

# Healy Lake Newsletter

## December 2017



Bringing in the New Year With Fay Ann Koby and Abigail Lucy Woscek!  
(images courtesy of Kaylee Gorrod and Bethany Woscek)

### Reminders & Upcoming Events:

- >January 2018 Council Meeting, Community Meeting, First Youth Council Meeting, and New Year's Celebration: \*tentatively Jan. 13<sup>th</sup> at Healy Lake
- >Tribal Transportation Unity Caucus Meeting, January 17-18, 2018
- >Government to Government, January 30, 2018, in Northway
- >Upper Tanana Intertribal Court Workshop, February 1-2, 2018, \*tentatively in Tananacross
- >Sub-regional meetings, March 9-10, 2018, in Fairbanks
- >TCC Convention, March 12-15, in Fairbanks
- >Doyon Annual Meeting, March 16, 2018, in Fairbanks
- >Alaska Anthropology Association, March 21-24, 2018, in Anchorage

### Contents:

The Latest News and Stories .....	pg. 3-5
Goals & Projects .....	pg. 6
Available Jobs & Other Opportunities .....	pg. 7



## The Latest News & Stories

### Summary of December 2017 Council Meeting

In December, the Healy Lake Traditional Council wrapped up the year with discussions about the community washateria, Hughes Net, Transportation Program, and Safety Plan. New business covered the MVP's update, comments on the draft of the Community Plan, surveillance cameras, various updates, and reminders for future meetings and grants. All council members were present either by person or teleconference, joined by Alissa (a youth) and Healy Lake's tribal administrator. The Council was busy in 2017, so everyone is looking forward to another great year!

### Letter to Youths

Dear Youths,

Are you or someone you know between the ages of 12 and 21 and are interested in becoming a part of the first Healy Lake Youth Council? Join us at Healy Lake on \*January 13<sup>th</sup> for our first meeting! We will be playing games, winning awesome prizes, working on leadership, developing ideas for projects, and so much more! All youths are encouraged to attend youth council meetings because it will be a great opportunity to get involved with Healy Lake, learn how to manage and coordinate, and bond with other youth tribal members. Youth Council meetings will tentatively be quarterly, and everyone will be encouraged to attend council meetings as well. We hope you can make it!

If you're interested in becoming a part of the Healy Lake Youth Council, please contact Alissa Healy by email at [healylakewebsite@gmail.com](mailto:healylakewebsite@gmail.com) for more information!

### Special Shoutouts!

#### Recent

##### December Birthdays:

- > Fay Ann Koby  
(born: Dec. 9, 2017!)
- > Casey Gorrod (Dec. 17)

##### December Anniversary:

- > Daniel and Sarah Gorrod  
(Dec. 8, 1972)

#### First Quarter of 2018

##### January Birthdays:

- > William Healy- "Buck" (Jan. 2)
- > Ellenore Kirsteatter (Jan. 5)
- > Lindsey Gorrod (Jan. 6)
- > Abigail Woscek (born: Jan. 7, 2018!)

##### February Birthdays:

- > Alissa Healy (Feb. 3)
- > Gavin Schultz (Feb. 4)
- > Brian Erickson (Feb. 8)
- > Anthony Verney Jr. (Feb. 14)

##### March Birthdays:

- > Damien Kiser (March 2)
- > Evelyn Combs (March 27)

## Healy Girls Trip to the Native Youth Leadership Academy, December 2017



Kayanna and Alissa Healy became members of FNA's youth councils in early fall of 2017, and were invited to travel to San Diego for a youth leadership academy hosted by the Native Wellness Institute (NWI). Along with their mother, Jewel, they travelled to the Bahia Resort, where the academy held wellness sessions and taught about being a strong leader, dealing with difficult situations, healthy relationships, and many more things to over 200 people!

The picture to the left is when the girls presented the leaders with moose jerky and smoked salmon at the academy's closing ceremony. The following is one of the three reflections that the Healy girls presented to FNA after the trip, written by Alissa Healy...

