

RurAL CAP

2005 Annual Report



Rural Alaska Community Action Program, Inc.

RurAL CAP Overview



The Rural Alaska Community Action Program, Inc. (RurAL CAP) has been working to improve the quality of life for low-income Alaskans since 1965. RurAL CAP provides resources and services to enhance child and family development, improve housing, save energy, develop leadership, promote environmental conservation, prevent substance abuse, and foster independent living. Governed by a 24-member Board of Directors representing every region of the state, RurAL CAP is one of the largest and most diversified nonprofit organizations in Alaska.

Head Start and Early Head Start programs make up the biggest part of RurAL CAP services with more than 200 employees working in 26 communities across the state. Other services include weatherization projects, AmeriCorps and VISTA community service programs, Homeward Bound, child care, affordable housing, health and wellness activities, and public policy and advocacy. Overall RurAL CAP employed more than 500 Alaskans in 2005.

RurAL CAP uses an applied strategic planning process to continually reinvent itself through innovative services for low-income Alaskans. As it strives to maintain its reputation as a great human service organization, RurAL CAP follows the philosophy that community action is a people process, one which serves to reinforce the intangible values of personal responsibility, community self-reliance, participatory decision-making, and overall well-being.

Healthy People

**Sustainable
Communities**

Vibrant Cultures

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Credits

Design and Layout: Clara Hughes

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Cover Photo: Kodiak Head Start Children by David Hardenbergh

Mission

Who we are:

RurAL CAP is a private, statewide, 501(c)(3) nonprofit organization and one of more than 1,000 community action agencies (CAA) nationally and the only CAA in Alaska. RurAL CAP currently provides services to more than 50 communities across the state through its four divisions, each with diverse programs to serve the needs of all Alaskans. In 2005, RurAL CAP celebrated its 40th Anniversary of service in Alaska.

What we do:

RurAL CAP works to ensure that all Alaskans have equal access to a high quality of life by promoting *Healthy People, Sustainable Communities, Vibrant Cultures*. Its mission is to protect and improve the quality of life for low-income Alaskans through education, training, direct services, decent and affordable housing, advocacy, and to strengthen the ability of low-income people to advocate for themselves.

Why we do it:

RurAL CAP recognizes the unique values and way of life of rural Alaskans. It plans its activities with input from and respect for the people it serves. It follows the belief that rural Alaskan communities have the right to maintain their cultural heritage and close relationship to the land while protecting their economic and human potential.

2005 Board of Directors

Executive Committee

President.....	Mike Williams
Vice-President.....	Andrew Ebona
Secretary/Treasurer.....	Taqluk Hepa
Committee Member.....	Jeff Jackson
Committee Member.....	Louie Commack, Jr.
Committee Member.....	Donne Fleagle

Target Area Representatives

Alaska Native Brotherhood.....	Andrew Ebona
Aleutian/Pribilof Islands Association.....	Mike Zacharof
Association of Village Council Presidents.....	Wassilie Bavilla
Bristol Bay Native Association.....	Ted Angasan
Child Development Policy Council.....	Jeff Jackson
Chugachmiut.....	Benna Hughey
Copper River Native Association.....	Robert Marshall
Gwitcha, Gwitch'in Ginkeye.....	Johnathon Solomon
Kawerak, Inc.....	Stanton Katchatag
Kodiak Area Native Association.....	Alex Panamaroff
Maniilaq Association.....	Louie Commack, Jr.
Tanana Chiefs Conference.....	Dr. Al Ketzler, Sr.
Tlingit-Haida Central Council.....	Dewey Skan, Jr.

Private Sector Representatives

Alaska Christian Conference.....	Rev. David Fison
Alaska Inter-Tribal Council.....	Ian Erlich
Alaska Village Initiatives.....	Donne Fleagle

Public Sector Representatives

Akiak I.R.A. Council.....	Mike Williams
Akutan Traditional Council.....	Jennie Webster
Alaska Cooperative Extension Service.....	Peter Stortz
Municipality of Anchorage.....	Diane DiSanto
North Slope Borough.....	Taqluk Hepa
Northwest Arctic Borough.....	Ron Moto, Sr.
Office of the Governor of Alaska.....	Annette Kreitzer
Orutsaramiut Native Council.....	Greg Roczicka

Board President's Message

RurAL CAP is governed by a 24-member volunteer Board of Directors representing every region of Alaska. There are three types of directors on the RurAL CAP board:

- 1) *Target Area Directors* make up at least one-third of the board as representatives of organizations which serve low-income Alaskans in specific geographic areas;
- 2) *Private Sector Directors* are officials or members of other nonprofit organizations whose mission and interests complement those of RurAL CAP; and
- 3) *Public Directors* make up exactly one-third of the total board as representatives of elected or appointed public officials.

The board meets quarterly to set policy and conduct the business of the corporation. The executive committee meets between regular meetings of the full board to oversee agency business. The detailed work of the board is conducted through the efforts of five standing committees: administration and finance; audit; child development; community development; and subsistence and tribal issues.

RurAL CAP is an important resource to rural communities and a powerful force for positive change in Alaska. RurAL CAP serves to bridge the aspirations of rural and low-income Alaskans with the needs and priorities of funders. Its programs and services are built on a solid administrative foundation. The agency is financially sound and has excellent systems and people who provide accounting, personnel, information technology, purchasing and administrative services.

Each of RurAL CAP's 24 board members brings different experiences and interests to the table. My own trail with this organization has been intersected over the years by the work of RurAL CAP programs and my deep interest in the sobriety movement, role of tribal governments, subsistence rights, and services to young children such as Head Start.

As board president, I have greatly appreciated the opportunity to meet with other leaders from around the state and to participate in planning and policy decisions. But mostly what I appreciate is that RurAL CAP is making a positive difference in people's lives. We get things done!

Sincerely,



Mike Williams, President
Board of Directors



**"RurAL CAP is
making a
positive
difference in
people's lives.
We get things
done!"**

Executive Director's Message



**“RurAL CAP
has continued
to innovate and
grow in
exciting new
directions while
maintaining
core programs
which produce
measurable
results.”**

It is my privilege to present to you RurAL CAP's 2005 annual report. The Rural Alaska Community Action Program, Inc. is a private, statewide, nonprofit corporation working to improve the quality of life for low-income Alaskans.

This annual report provides us with an opportunity to share with you an account of our activities for the fiscal year period from October 1, 2004 through September 30, 2005. As we pursue our vision of *Healthy People, Sustainable Communities, and Vibrant Cultures*, RurAL CAP has continued to innovate and grow in exciting new directions while maintaining core programs which produce measurable results.

