free weatherization services in order to bring their homes up to safe, healthy and energy efficiency standards. Weatherization adds years of life to buildings in Alaska's harsh arctic climate. Weatherization also brings the benefits of energy conservation, saving homeowners up to 50% on their previous heating bills.

Weatherization Works!

Energy Savings

- Reduces average energy costs
- Cuts heating bills by up to 50% or more
- Reduces the need for other public funds
- Allows working poor families to save money

Housing Improvements

- Increases insulation
- Decreases air leakage
- Adds efficient heaters
- Extends structure life

Health Benefits

- Improves indoor air quality
- Lowers carbon monoxide levels
- Controls moisture and mold
- Eliminates drafts and cold spots

Fire Safety

- Installs smoke detectors
- Fixes unsafe chimneys
- Installs proper egress windows
- Repairs or replaces unsafe furnaces

Environmental Improvements

- Reduces combustion emissions
- Decreases heating fuel consumption
- Reduces electrical consumption

Community Benefits

- Purchases materials from local vendors
- Provides jobs and training for local workers
- Improves supply of safe, affordable housing
- Increases awareness of energy efficiency

What do housing authorities do?

Alaska's fifteen regional housing authorities were created under Alaska State Statute. They utilize Housing and Urban Development (HUD) Native

American Housing Assistance and Self Determination Act (NAHASDA) funding, state funds and other funding sources to create new affordable housing, renovate existing units, weatherize homes, assist families in purchasing homes, and employ Alaskans in communities throughout the state—rural and urban.

The housing authorities are members of the Association of Alaska Housing Authorities (AAHA). According to AAHA, the regional housing authorities have built over 11,300 housing units since their inception in 1971 and collectively administer over \$100 million in federal and state funds annually. The vast majority of housing in rural Alaska has been built by AAHA members. AAHA's urban members are a strong presence in Alaska's larger communities—in the past ten years, Cook Inlet Housing Authority has produced more new affordable housing units in Anchorage than any other organization housing that is available to both Native and non-Native families

Where do I apply for assistance?

- Families residing in HUD homes should contact their Regional Housing Authority to find out when their units will be weatherized.
- Families in privately-owned housing should contact their designated weatherization agency, see next page.
- The weatherization agencies and housing authorities are assigned to different areas of the state. See map to determine whose service area your community is in.

What are the eligibility requirements? Have they changed?

The Weatherization Program's eligibility requirements have changed. In the past, Alaskans had to be below 60 percent of median income as defined by the program to qualify. Eligibility has now been extended to 100 percent of median income to allow more people to qualify. However, persons at 60 percent median income have a higher priority. For income guidelines, please visit www.ahfc.state.ak.us.

I rent my home. Can I get weatherization assistance, too?

Yes! Your landlord will need to agree to have the weatherization measures performed on the unit, and sign a form agreeing not to increase your rent as a result of the improvements. This applies even if your landlord is a family member.

How are rural communities selected to receive weatherization services for non-HUD homes?

- The four main weatherization agencies and the 15 housing authorities provide weatherization to eligible families. The families may be prioritized depending on the number applying and funding available.
- Communities are ranked on the basis of:
 - Median income.
 - % of residents below the federal poverty line as of the last U.S. Census (For example, \$17,460 for a family of 4 in the year 2000). Please visit www.ahfc.com for the most recent income guidelines.
 - Occupants per household to show overcrowding conditions.
- Community makes a formal request to their weatherization agency and the Alaska Housing Finance Corporation (AHFC) for services, usually by resolution of the applicable governing body (traditional council, city council or both).
- Weatherization agencies often develop a draft five-year strategy nominating villages to be served each year and a target number of units to be completed. ●

Alaska Weatherization Agencies & Regional Housing Authorities

Alaska Weatherization Agencies

Alaska Community Development Corporation
 1517 S Industrial Way, Suite 8 • Palmer, AK 99645-6791
 (800) 478-8080 toll free • (907) 746-5680 phone
 ltice@alaskacdc.org • www.alaskacdc.org
Service Area: Mat-Su Borough, Kenai-Peninsula Borough, Copper River Valley, Southeast Alaska (except Juneau), Kodiak, Bristol Bay, Prince William Sound, Aleutians