"Many people have told me that youths are powerful. Depending on the path one takes, he/she can impact their community in an unhealthy or very prosperous way. Youths can go down many different paths, but the ones that stay involved learn how to be a strong leader. In fact, I was very excited to travel to the Native Youth Leadership Academy because I strive to learn as much as I can and find new ways to explore leadership. To be honest, I didn't really know what I would be doing at the Academy, but it turned out to be an experience that I will always hold dear in my heart and never forget. The Native Wellness Institute (NWI) is doing a great job of guiding youths down the right path.

In summary, the Academy was a large gathering of some-100+ native youths who converged from native clans/tribes/reservations of the United States with the common goals of self-betterment and overall wellness. Leadership from the NWI shared multiple valuable tools for life, such as ways to embrace your native culture, how to live a healthy lifestyle, how to use your voice, ways to remind yourself and others to keep a positive energy, the ins-and-outs of teamwork, and numerous more. We played games, danced, listened to native songs, got to learn about one another's cultures, and were surrounded by amazing role models. Each individual leader opened up to tell personal stories and respond to any questions that the youths had.

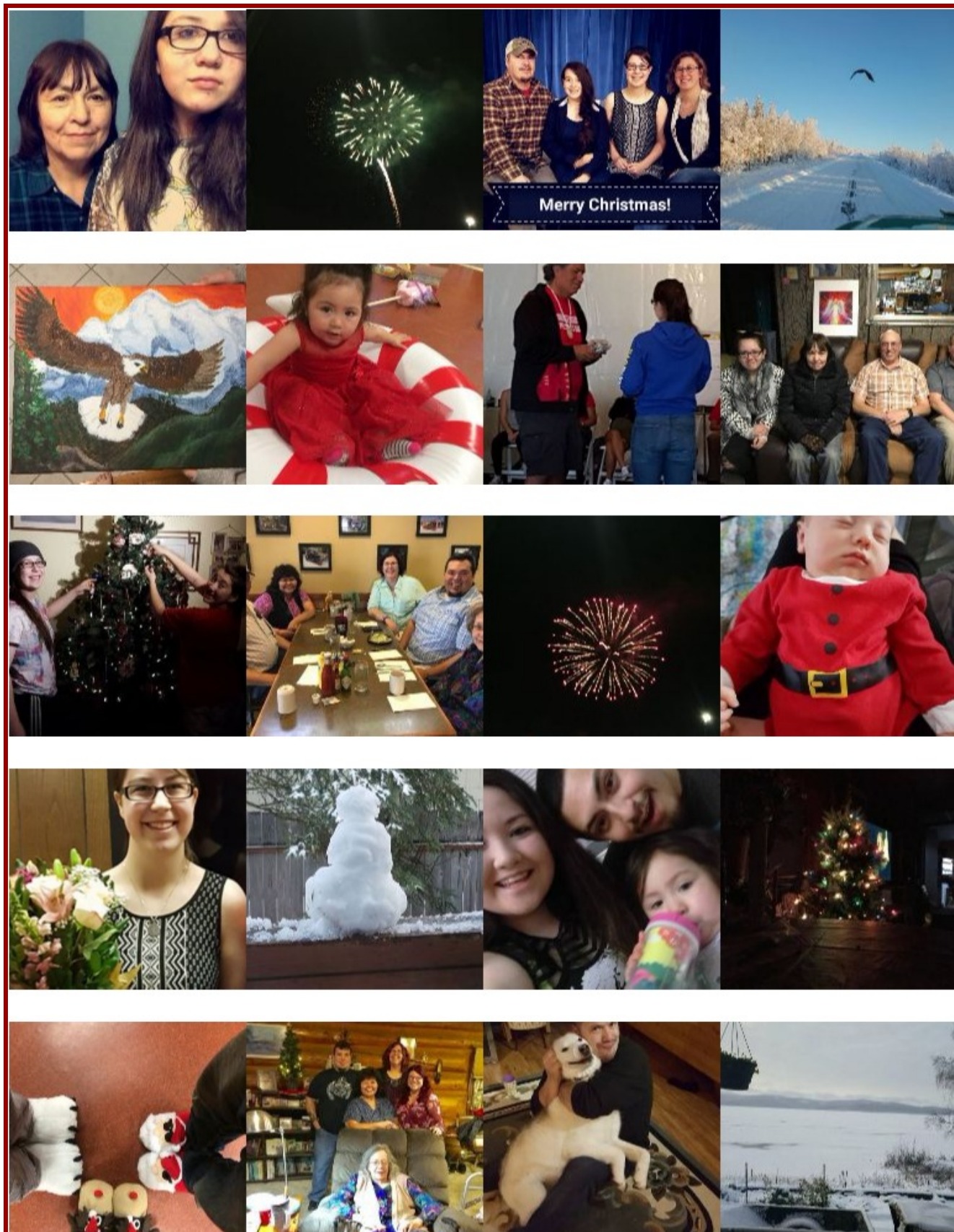
Every activity (big or small) incorporated a teaching that impacts the way people think. For example, one of the activities that stood out to me was a portion of our healing ceremony; the leaders spoke of how certain elements of the earth relate to a person's spirit and how they can be used to heal your spirit. Everyone picked up a rock and threw it in the water to signify how pain can be "washed away." It was really a touching experience that I can't fully explain, even though it was just us, some rocks, and a California bay.