A sampling of 2005 accomplishments includes the:

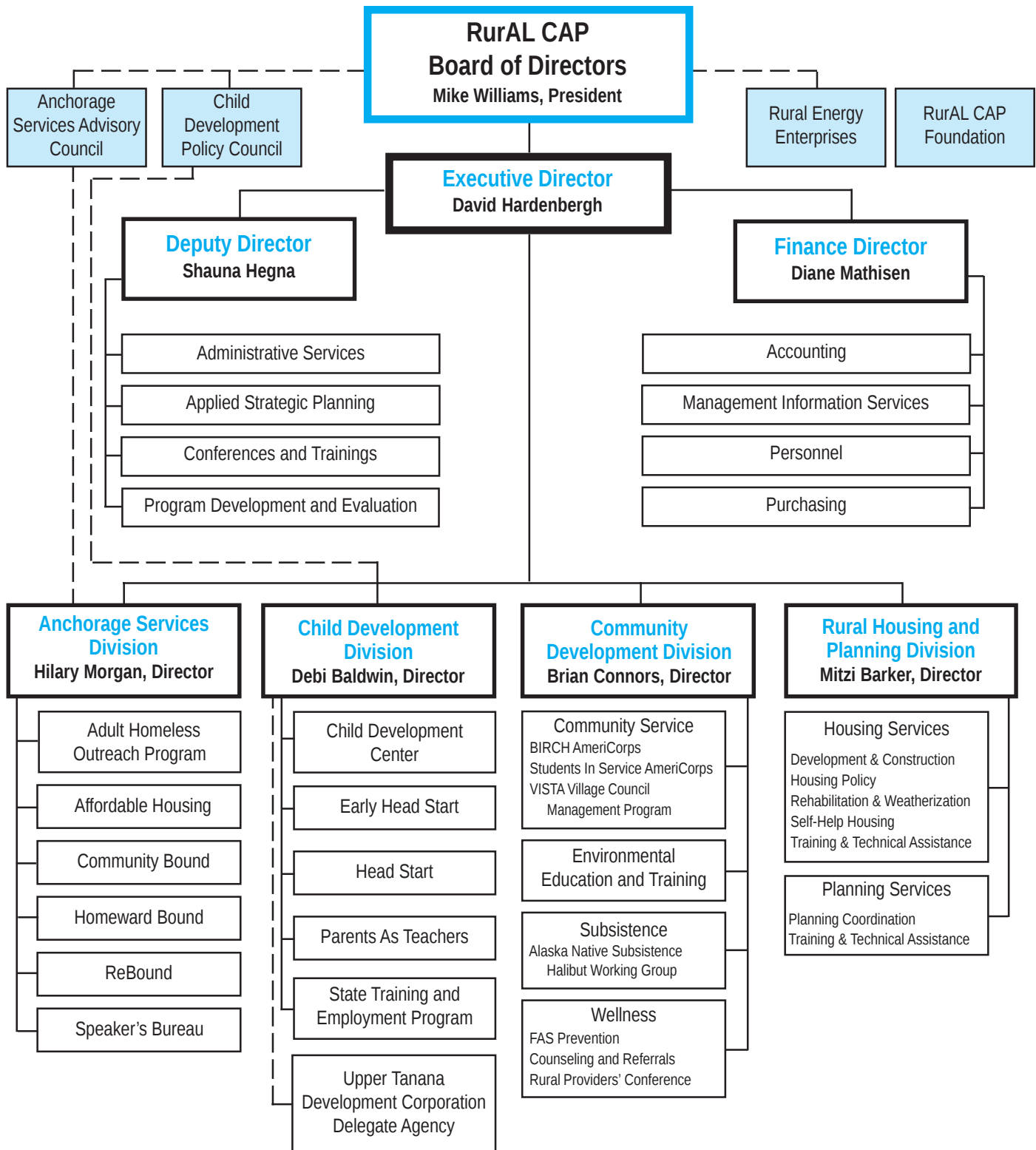
- ✕ Construction of a new Head Start facility in Nunapitchuk;
- ✕ Coordination of the statewide Rural Action Forum in Juneau;
- ✕ Launching of a self-help, owner-building housing program in Sterling;
- ✕ Development of the *Rebound WoodWorks* employment initiative;
- ✕ Creation of a Fetal Alcohol Syndrome prevention computer game;
- ✕ 22nd annual Rural Providers' Conference in Bethel;
- ✕ Community planning initiative in Hooper Bay and Lower Kalskag;
- ✕ Support for the Alaska Native Subsistence Halibut Working Group;
- ✕ Completion of weatherization services in Noorvik, Point Hope and Hooper Bay;
- ✕ Provision of early childhood development services to 1,364 children; and
- ✕ Employment of more than 735 Alaskans in 56 communities.

With leadership from a dynamic board and a productive staff, RurAL CAP continues to be a catalyst for community action and retain its place on the cutting edge of human service organizations in Alaska. As we complete our 40th year of providing critical and cost-effective services, we invite you to share in our accomplishments and we thank you for your support.

Sincerely,

David Hardenbergh
Executive Director

Organizational Chart



Anchorage Services Division



The Anchorage Services Division was formed to serve low-income or no-income people in Anchorage. RurAL CAP's efforts to offer hope and opportunity to economically disadvantaged people remain throughout all phases of homeless and alcohol recovery. Started with Homeward Bound in 1997, the Division now encompasses five additional programs created to meet the complex needs of persons in transition between homelessness and being housed.

Homeward Bound

Opened in April, 1997, Homeward Bound is a 25 bed transitional living program that offers chronic homeless alcoholics the tools and resources needed to move from decades of homelessness to stable, meaningful and personally satisfying reintegration into the community. It is a nationally acclaimed program that engages, detoxifies, and provides transitional housing with ongoing case management, life skills, advocacy and self-empowerment training.

Homeward Bound's average client has been homeless for 12 years, drinking for 29 years, and has been picked up 116 times by the Community Service Patrol in a 12-month period; 88% of those who qualified for admittance were Alaska Native.

2005 Homeward Bound Accomplishments:

- ✧ 70 participants received assistance
- ✧ 33 participants received assistance for the first time
- ✧ Received 2005 Exemplary Program Award from the Substance Abuse and Mental Health Administration (SAMHSA) in Washington, D.C.