Interior Weatherization
 713 15th Ave. • Fairbanks, AK 99701-6116
 (800) 478-5323 toll free • (907) 452-5323 phone
 iwi@alaska.com • www.interiorwx.org
Service Area: Fairbanks/NSB, Road System: South to Cantwell and East to Delta Junction

Tanana Chiefs Conference (TCC)
 122 First Avenue, Ste. 600 • Fairbanks, AK 99701-4871
 (800) 478-6822, Ext. 3659 toll-free
 (907) 452-8251, Ext. 3659 phone
 www.tananachiefs.org
Service Area: Interior Alaska

Rural Community Action Program, Inc. (RurAL CAP)
 PO Box 200908 • Anchorage, AK 99520-0908
 (800) 478-7227 toll free • (907) 279-2511 phone
 E-mail: info@weatherizeme.org • www.ruralcap.com
Service Area: Western Alaska, Northern Alaska
 *This year, RurAL CAP will be weatherizing homes in Alakanuk, Goodnews Bay, Kipnuk, Lower Kalskag, Noatak, Nome, Scammon Bay, Selawik, and Stebbins.

Anchorage Office (RurAL CAP)
 557 E. Fireweed Lane, Suite D • Anchorage, AK 99503
 (907) 771-7800
 E-mail: info@weatherizeme.org
 Website: www.weatherizeme.org
Service Area: Municipality of Anchorage

Juneau Office (Rural CAP)
 PO Box 32139 • Juneau, AK 99803-2139
 E-mail: info@weatherizeme.org
 (907) 444-4790 (cell)
Service Area: Juneau

Alaska Regional Housing Authorities

Aleutian Housing Authority
 520 E. 32nd Avenue • Anchorage, Alaska 99503
 (800) 478-5614 toll free • (907) 563-2146 phone
 www.aleutian-housing.com

AVCP Regional Housing Authority
 PO Box 767 • Bethel, AK 99559-0767
 (800) 478-4687 toll free • (907) 543-3121 phone
 www.avcphousing.org

Baranof Island Housing Authority
 PO Box 517 • Sitka, AK 99835-0517
 (907) 747-5088 phone
 baranofislandhousing.org

Bering Straits Regional Housing Authority
 PO Box 995 • Nome, AK 99762-0995
 (800) 478-5255 toll-free • (907) 443-5256 phone
 www.bsraha.org

Bristol Bay Housing Authority
 PO Box 50 • Dillingham, AK 99576-0050
 (907) 842-5956
 www.bbha.org

Cook Inlet Housing Authority
 3510 Spenard Rd. Ste. 201 • Anchorage, AK 99503-2745
 (888) 667-2442 toll-free • (907) 793-3000 phone
 info@cookinlethousing.org • www.cookinlethousing.org

Copper River Basin Regional Housing Authority
 PO Box 89 • Glennallen, AK 99588
 (907) 822-3633
 www.crbraha.org (under construction)

Interior Regional Housing Authority
 828 27th Avenue • Fairbanks, AK 99701-6918
 (800) 478-4742 toll-free • (907) 452-8315 phone
 housing@irha.org • www.irha.org

Kodiak Island Housing Authority
 3137 Mill Bay Rd. • Kodiak, AK 99615-7032
 (800) 478-5442 toll-free • (907) 486-8111 phone
 www.kiha.org

