

May 2009

Wrangell Chamber of Commerce Newsletter



“ Leading our Community to a Brighter Future “



Wrangell Board Chamber Board Members visiting the local Cold Storage



Skate Park in Petersburg



Art Work shown above was displayed the Parks and Rec Center by Local Petersburg Artist.

Wrangell Chamber visits Petersburg

Wrangell Chamber Board and interested Community members made a trip to Petersburg on April 21st, 2009 to meet with the Petersburg Chamber and their members. This trip was a continuation of Wrangell and Petersburg's plan to work together. Arriving in Breakaway Adventures Wrangell's group was greeted by friendly faces and coffee. They spent the majority of the trip in a driving tour of the new facilities that Petersburg has acquired over recent years. The attractions included the Aquatic Center, the Outlook Park, Boutique Cold Storage, Tonka

Seafoods & Coastal Cold Storage, Petersburg Community Cold Storage, the new ball field complex, and the Mountain View manor.

A nice catered lunch was served at the Tides Inn Conference Room. Susan Erickson, Petersburg/Wrangell Insurance and Petersburg Chamber of Commerce President and Janell Privett, Wrangell Chamber President led the conversation. Introductions were made around the room and then folks were encouraged to share events and ideas that anyone might be interested in. After lunch Wan-

gell's group stimulated Petersburg economy with a little shopping and exploring on their own.

This was the second meeting for the Wrangell and Petersburg Chambers and is a wonderful opportunity for the communities to work together to create prospects for both of communities. The Wrangell Chamber would like to build interest in working with our neighboring communities. Thank you to those who participated in our latest steps to a brighter future!

Wrangell's 57th Annual King Salmon Derby

There is excitement building around Wrangell for the 57th Annual King Salmon Derby. Tickets are available at Angermans, Chamber Office, Sentry Hardware, Ottesen's, Bay Co, Buness Bros., and other locations around town. This year's derby dates will take place from May 9th to June 7th, 2009. There will be several prizes given out

during this event including the weekly biggest fish for \$500.00. Memorial Day Weekend prize of \$2500.00 and the grand prizes of \$6000.00 for first, \$4000.00 for second, and \$2000.00 for third. The Salmon Derby award night will be June 12, 2009 at 6:00pm at the Nolan Center. All participants must be present to accept their

prizes or have someone you know claim them for you. Thank you to our Derby Committee, you make this wonderful event possible!

Clara Haley, owner of Grandma's Barbershop is offering her 2009 Fish Classic Tickets. Guess the correct weight of the winning derby fish and take home some extra cash

Wrangell Hiking Club

We invite you to join us this summer.... Come along for some great hikes... See our beautiful island and make some new friends.. Our calendars list difficulty levels and times for your convenience.

These times allowances include travel , rest and food breaks... we take our time, stopping to enjoy nature, so those wishing to join us for off island trips must make prior arrangements to ensure space.

Please call with any questions :

Victoria Martin

907-874-2444

907-470-4547

The most powerful factors in the world are clear ideas in the minds of energetic men of good will.

J. Arthur Thomson

An Introduction to AICS

Alaska Island Community Services: YOUR community health center.

Alaska Island Community Services (AICS) is the umbrella organization for many of the local healthcare services you have come to know and use. Since 1989, AICS has grown and changed. The primary goal at AICS is local access to a wide variety of healthcare services. Therefore, as the opportunities arose over the years to add services under the umbrella of AICS, we have actively pursued those opportunities. Using one central administration for all its services allows AICS to achieve higher levels of service, economies of scale and a more stable delivery of the services.

AICS is a *community health center*, designated by the federal government. Community health centers (CHCs) have been around for over 40 years. Alaska has 26 CHC's in 141 sites across the state with over 80,000 patients in 2008. CHCs deliver health care to the entire community in medically underserved areas. They never turn anyone away for CHC services, regardless of ability to pay or insurance status. CHCs are local, non-profit, community-owned and federally supported.