Cultural Activities

As part of its commitment to provide culturally sensitive opportunities for clients to heal, Homeward Bound offers a ceremonial Sweat Lodge and Talking Circle every week. It is open not only to Homeward Bound clients, but to anyone within the community who has been or is currently homeless.

The Talking Circle is a traditional Native American forum for discussion. This confidential and culturally relevant discussion forum enables residents to talk openly. There are no time limits and all participants are free to speak their mind. A feather is passed indicating the current speaker. While holding the feather, a person may not be interrupted.

Homeward Bound Program Accomplishments (since the program started):

- ✧ 226 clients received assistance
- ✧ 89 residents have obtained stable housing
- ✧ \$339,692 in unrecoverable debt has been repaid

2005 Cultural Activities Participation:

- ✧ 120 Homeward Bound residents attended or participated in the sweat
- ✧ 200 community members participated in the sweat; 80 people are or have been homeless/overcoming alcoholism
- ✧ 200 participants took part in 40 talking circles this year

Community Bound

Community Bound is an employment and housing program serving homeless chronic public inebriates referred from the Homeward Bound program. All program participants receive individualized employment and tenant training. As many chronically homeless individuals are unable to work due to physical or mental health conditions, Community Bound focuses on providing volunteerism opportunities as well.

2005 Community Bound Accomplishments:

- ✧ 15 participants obtained regular employment
- ✧ 31 participants obtained temporary employment
- ✧ 14 employed clients increased their income
- ✧ 9 clients obtained paid, full-time employment
- ✧ Residents provided 800 hours of volunteer service to the community through local senior programs, churches, the Alaska Food Bank, recycling projects, community gardening, and local events including the Fur Rondy and the Independence Day parade

ReBound

ReBound is an innovative social enterprise dedicated to providing job-readiness skills, viable employment and potential business opportunities to homeless Alaskans. Work-related strategies are implemented to assist clients in identifying and

Change Can Happen

Sam is a 55-year-old Alaskan who came to Homeward bound this year directly from the hospital after 29 years of drinking and living on the streets. The doctors said he would die if he didn't change his behavior and stop drinking. He was very weak from a heart condition and could only sleep sitting up because of fluid collecting in and around his heart. Over time, Sam started getting stronger as well as working on his sobriety. He has been sober for 19 months and is living proof that change can happen.

Sam said he changed "because I didn't want to die" and also because he was tired of living on the street. He started working part-time for a temporary employment service, eventually landing a full-time position at a local inn, cleaning rooms and delivering supplies. His future goals are to get his driver's license back and own a car, which he is saving money for now.

Homeward Bound has provided Sam a personalized program that tackles his past drinking issues and provides resources to help him achieve his goals. Sam has become an inspiration to others, both staff and clients at Homeward Bound. He is full of energy and has a positive attitude, always smiling or laughing. He will graduate from the Homeward Bound program within the next few months.



overcoming previous employment barriers, including flexible work schedules, consideration of cultural work ethics and historical work issues. Through partnerships with private businesses, government agencies and other non-profit organizations, ReBound creates opportunities for economic stability and self-determination for its employees while providing excellent business opportunities to the community.

2005 ReBound Accomplishments:

- ✕ 1,000 wood products produced
- ✕ Over 10,000 hours of employment provided for homeless and formerly homeless individuals
- ✕ \$120,000 in income provided through ReBound to formerly homeless individuals
- ✕ 5 tons of lumber recycled
- ✕ \$17,000 in gross sales from wood products

ReBound Woodworks Operation Products

Planter Boxes	Benches	Swing Sets
Picnic Tables	Doghouses	Birdhouses
Wishing Wells	Storage Cabinets	Chairs



Affordable Housing

The Affordable Housing program provides decent, safe and affordable housing to graduates of the Homeward Bound program and other low-income Alaskans through rental units in Anchorage. Close attention to property management and building maintenance combined with below-market rental costs help keep the 32 one and two-bedroom apartments occupied with tenants who pay their rent and take care of their units, located in the Mountain View area of Anchorage. Acceptance into the Affordable Housing program is based on the ability to pay rent and behavior while renting.

2005 Affordable Housing Accomplishments:

- ✕ 4-unit apartment building added
- ✕ 5% vacancy rate
- ✕ 50 employment opportunities for Homeward Bound clients to earn income were provided
- ✕ 13 former Homeward Bound residents leased units
- ✕ 5 formerly homeless individuals, referred by other agencies, leased units



Speaker's Bureau

The Speaker's Bureau was developed as a mechanism for homeless individuals to educate, inform and enlighten the community on issues pertaining to homelessness, cultural identity and human experience. Positive feedback from audience members bolsters self esteem.

2005 Speaker's Bureau Accomplishments:

- ✧ 35 Speaker's Bureau presentations were provided by residents
- ✧ 600 people gained additional insight into homelessness
- ✧ Residents advocated for themselves at numerous public policy forums
- ✧ Residents appeared on TV news media, in the newspaper and spoke on radio programs



Adult Homeless Outreach Program

The primary goal of the Adult Homeless Outreach Program (AHOP) is to improve the conditions in which homeless people live by increasing access to community services and resources.

2005 AHOP Accomplishments:

- ✧ 800 persons were contacted by outreach, increasing knowledge of critically needed assistance
- ✧ 500 persons received emergency gear in the form of gloves, hand warmers, blankets and sleeping bags
- ✧ 12 persons were referred and followed through to other homeless transitional housing programs
- ✧ 8 persons were referred and entered other substance treatment programs
- ✧ 6 surveys were conducted by reaching 539 homeless people
- ✧ 29 homeless persons were employed by RurAL CAP during the course of a survey taken in 2005



Child Development Division



The Child Development Division provided services to children and families in 29 communities across Alaska. The programs administered by the division include Head Start, Early Head Start, Parents As Teachers, and a Child Development Center. The Child Development Division administered over \$11 million in state, federal and private funds in 2005.

All division programs are designed to facilitate parent involvement and community collaboration. The programs are augmented by several key grants to assist with training to meet staff educational requirements. The Child Development Division is committed to providing quality services by a well-trained, professional staff.

