

**Valdez Native Tribe**  
**PO Box 1108**

**DO NOT FOWARD**

**PLEASE RETURN TO SENDER**



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Vice President.....Bill Smith  
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I.H.S Program Manager/BIA.....Melinda R. Smith  
Executive Secretary/Financial Officer.....Julie Smith  
Administrative Assistant/TWIC..... Meta Mendenhall

# Valdez Native Tribe

July 2019

Are you a Veteran? Are you signed up for all your Veteran benefits? If you or someone you know needs help or assistance with any of these questions, please call William F. Smith at 835-3925. If there is no answer please call his cell at 831-1378 or send an e-mail to [imeyak@valdezak.net](mailto:imeyak@valdezak.net)



Don't  
forget!

There will be a Board Meeting July 29th at 4:00pm in VNT chambers.


Do you experience PTSD from a difficult situation? Come to our supportive talking circle at VNT.



Last Thursday of every month, at 6pm.



There will be no potluck due to summer activities. Go out and enjoy friends and the sun!



**Elders are now able to pick up fish and halibut from the VNT. Stop by today to claim your catch!**

Wondering what to do this July with your family? We have a list of what's going on locally in Valdez on page 3. On page 4 we have a short picture to city matching test to see if you REALLY know the state you live in. Maybe it's time to visit one of those places! Lastly, on page 5 we have an activity you can do with the kids. Lets get out and enjoy this life we have in our wonderful state! Have a happy and safe July, from the VNT!



Around the 4th of July, an average of 250 people visit the emergency room each day, according to the Consumer Product Safety Commission. One way to limit the risk is to keep fireworks (and lighters) out of the hands of young children.

# Another successful event provided by the Valdez Native Tribe!



The Healing Power of Alaskan Plants and Traditional Native use class was well attended. med plant identifying class and made Dandelion/White Clover Salve and Devils Club Salve. Students learned to recognize, harvest and prepare the salve using organic ingredients. Another class using Fireweed will be held in early September.

Watch for announcement.

Visitors are always welcome at the VNT!



Jennifer Harrison from ANTHC brought information to the VNT staff regarding programs that will help modernize the process of enrollment and health care deliverability for the VNT.



# 4<sup>TH</sup> OF JULY

## EVENT SCHEDULE

TIME	FREE ACTIVITIES	LOCATION
9:00 AM	PATRIOTIC DECORATED BUSINESS JUDGING	CITY OF VALDEZ
8:30 AM	UNCLE SALMON 5K FUN RUN - REGISTRATION	RUTH POND
9:30 AM	UNCLE SALMON 5K FUN RUN - START	
10:00 AM	VENDOR MARKETS OPEN	KELSEY PLAZA
10:00 - 11:00 AM	PARADE FLOAT FINAL REGISTRATION	555 W. EGAN DR. CITY MAINTENANCE SHOP
10:30 AM	KID'S BIKE DECORATING	
11:45 AM	PARADE LINE UP	
12:00 PM	INDEPENDENCE DAY PARADE KID'S DECORATED BIKE PARADE PATRIOTIC BUSINESS WINNER ANNOUNCED	STARTING POINT CNR. HAZELET AVE & EGAN DRIVE. FINISH POINT CNR. FIDALGO AVENUE & WYATT WAY.
3:00 - 5:00 PM	CANOE JOUSTING	RUTH POND
4:00 - 6:00 PM	UNITED STATES COAST GUARD - TOURS	235 FIDALGO AVENUE
5:00 - 7:00 PM	JUMPY HOUSE KID'S PLAY TIME	RUTH POND
5:00 - 7:00 PM	FREE COMMUNITY PICNIC	KELSEY DOCK PARKING LOT & PORT OF VALDEZ
5:00 - 10:00 PM	LIVE MUSIC WITH DJ KAMILA 5PM DAVID REYNOLDS; 6PM MOON DOGGIES 8PM HANNAH BETHEL	
5:00 - 6:00 PM	**UNITED STATES COAST GUARD - HELICOPTER SEARCH & RESCUE DEMONSTRATION	
6:00 - 8:00 PM	FREE COMMUNITY BONFIRE & S'MORES ROAST	

ACTIVITY LOCATION MAP & SCHEDULE AVAILABLE AT CITY HALL

TIME	ACTIVITY	LOCATION
7:00 PM	***MOVIE: "SECRET LIFE OF PETS 2"	CIVIC CENTER

PARADE FLOATS MUST BE REGISTERED NO LATER THAN 11:00AM

\*\*SUBJECT TO CANCELLATION



INCREDIBLY easy

4th of July craft

for kids!



### *What you will need for firework craft:*

- Empty toilet paper roll (you could also use a paper towel roll and cut it in half or thirds)
- Paper plates
- Red, white and blue paint
- construction paper
- Scissors

### *Step 1*

First cut one end of your toilet paper roll up about 2/3 of way. Continue to do this every 1/2" all the way around. Once the end is all cut carefully press the cardboard pieces out so they look like a firework.

### *Step 2*

Next, dip it into the paint and then begin to stamp your paper! We found it was easier if we were careful to not get too much paint on the toilet paper roll. My kids also enjoyed layering the colors. To help keep the colors separated we made each color it's own toilet paper roll! This craft is great because it is simple and even little kids can enjoy it. Kids can also do this outside if you are worried about the mess, or just put them in old t-shirts to paint in.



Valdez Native Tribe  
is Looking for  
4 enthusiastic, hard working youth  
to help with some  
Brush clearing and maintenance.  
This project will begin the beginning of July  
and run for approximately 5 weeks  
For more information please contact the  
Valdez Native Tribe office @ 835-4951



**There will be no potluck in July.**