After attending the Academy, I feel like I have evolved into a different person. The few days that my mom, sister, and I spent in San Diego seem like a month by all of the information and emotions we soaked up. From all of the experiences, I returned home with more energy and motivation to make a difference than I knew that I could have, and I remember certain teachings as they apply to me daily. We woke up bright and early every morning by 8 a.m., so that motivates me to keep a healthy schedule; I may have been straggling from sleep during this past semester of school, so I now know what to do to fix that.

From healing to leadership, the NWI leaders have emphasized that it only takes one small step to get you pointed in the right direction. Indeed, youths are powerful if they want to be and I surely do!"



### Holiday Pictures 2017!



(Photo Credit:Kiara Rivett, Jewelina Healy, Alissa Healy, Sarah Gorrod, Kayla Fifer, Brian Erikson, Kaylee Gorrod and Eagle Artwork By: Kayanna Healy)

## Goals & Projects

### Goals

- The majority of Healy Lake's tribal members have not updated their tribal enrollment information, so please contact any council member or the tribal administrator if you have not updated your information already.
- All tribal members with concerns or comments are urged to attend meetings. Conference calls are also available.
- Conduct all meetings in a PG manner.
- have a safe winter season



### Projects

- council efforts in tribal wellness with Grace in Motion Counseling and other resources
- getting the clinic up and running
- safety signs posted on winter travel routes
- regular Village Public Safety Officer (VPSO) wellness checks
- road maintenance
- finalizing the Community Plan
- Once the Community Plan is completed, there will be grant opportunities for a biomass project pertaining to public facilities.
- finalizing the youth council constitution
- working on facilitating the first youth meeting for those interested in participating in the youth council (mostly discussion and fun) and getting more youth involvement overall (first meeting \*tentatively January 13<sup>th</sup> at Healy Lake)
- start preparing for a 2019 culture camp at Healy Lake
- \*tentative New Year's Celebration 2018

## Available Jobs & Other Opportunities

### Available Jobs

If interested in the following jobs, please contact the Healy Lake Tribal Office at (907) 876-5013, the Healy Lake Tribal Administrator, Bertha, at (907) 371-9361, or a council member.

- Tribal Family & Youth Services (TFYS), full time
- Community Health Aide/Practitioner, full time



### Other Opportunities

- Grace in Motion Counseling  
3504 Industrial Avenue  
Suite 214  
Fairbanks, AK 99701  
(907) 452-4673
- If you would like to participate in submitting pictures, documents, articles, etc. for use in the Healy Lake Newsletter and/or Healy Lake Tribal Website, please email Alissa Healy at healylakewebsite@gmail.com.

### Some Announcements

- The Healy Lake Newsletter will be written quarterly rather than monthly, following the December 2017 issue. Look for the next issue in April 2018!
- If you would like to follow the Healy Lake Tribal Website by email (to receive automatic updates), visit the site and look for the follow button on the right sidebar.
- We are looking forward to starting the youth council, bringing forth more involvement, and growing stronger as a tribe and community!

**FOLLOW BLOG VIA EMAIL**

Enter your email address to follow this blog and receive notifications of new posts by email.

Join 37 other followers

**Follow**

# Happy New Year!

The End!