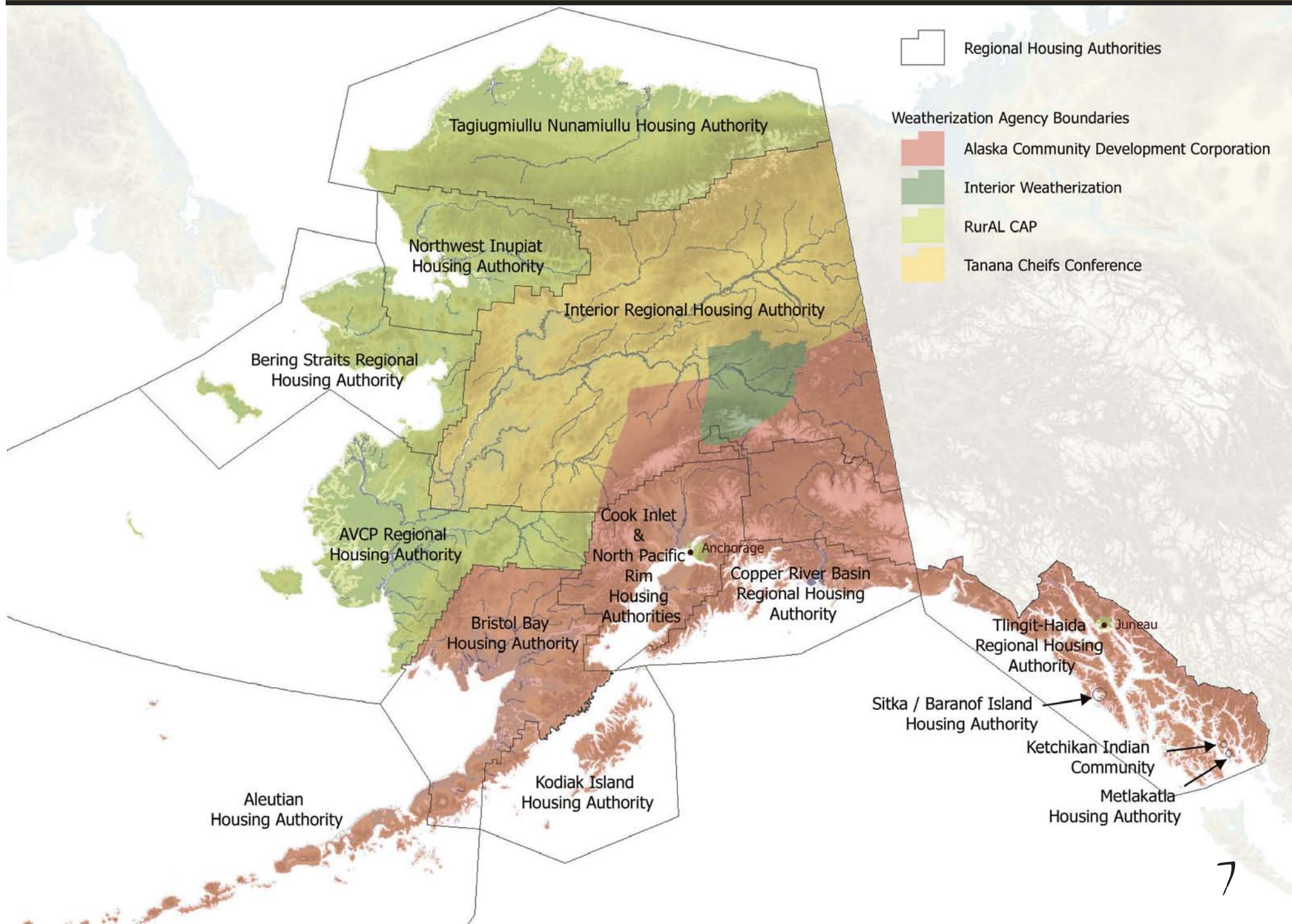
North Pacific Rim Housing Authority
 8300 King St. • Anchorage, AK 99518
 (888) 274-1444 toll-free • (907) 562-1444 phone
 www.nprha.com

Northwest Inupiat Housing Authority
 PO Box 331 • Kotzebue, AK 99752-0331
 (888) 285-3450 toll free • (907) 442-3450 phone
 www.nwiha.com

Tagiugmiullu Nunamiullu Housing Authority (TNHA)
 1634 Okpik Street • Barrow, Alaska 99723
 (888) 429-7150 toll-free • (907) 852-7150 phone
 www.tnha.info

Tlingit-Haida Regional Housing Authority
 PO Box 32237 • Juneau, AK 99803-2237
 (907) 780-6868 phone
 www.thrha.org

Ketchikan Indian Community
 2960 Tongass Avenue • Ketchikan, AK 99901
 (907) 228-5218 phone
 housing@kictribe.org • www.kictribe.org