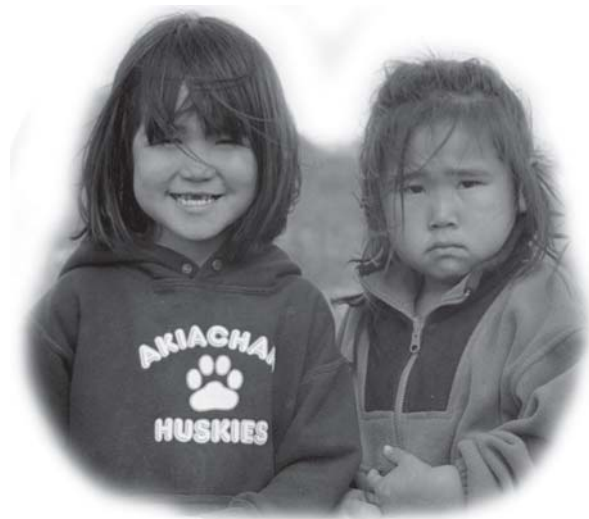
Head Start / Early Head Start

Head Start and Early Head Start are comprehensive child development programs serving young children and their families. The Head Start program focuses on three and four-year-old children and their families. Early Head Start serves pre-natal to three-year-old children and their families. The programs work to ensure that children are healthy and thriving in all aspects of development, and that parents understand the needs of their children and how to assist them in their health and development.

Head Start programs are designed to meet each child's individual needs and to reflect the language and cultural heritage of participating families. Two primary goals of this child development program are to enhance children's social competence and to ensure their readiness for kindergarten.

2005 Head Start/Early Head Start Highlights:

- ✧ 968 children served in 26 communities
- ✧ 21 prenatal women served
- ✧ 331 families received assistance from at least one social service program
- ✧ 582 children received dental exams
- ✧ 884 children received developmental screenings
- ✧ Head Start four-year-olds increased their language, literacy and mathematics skills by an average of 47% over the course of the Head Start school year



Other 2005 Head Start/ Early Head Start Highlights:

- ✧ Celebrations honoring Head Start's 40th Anniversary were held at RurAL CAP, Seattle and Washington D.C. Three people were recognized by Region 10 for "Delivering on a Dream". Diana Therchik, YK Regional Manager, Guy Guy, YKHC Behavioral Health Clinician and Shirley Pittz, former Child Development Division Director, were honored for their contributions to the success of RurAL CAP Head Start. William Ellis, Facilities and Assets Manager, was also recognized.
- ✧ Construction began in August on the Nunapitchuk Head Start/Early Head Start facility. Completion of the new facility is expected in early 2006. The 3,698-square-foot facility will house a Head Start classroom and gross motor room to serve approximately 20 three to four year-olds; and office space and group socialization space for the Early Head Start program serving more than 30 families with infants and toddlers.
- ✧ Wade Horn, Assistant Secretary of the Administration for Children and Families, James Whitfield, Region 10 Director, and other prominent members of a congressional delegation from Washington D.C. visited St. Lawrence Island in August.
- ✧ RurAL CAP hosted a function for the school district Special Education Directors at the Special Education Conference in Anchorage.
- ✧ Head Start/Early Head Start hosted Pre-Service and In-Service training for staff in August and September.
- ✧ RurAL CAP's Head Start/Early Head Start home-based program was one of four programs featured on a national training video developed by the Head Start Bureau. Staff and families from St. Mary's and Homer were highlighted.

Child Development Center

In Anchorage, the Child Development Center provides full-day, year-round child care for families. It has an open enrollment policy with a sliding tuition scale to benefit low-income families. The center has been open since 1995, accredited by the National Association for the Education of Young Children since 1999, and serves as a lab school for the University of Alaska Anchorage's Early Childhood Development program. It is currently licensed to care for 45 children between the ages of 6 weeks and 6 years old.





2005 Child Development Center Highlights:

- ✧ 1 out of every 4 families enrolled at the Child Development Center participated in Parent Council meetings, Center functions, or volunteered time in the classroom
- ✧ 50% of the staff at the Center hold Bachelor or Associate Degrees in Early Childhood or a related field
- ✧ 13 preschoolers transitioned into kindergarten from the preschool class
- ✧ The program continued to offer early childhood services based on the Reggio Emilia approach from Italy and best practices from the National Association for the Education of Young Children

Parents As Teachers

Parents As Teachers (PAT) is an early childhood parent education and family support program designed to empower parents to give their children the best possible start in life. Services are delivered through home visits and group socializations. The Parents As Teachers vision is that all children will learn, grow and develop to realize their full potential.

2005 Parents As Teachers Highlights:

- ✧ 292 families received services in 13 communities
- ✧ 305 children received development screenings
- ✧ 2,579 home visits were completed by staff
- ✧ 319 group socializations were facilitated by family visitors
- ✧ 95% of parents reported improved parenting skills and increased knowledge of cognitive development in young children



Staff Training

The Child Development Division has an ambitious program for educating and training staff for all early childhood programs. Teachers are working toward Associate of Applied Science (AAS) and Baccalaureate (BA) Degrees in Early Childhood Education (ECE). Teacher Aides, Home Visitors and PAT Family Visitors work to attain a Child Development Associate (CDA) Credential. Head Start Home Visitors, Family Advocates, and PAT Family Visitors attend a nine-month Family Empowerment Training.

This level of education and training is made possible for Head Start staff primarily through two State of Alaska grants, the State Training and Employment Program (STEP) grant and the System for Early Education and Development (SEED) grant.

Professional development funds earmarked in the US Department of Education grant enables Family Visitors to attain professional certification and pursue educational milestones. Limited funding is available through local child care resources to sponsor professional development opportunities for child care staff.

2005 Child Development Division Staff Training Highlights:

- ✧ 62 Head Start staff completed 409 college credits
- ✧ 30 staff completed a one week intensive college class in Anchorage
- ✧ 8 Home Visitors and Family Advocates graduated from a Family Development Course
- ✧ 2 Teachers completed AAS degrees in Early Childhood
- ✧ 1 Head Start Coordinator completed a Masters Degree in Counseling
- ✧ 5 Home Visitors and 1 Family Visitor were certified in the Parents As Teachers Born to Learn curriculum
- ✧ 5 staff members received Child Development Associates
- ✧ 6 Bus Drivers received a School Bus Endorsement
- ✧ 45 Head Start staff and 3 PAT Family Visitors enrolled in college classes for the Fall 2005 semester

The Head Start Program in Kodiak was started in about 1969 or 1970 in the basement of our Russian Orthodox Church. Personal vehicles were used to transport the children. I have seen the program expand and move to numerous locations around town. The program is currently located on Hillside Street in a nice building being rented from the city of Kodiak.

I have had several children of my own attend Head Start. Head Start made a great difference not only in many children's lives, but also the parents, because parents are required to assist with the program. It not only gives the children a Head Start, but gives parents parenting and training skills, as well as job opportunities in the program. It has trained a lot of fine people and definitely built self-esteem for parents and children as well.