CHCs are a sound investment. CHCs result in a

significant savings to the healthcare system and substantial economic benefit to the communities they serve. Every dollar spent on CHCs reduces health costs while contributing to local economies. AICS, with annual expenditures of over \$6 million in FY08, generates a large economic impact in Wrangell.

Alaska's CHC's received \$3.6 million in federal economic stimulus funds in order to expand services. These funds will positively affect 16,629 patients in Alaska. AICS received \$125,032 in stimulus funds in order to expand medical services. Over the next two years, \$2 billion of federal stimulus funds will be invested in CHCs to support renovations, construction and repairs, investments in health information technology, and critically needed healthcare services.

You may access AICS services from many different directions; you might not even know you are using a service provided by AICS. We call this approach, *no wrong door*, meaning the emphasis is on providing the services to locals. The emphasis is not on the organization responsible for the services. AICS currently occupies six different locations in Wrangell: the Behavioral Health Building, Amanda Building, Kadin Building, Grant Build-

ing, Case Avenue storage building, and the Tideline Clinic portion of the Wrangell Medical Center. Stop in and ask about some of our services the next time you see us.

Facts about AICS:

AICS currently employs 47 full-time and 69 part-time people.

In FY08, AICS expenditures rose to over \$6 million. In FY09, expenditures are expected to increase even further.

In FY08, AICS funding sources were 79% contracts & fees, and 20% grants.

AICS has eleven different healthcare service sectors, including primary medical care, dental, and senior services.

- Julie Decker

Business Spot light : Fitness for Life

Wrangell Parks and Rec Dept. 351 Church 874-2444	Stretch/Yoga – Strength Training for Adults Tai Chi coming this fall Youth Basketball – Youth Wrestling Open Gym Basketball – Open Gym Volleyball Coed Softball League Racquetball – Walleyball Summer Rec Program	Tourney and Annual Fitness Triathlon
Serving our Community by providing recreation opportunities for all ages. Lap Swim – Open Swims – Family Swims Swim Lessons - Water Aerobics Arthritis Foundation water exercise swim Weight Room & Cardio equipment	Fourth of July Fun Run – 3 on 3 Basketball	

Introducing Wrangell Public Health Center

Wrangell Public Health Center is located in the Kadin Building and is a State of Alaska office.

They provide well child exams and immunization for all children from birth to age 18 at no cost to the client and are also the local contact for the WIC (women infant and children) program. They also have DKC and Medicaid applications on hand. They are currently in the process of updating all school aged children with varicella (chicken pox) vaccine to meet new school vaccine requirements.

They have provided some immunization for adults including tetanus, influenza and pneumococcal vaccine. They

can also do TB skin testing. Services for a minimal fee but also have a sliding fee schedule available. Other services include vision , hearing, and blood pressure screening.

Wrangell Public Health Center provides STD and HIV testing at no cost through the State of Alaska lab.

They also offer pregnancy testing and birth control counseling and have some limited family planning services through a visiting nurse practitioner for those who do not have insurance or another means of payment.

Home visits for newborns and their families are also available. You can contact the

Public Health Center
at 907-874-3615

Tips for Staying Healthy

1. Wash Your Hands. Often.

This means every time you use the restroom, before you eat, after you sneeze or cough and any other time your hands feel dirty. Also, keep a bottle of [hand sanitizer](#) at your desk, for when you can't get to a sink.

2. Keep your workspace clean.

Clean your phone, computer keyboard and anything else that you use frequently. Even if you are the only user, germs can live on these objects and you can re infect yourself.

3. Eat balanced meals every day –

including breakfast! Many people are tempted to skip breakfast because it takes too long to eat in the morning or in an (misguided) effort to lose weight. It has been proven that people who eat breakfast are healthier and more likely to remain at a healthy weight.

4. Avoid coworkers who are sick.

You would hope that coworkers who are contagious would stay home from work. Unfortunately, this is usually not the case. If they do show up, try to avoid direct contact with them (without being rude, of course).