Calendar

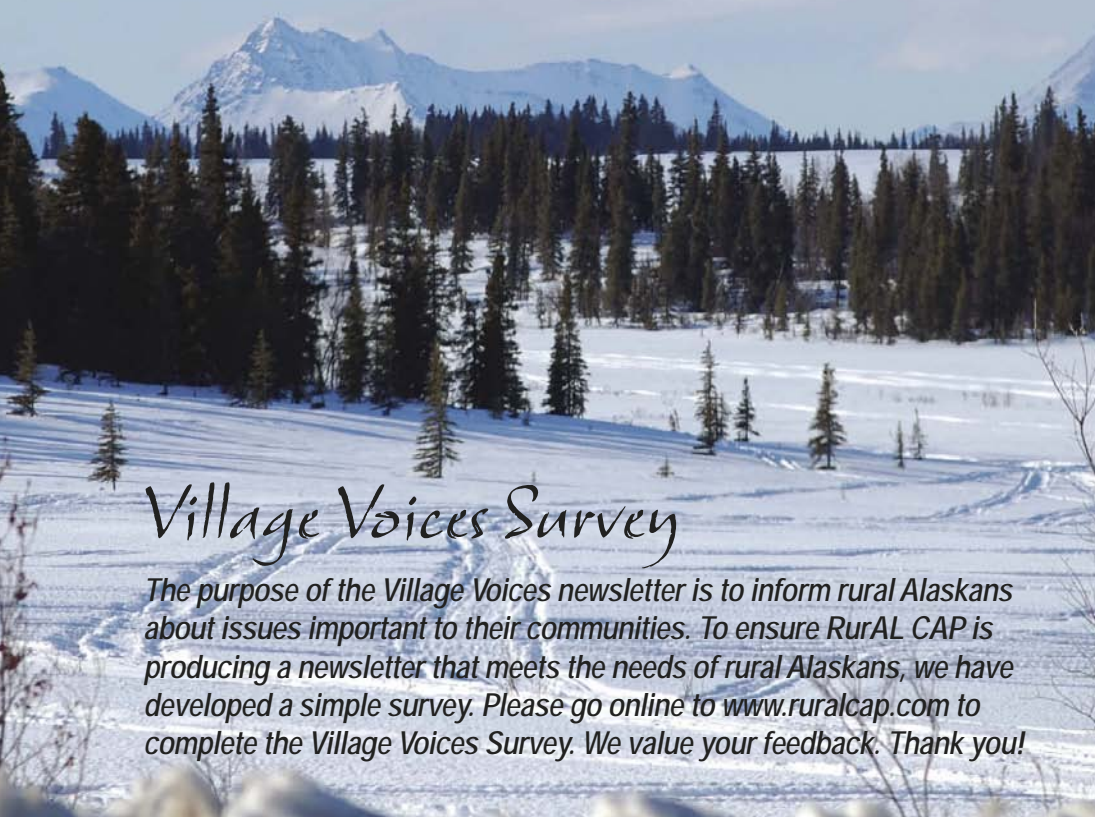
Mark your calendars for upcoming events!

RurAL CAP's 28th Rural Providers' Conference • May 30 - June 3, 2011
Dillingham, Alaska • (907) 279-2511 or (800) 478-7227 • www.ruralcap.com

World Eskimo Indian Olympics — 50th Anniversary • July 20 - 23, 2011
Fairbanks, Alaska • (907) 452-6646 • www.weio.org

First Alaskans Institute Elders & Youth Conference • October 17 - 19, 2011
Anchorage, Alaska • www.firstalaskans.org

Alaska Federation of Natives 2011 Convention • October 20 - 22, 2011
Anchorage, Alaska • www.nativefederation.org



Village Voices Survey

The purpose of the Village Voices newsletter is to inform rural Alaskans about issues important to their communities. To ensure RurAL CAP is producing a newsletter that meets the needs of rural Alaskans, we have developed a simple survey. Please go online to www.ruralcap.com to complete the Village Voices Survey. We value your feedback. Thank you!

View RurAL CAP's Village Voices online at www.ruralcap.com. To receive the Village Voices for free and join our mailing list contact RurAL CAP at:

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RurAL CAP Mission

To empower low-income Alaskans through advocacy, education, affordable housing and direct services that respect our unique values and cultures.

Choose Respect Rally in Marshall
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