My children and others as well have excelled in their learning in public schools because I know that truly they had a "Head Start." Thank you for 40 years and may the program continue to grow for many more.

Larry Amox, Kodiak



Site Map



Communities served by Child Development

Akiak	Mountain Village
Alakanuk	Napaskiak
Anchorage	Northway
Chevak	Nunapitchuk
Emmonak	Pilot Station
Haines	St. Mary's
Homer	Savoonga
Hooper Bay	Selawik
Hydaburg	Seward
Kake	Stebbins
Ketchikan	Sterling
Kluti-kaah	Tanacross
Kodiak	Tetlin
Kwethluk	Tok
Marshall	Toksook Bay
Mentasta Lake	



Communities served by Rural Housing and Planning Services

Hooper Bay	Nunapitchuk
Juneau	Point Hope
Kwethluk	Savoonga
Noorvik	Sterling



Communities served by Anchorage Services

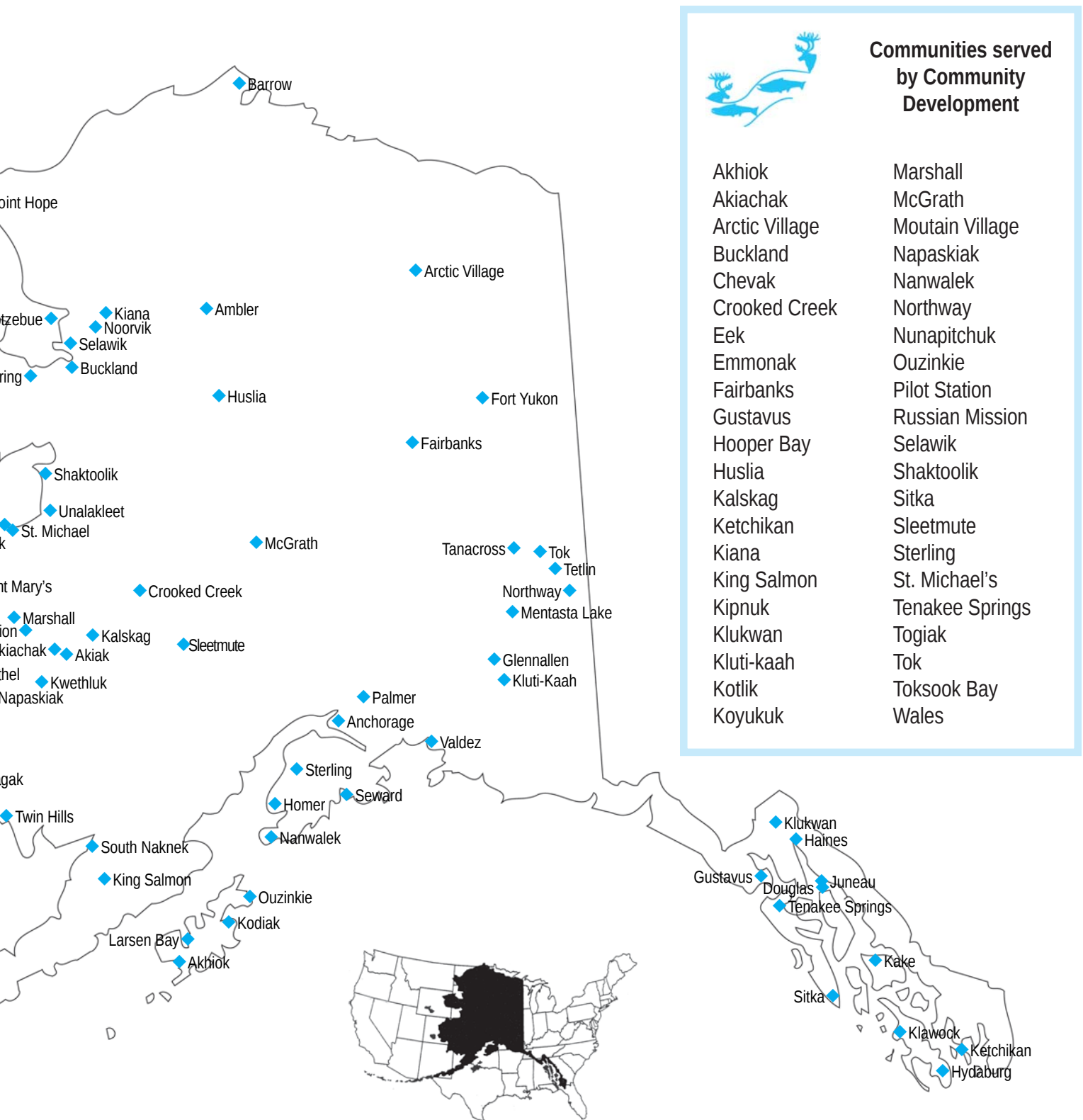
Anchorage



Communities served by Regional Board Representation

Akiak	Juneau
Akutan	Kake
Ambler	Klawock
Anchorage	Kotzebue
Barrow	Larsen Bay
Bethel	Palmer
Deering	Quinhagak
Douglas	South Naknek
Fairbanks	Unalakleet
Fort Yukon	Valdez
Glennallen	





Community Development Division



RurAL CAP's Community Development Division provides resources and support to low-income Alaskans in order to prevent substance abuse, enhance child development, improve housing, save energy, protect the environment, and achieve independent living. Rather than focusing on problems, the emphasis is on positive solutions that are culturally appropriate and achieve measurable results.

AmeriCorps and VISTA Programs

With funding from the Corporation for National and Community Service through the Alaska State Community Service Commission, RurAL CAP supported AmeriCorps and VISTA members in more than 40 communities statewide in 2005. Members chose to serve their communities and "get things done" to solve local problems with local solutions. More than 100 full and part-time AmeriCorps and VISTA members realized opportunities to give something back to their communities.

Building Initiatives in Rural Community Health (BIRCH) AmeriCorps Program

BIRCH Members provide education and support in the areas of health education, substance abuse prevention, environmental education, subsistence education, and healthy activities for youth. In 2005, BIRCH members served 15 Alaskan communities.