6. Take frequent breaks throughout the day.

When you are feeling tired or sore, get up and walk around for a few minutes. Taking breaks and keeping your body in shape will help you feel better and make you more productive.

7. Use your vacation days.

It may feel like there is never a good time to be away from the office, but people who do not take vacations are more likely to be sick. Vacations are a good way to relieve stress, which has been proven to contribute to illness. So even if it is just a few long

Everybody likes
a kiddie, but
nobody lends
him money.

Arthur Miller
US dramatist
(1915 - 2005)

Wrangell's repatriation Officer

The Wrangell Cooperative Association has elected Rose Kalkins Johnson to be the repatriation officer for the Wrangell Tribe for the term of one year. Rose, a longtime Wrangellite who currently resides in Ketchikan is the daughter of Ed and Minnie Kalkins, Great, great granddaughter of Chief Shakes IV, Rose is excited to be able to participate in locating local artifacts throughout the world and returning them to their home. Rose was the recent recipient of a grant from the

National Preservation Institute to attend a workshop on repatriation in Seattle, WA in May.

Absolute faith
corrupts as
absolutely as
absolute
power.

Eric Hoffer
(1902 - 1983)

Chamber of Commerce Membership Dinner

The Chamber is preparing for its annual Membership Dinner. The dinner will be held at the Nolan Center on May 8th at 6:00pm. There will be a potluck dinner and a no host bar.

When you walk into the Nolan Center you will be greeted by an "under the sea"

theme, with everything from nets, boots, buoys and seafood. This seems to be a wonderful way to acknowledge our little fishing community and greet our guest speaker the Trident Regional Manager, John Webby.

The dinner is open to the Chamber Membership and

invited guests. Please RSVP if you wish to attend the membership dinner with the chamber office at 907-874-3901. The Membership Dinner will be a night of combining business and fun!

Tips for going Green

1. Food, Grow your own. This isn't a short term solution to going green, but it's a good way to cut your food bill and your food miles in one foul swoop. There's no need to even go out and buy seeds. Save seeds from the fruit that you eat and look out for seeds and seedling being given away on [Freecycle](#). If you don't have a garden, you can

grow herbs and salad leaves on your windowsill. The cut and come again varieties of salad and stir-fry leaves are especially economical. Or get really inventive with a [vertical garden](#) on a balcony or outside wall. If you're in the habit of eating ready-meals, you're most likely paying over the odds per meal. If you cook from scratch in large

batches and freeze meal-size portions you will be saving money, eating healthier food and reducing the amount of packaging that you throw away. Take home-made packed lunches to work. You'll save lots and if you pack your lunch in a reusable container you'll be saving resources and reducing waste too.

Gene Tagaban, Story Teller



SEARHC made it possible for the community of Wrangell to experience “ The Art of Storytelling” with Gene Tagaban of Raven Dreaming Productions. Tagaban was welcomed with a meet and greet

and potluck style dinner at the SNO building. His workshops were held in the SNO building on Thursday, April 16th and Friday, April 17th.

Both kids and adults enjoyed his workshops. Everyone had smiles and laughter throughout the workshop. The children would participate throughout the show getting to play instruments while Gene played the flute and danced. His stories told about his life and family. Words of

encouragement were given to the audience through stories Gene told.

Tammi Meissner , SEARHC employee, escorted Gene around Wrangell. . Tagban’s time spent here included visits to the elementary and middle schools as well as afterschool workshops at the SNO building. For more information on Gene Tagaban check out his website at www.genetagaban.com.

Do something.
If it doesn't
work, do
something else.
No idea is too
crazy.