2005 BIRCH AmeriCorps Accomplishments:

- ✧ 938 community events, projects and activities were supported and sponsored by BIRCH AmeriCorps members
- ✧ All 15 BIRCH AmeriCorps members have reported improved professional and leadership skills from their roles in community subsistence activities
- ✧ 2,802 community volunteers were recruited
- ✧ 21,115 hours of service were committed to community-based projects
- ✧ 26% increase in community involvement and activity from 2004

Rural Alaska Village Environmental Network (RAVEN) AmeriCorps Program

Twenty RAVEN (Rural Alaska Village Environmental Network) AmeriCorps members worked in 20 communities in 2005.

2005 BIRCH & RAVEN AmeriCorps Accomplishments:

- ✧ Diverted 18,337 pounds of solid waste such as recyclables, batteries and plastic from village dumps
- ✧ Collected 45,742 pounds of litter during community clean-ups
- ✧ Hosted over 1,292 community events for 8,335 youth, adults and elders

RAVEN AmeriCorps members improve environmental conditions through youth education, pollution prevention, community clean-up efforts, energy conservation, recycling and other solid waste management projects across rural Alaska.

2005 RAVEN Accomplishments:

- ✧ 21,701 hours of service completed by members
- ✧ 2,099 community volunteers recruited by members
- ✧ 29,081 hours of service completed by community volunteers

“My success story came when I asked kids who would like to clean up. I had no idea how many kids wanted to volunteer. I had over 30 youth eager and wanting help!”

Daryl Burse, RAVEN member
Akiachak

VISTA Village Council Management Program

VISTA Village Council Management Program (VCMP) members spend their year of service building the administrative and management capacity of rural city and tribal councils in the areas of community needs assessment, computer training, and proposal writing. VISTA members in 2005 included representatives from 18 communities in rural Alaska.

2005 VISTA VCMP Accomplishments:

- ✧ 16,800 hours of service completed by members
- ✧ 842 community volunteers recruited by members
- ✧ 8,425 hours of service completed by community volunteers



Students-In-Service AmeriCorps Program

In collaboration between RurAL CAP and the University of Alaska Anchorage and the University of Alaska Fairbanks, up to 80 part-time Students-In-Service (SIS) AmeriCorps members per year perform national service activities while completing internship with a diverse array of social service and health organizations. The goal of this statewide program is to respond to both the educational needs of university students and the needs of the people they serve in their practical social work experiences.

Services provided by SIS members address a number of social and health issues, including domestic violence, suicide, alcohol and drug abuse, employment and training, teen pregnancy, corrections and juvenile delinquency, child development, child welfare, health, and vocational or other rehabilitation programs.

2005 Students-In-Service Accomplishments:

- ✧ SIS members completed over 30,000 hours of service
- ✧ 951 local volunteers were recruited by members
- ✧ 10,922 hours of service completed by local volunteers



Wellness and Prevention

RurAL CAP's Wellness Program seeks to provide support and resources to employees and their families, as well as training and resource materials for rural communities. This program actively supports the Alaska Native sobriety movement. Substance abuse prevention workshops, and counseling services are provided to all RurAL CAP staff, AmeriCorps and VISTA members, their families and program parents.



Rural Providers' Conference (RPC)

The Rural Providers' Conference (RPC) is an annual gathering of substance abuse service providers, youth, elders, and family members interested in celebrating and encouraging the continual growth of the Alaska Native Sobriety Movement. The RPC embraces and unites traditional Alaska Native knowledge and modern treatment methods in the battle against alcohol and drug abuse.

Over 500 participants attended the 2005 RPC *Ilakutellriit Umyuallgutekluteng: Akwaugaq, Ernerpak, culi Unuaqu* - "Strong Families: Yesterday, Today and Tomorrow," held June 6-10 in Bethel, taking part in more than 25 in-depth workshops. Professionals and paraprofessionals received certification through ACCDPC for chemical dependency counselors and social workers, professional counselors, and psychologists received credit through the State Division of Occupational Licensing. University of Alaska credit was also offered through the School of Rural Alaska. Highlights of the culture camp were visits to several local fish camps. Team building, values sharing and problem solving were also part of the culture camp curriculum.

Early Decisions Project

Through the Early Decisions Project, RurAL CAP develops, tests, refines, and distributes individual prevention tools (posters, videos, teaching units, and website) for use by Fetal Alcohol Syndrome/Fetal Alcohol Spectrum Disorder service providers, health care providers, schools, and prevention programs across the state. The primary target population is sexually active women and girls of childbearing age who use alcohol. The goal is to educate them about the risks of alcohol to an unborn child any time they are pregnant including the time before they know they are pregnant.



2005 Program Accomplishments:

- ✕ Over 200 Early Decision Project curriculums distributed
- ✕ 300+ people trained in FAS/FASD prevention

Tobacco Cessation

The Wellness Program received a national Legacy Foundation grant to address tobacco use by women in rural Alaska. The two-year program named Community Wellness Circles began on Oct. 1, 2004. In this program, women tobacco users will be invited to participate in a social gathering in the talking circle tradition. Activities offered within the Wellness Circles fit the group's desires for support and encouragement.

2005 Tobacco Cessation Accomplishments:

- ✕ 15 Community Wellness Circles implemented in communities across Alaska
- ✕ 35 Community leaders were trained to implement wellness circles



Environmental Programs

Fire Smart Alaska and Alaska Village Indoor Air Quality

RurAL CAP's fire safety programs target rural Alaska, which experiences a higher rate of fire related deaths, injuries, and property loss than urban Alaska and the nation. The Fire Smart Alaska and the Alaska Village Indoor Air Quality programs, started in late 2005, mitigate fire related risks in rural areas, and focuses on homes with elders and children under 14 years of age. Homes served will receive:

- ✕ Fire alarms
- ✕ Fire extinguishers
- ✕ Carbon monoxide detectors
- ✕ Safety and prevention education

Alaska Native Subsistence Halibut Working Group

RurAL CAP provides administrative support to the Alaska Native Subsistence Halibut Working Group (ANSHWG) as it follows and guides the development of subsistence halibut policies for Alaska.

2005 ANSHWG Accomplishments:

- ✕ Held two in-person meetings and numerous teleconferences
- ✕ Sent group representatives the Rural Action Forum



Rural Housing & Planning Division



The Rural Housing and Planning Division assists rural communities and low-income people by increasing affordable housing opportunities, preserving and improving existing housing, facilitating community-based planning, and building the capacity of rural communities to participate effectively in the development of housing and related infrastructure. During 2005, the Rural Housing and Planning Division took on several new projects, while continuing to provide high-quality services through its established programs.

Rehabilitation and Weatherization

RurAL CAP provides weatherization services in Western and Northwestern Alaska as well as the City and Borough of Juneau. Weatherization is the division's longest-standing program and is the backbone of our recent expansion into more comprehensive housing rehabilitation work. The focus of weatherization is to increase the safety, energy-efficiency and comfort of the homes served. The program is funded by the U.S. Department of Energy, the U.S. Department of Agriculture, the U.S. Department of Health & Human Services, and the Alaska Housing Finance Corporation.

RurAL CAP used weatherization funding to leverage other funding sources so more comprehensive rehabilitation activities. RurAL CAP partnered with Kwethluk Tribal Resident Council, Inc. to improve existing homes in the village of Kwethluk. In 2005, six homes were rehabilitated. In addition to typical weatherization measures, the work included arctic entries, flooring, and other components. RurAL CAP obtained Section 504 Elderly Homeowner grants from USDA and AHFC to purchase most of the materials and freight, provide an on-site supervisor and coordinate the project. KTRC, Inc. used HUD Indian Housing Block Grant (NAHASDA) funds to pay the local labor force, to purchase tools and materials. In addition to the rehabilitation work, this year, for the first time, RurAL CAP constructed a new home. The home was built by local labor working under the supervision of RurAL CAP field supervisors. Funding was provided by KTRC, through its Indian Housing Block Grant.

Communities receiving weatherization/rehabilitation and/or senior access during 2005 improvements were:

- | | |
|-------------------------|-------------------------|
| ✕ Hooper Bay - 31 homes | ✕ Noorvik - 15 homes |
| ✕ Juneau - 33 homes | ✕ Point Hope - 10 homes |
| ✕ Kwethluk - 7 homes | ✕ Savoonga - 1 home |
| ✕ Nome - 1 home | |

Development and Construction

Building in rural Alaska is a specialized skill; fortunately, RurAL CAP has some of the most experienced small-scale construction experts on staff. In 2005, the Rural Housing and Planning Division constructed a new Head Start facility in the village Nunapitchuk. The facility will provide classrooms, gross motor play area, and offices for the Head Start program, which is operated by the agency's Child Development Division.



2005 Weatherization Statistics:

Communities served	Elderly (60+) served	Disabled served	Children (under 6) served	Native Alaskan served	People Served	Average # Occupants per household served	Average Income per household	Material Weight shipped
Hooper Bay	10	8	37	211	192	6.2	20,523	92,293
Juneau	9	7	18	15	117	3.5	18,601	9,787
Juneau-Home	3	3	0	0	13	1.9	15,542	10,357
Kwethluk	6	2	0	11	21	3.0	8,034	73,189
Nome	0	2	0	3	3	3.0	30,124	5,000
Noorvik	11	2	14	52	52	3.5	23,032	29,755
Point Hope	4	1	9	28	36	3.6	23,860	10,542
Savoonga	1	0	0	4	4	2.0	6,936	749
Totals	44	25	78	324	438	--	--	231,672 lbs
Overall Average	5.5	3.1	9.7	40.5	54.7	3.3	\$18,333.5	46,046 lbs

Weatherization Works!

Energy Savings:

- ✕ Saves 31% in average energy costs
- ✕ Cuts heating bills by 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

Community Benefits:

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

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 Improvement:

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



"No matter if you live in Salem, Massachusetts; Salt Lake City, Utah; or Sterling, Alaska, the pride of walking into your own home is overwhelming. RurAL CAP's Self Help Housing Program is helping to make that dream a reality."

David Hardenbergh, Executive Director

faith-based organizations has been established. The Rural Housing and Planning Division received firm commitments from several community groups interested in volunteering during the construction phase. Besides Kenai and Sterling, three additional communities requested to be considered as sites for future housing projects.

Self-Help Owner-Built Program

The Self-Help Owner-Built program, "Building Homes, Building Dreams," provides opportunities for low-income families and individuals to take part in the joy and pride of home ownership. From its start in September of 2004, the Self-Help Owner-Built housing program cultivated a homebuyer group, acquired a site, conducted pre-development surveys, selected house plans, and initiated negotiations for infrastructure development for eight homes in the Sterling area of the central Kenai Peninsula. Construction is scheduled to begin in Spring 2006, and homes to be complete by early 2007. A ground breaking ceremony was held on September 12, 2005 on the eight-home construction site in Sterling.

RurAL CAP's Self-Help Housing program introduced and reinforced the notions of homeownership and asset-building through no-cost financial literacy workshops for low income participants. In 2004, all 24 pre-screened applicants participated in credit counseling activities. Of the pre-screened group, nine households completed the *Financial Fitness First* and *Building Dreams: Homeownership* workshops series, and six are ready to apply for Section 502 loans with the USDA Rural Development Kenai Office.

A similar housing project in the City of Kenai is in the first phase of development. Through a well-orchestrated outreach and partnership effort, RurAL CAP received substantial goodwill and support for the program from all units of government in the area. A referral network of public and private human service providers and



Community Planning and Capacity Building

RurAL CAP is a proud partner with the Denali Commission in fostering local self-determination through community planning. Through its staff liaison with the Denali Commission, RurAL CAP participates in developing statewide strategies for effective community planning, rural sustainability and economic development. Two Denali Commission-funded interns worked at RurAL CAP in 2005 to complete community plans for the villages of Lower Kalskag and Hooper Bay. Both plans built on work previously undertaken in each community, bringing together a wide range of citizens, agencies and organizations to consider future directions and priorities.

Working with the Denali Commission and the U.S. Department of Agriculture-Rural Development, RurAL CAP pioneered the development of a simplified template for community plans. The new template, which is grounded in the traditions of rural Alaska and its Native cultures, affords communities the opportunity to

“RurAL CAP’s asset-driven emphasis encourages communities to consider the human, spatial, cultural, and historical elements of their story and to engage in a planning process that builds on these characteristics.”

relate their story, and their future, through a set of planning dimensions encompassing the land, environment, habitation, transportation, culture, wellness and safety, economy, and a framework for sustainability. The template focuses less on assessing needs, the things a community lacks, than on assets.

RurAL CAP’s asset-driven emphasis encourages communities to consider the human, spatial, cultural, and historical elements of their story and to engage in a planning process that builds on these characteristics. This new planning template provided the basic structure for the Lower Kalskag and Hooper Bay community plans.



Rural Energy Enterprises



Rural Energy Enterprises (R.E.E.), a wholly owned subsidiary of RurAL CAP, is a wholesale distributor of energy-efficient and money-saving products. R.E.E. began in 1987 as a result of receiving a federal grant to evaluate the feasibility of engaging in energy-related for-profit activity.