Jim Hightower,
*The New York
Times, March 9,
1986*



Gene Tagaban

Second Annual Smoked Salmon Contest



Sponsors are still needed for

the Second Annual Smoked Fish contest. This event will take place on June 6th, 2009 at 2:00pm at the Nolan Room in the Elks Lodge. Last year’s

contest was a phenomenal success with over 34 entries. Scott Kissinger was the 2008 first place winner. Fish Entries can be delivered from 12:00 to 1:00 and judging will begin by 2:00 with a local panel. Unfortunately, no canned smoked fish will be allowed in this year’s competition. Prizes for this event

include \$ 500.00 and your name on the plaque kept at the Wrangell Chamber of Commerce office for first place, \$250.00 for second place, and \$100.00 for Third Place. Thank you to Tis Peterman and Jim Smith for all their work. To sign up as a sponsor, please contact the Chamber office at 874-3901.



Kirk Garbisch, Wrangell High School Art Teacher .

Southeast Art Festival In Wrangell Again.....

Wrangell was once again the venue for the Southeast Art fest in April. This was a great event to bring students and community members together with the shared interest of art. Kirk Garbisch, WHS Art Teacher, and his students organized this years events. Bringing instructors from all over to teach 15 hour classes. These classes were broken up

into three hour increments so people could fit them into their day and still have enough time to finish their projects. Wonderfully creative classes were offered to both students and adults including cement masks, halibut hook carving, fabric dying, and computer graphics. Southeast ArtFest takes place in different Southeast Alaskan towns

each year. Approximately 300 people attended the end of the week Art Show where finished art pieces were presented. Several pieces that were donated by artist and teachers were up for silent auction . This event is one that the entire community enjoys. We hope to see it continue to be a success in Wrangell.

“ Kirk Garbisch announced that this would be his last year to run the art festival since the next show date will be after his plans to retire. “

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**Wrangell Chamber of
Commerce Board Members**

- Janell Privett, President
- John Taylor, Vice-President
- LeAnn Rinehart, Secretary/
treasurer
- Steve Bean
- Janice Stamper
- Mari Selle
- Augie Schultz
- Elaine Torvend
- Woody Wilson
- Grover Mathis
- Glenna Ellis
- Gene White, Alternative
- Tis Peterman, Finances
- Haley Waddington, Office
Manager

“ Drama is life
with the dull
bits cut out. “
Alfred Hitchcock
*British movie director
(1899 - 1980)*

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Mission Statement

The mission of the Wrangell Chamber of Commerce, Inc. shall be:

To advance all of the business, professional, civic and cultural interests of the City of Wrangell as well as regional, state and national interests under the democratic system of free competitive enterprise:

To encourage the growth of existing business activities while giving all proper assistance to any new firms or individuals seeking residence in Wrangell and its environs; To support activities believed to be beneficial to the community and its citizens and to oppose those which might be detrimental;

To speak for the Chamber's members in city, state and national legislative and governmental matters, while avoiding partisan politics;

To encourage development of surrounding industrial properties;

To cultivate alliance and business relationships with neighboring communities;

and in general to promote the welfare of all Wrangell area citizens, following always those policies intended to accomplish the greatest good for the greatest number.

In order to best achieve these goals, the following by-laws have been adopted to govern the procedures and activities of the Wrangell Chamber of Commerce, Inc. and of its membership.

Calling for the queens.....



Running for 4th of July Royalty is a big job but it is also an opportunity for individuals to earn a large amount of money in a month's time. Running for 4th of July royalty helps raise money for the next 4th of July celebrations while showing your support for your community. This year the royalty race will be run by 4th of July

chairs Haley Waddington and Tis Peterman. We are excited to have three excited young adults and their teams running in this years contest. All the contestants meet at the mandatory meeting May 5th at the Chamber office. The royalty race has been open up to individuals, group, and organizations.

The kick off will be Sunday, May 31st. More information will be announced closer to the date. We hope to see our

community participate in supporting these young individuals like they have in the past. Thank you to the queen contestants of 2008 for helping make the 2009 4th of July Celebrations possible. If you would like to donate to this event the queens will be selling tickets daily after the kick off ceremony, you can donate at the grocery stores, or your time in the booth or kitchen. Contact the chamber office for more information at 907-874-3901