Energy costs represent a major expense for rural Alaskans. R.E.E. reduces those costs by selling a variety of high-quality, advanced-technology energy products. The Toyostove space heater, one of the most fuel-efficient heating systems in the world, can save rural residents \$300 to \$500 per year in fuel costs, depending on the condition of the house. R.E.E. also offers energy-saving oil and gas water heaters and a variety of other heating and lighting products.

R.E.E. also benefits rural communities by creating economic opportunities in remote villages. R.E.E. maintains business relationships with 249 small entrepreneur dealerships in rural Alaska, and more than 140 dealerships in western Canada and the northwest United States.

General Information:

- ✧ R.E.E. has sold \$66 million of products since 1987
- ✧ RurAL CAP has more than \$3.3 million in equity in R.E.E.
- ✧ 82.5% of total sales are from Alaska
- ✧ \$1.2 million of products sold in rural Alaska

2005 Fiscal Year Performance:

Gross Sales - \$ 5,926,477 Net Profit - \$ 243,803

R.E.E. Management Team:

Mark Callinsky, General Manager & CEO
Tina Johnston, Sales Manager
Jill Trozelle, Financial Manager



R.E.E. Board of Directors:

Stewart Barnes	Geoff Feiler
Glenn Fredericks	David Hardenbergh
Phil Kaluza	Bob Lohr
Virginia Moore	



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**Serving rural Alaskans for
18 wonderful years!**

Rural Energy Enterprises, Inc. (R.E.E.) distributes Toyostove, NordicStove, Drolet, Godin, Kuma, Rinnai, Nestor Martin, Tirino, EcoTherm, Aquastar and Toyotomi products. Our company specializes in oil and gas fired direct vent or sealed combustion high efficiency heaters as well as water heaters, gas cook stoves, marine heaters, marine cook stoves, tent heaters and tent stoves.

R.E.E. is the exclusive distributor of Toyostove heaters in Alaska, Idaho, North Dakota, Montana, South Dakota, Wyoming, Washington, British Columbia, the Yukon Territories and the Northwest Territories. We also offer selected Toyostove/Toyotomi products in Arizona, Colorado, New Mexico and Utah.

R.E.E. is also the exclusive North American importer/distributor of NordicStove non-electric oil burning heaters for tents, cabins, boats, homes and emergency use.

Rural Energy Enterprises Products

Boilers
Air Conditioners
Cooking products for boats, cabins, camps & emergencies
Outdoor Fireplaces
Indoor Fireplaces
Marine and Boat Heating
Plumbing Accessories & Fixtures
Oil Fuel Tanks
Tent/Camp Heating & Cooking Products
Water Heaters
Oil Heaters & Stoves
Gas Heaters & Stoves
Inverters
Direct Current
Alternate Current
Non-Electric Oil Heaters & Stoves
Wood Stoves
Cooking Products
Fluorescent Lighting
Carbon Monoxide Detectors

Fiscal Year 2005 Financial Summary

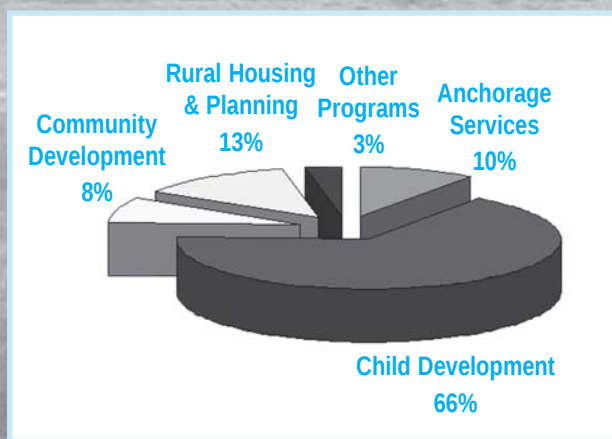
Source of Funds	Award	Expenditures	Source of Funds	Award	Expenditures
US Department of Health & Human Services			Alaska Department of Commerce, Community & Economic Development		
SAMSA	1,998,150	21,178	<i>Passed Through From US Department of Health and Human Services</i>		
Child Care Programs- (Head Start/Early HS Programs)	7,887,965	6,766,343	Community Services	2,348,055	1,321,833
US Environmental Protection Agency			Block Grant FY04-05		
RAVEN AmeriCorps FY05	210,021	210,021	Community Services	2,258,678	993,610
US Department of Education			Block Grant FY05		
Parents as Teachers FY05	2,061,125	857,900	Alaska Department of Labor and Work Force		
Parents as Teachers FY06	923,068	9,997	S.T.E.P. Program FY04-05	150,000	124,474
<i>Passed Through Bethel Community Services</i>			S.T.E.P. Program FY05-06	100,00	21,633
Bethel Community Services FY 04-06	151,221	96,522	Alaska Department of Education and Early Development		
<i>Passed Through University of Alaska - Southeast</i>			Child Care Programs -		
Education for Head Start Teachers			(Head Start) FY04-05	2,325,552	1,803,657
(SEED) FY05	92,250	92,250	Child Care Programs -		
Education for Head Start Teachers			(Head Start) FY 06	2,320,172	465,100
(SEED) FY03-04	107,604	7,050	Head Start Safety FY04-05	23,759	22,755
US Department of the Interior			Head Start School Readiness FY04-05	18,000	18,000
NOAA/NMFS Halibut WG FY04-05	25,000	23,601	Head Start Prof Development FY04-05	3,450	3,450
NOAA/NMFS Halibut WG FY05-06	25,000	11,028	Special Ed and HS Collaboration	8,200	7,871
US Corporation for National Service			<i>Passed Through From US Department of Agriculture</i>		
Vista In-Service Training FY03-04	7,000	982	Food Stamp Program	32,570	27,962
Vista In-Service Training FY04-05	24,000	24,000	Child Care Food Reimbursement		
Vista In-Service Training FY05	30,000	1,126	Program - HS	227,750	227,750
US Department of Homeland Security			Child Care Food Reimbursement		
FEMA Firefighters Assistance	372,031	22,203	Program - CDC	16,095	16,095
US Department of Agriculture - Farmer's Home Administration			<i>Passed Through From US Corporation for National and Community Service</i>		
Home Preservation Grant-Kwethluk FY05	50,000	50,000	AmeriCorps/ RAVEN YDA		
US Department of Housing and Urban Development			Program FY 04-07	280,000	251,551
Supportive Housing - Homeward Bound FY04-05	357,474	113,632	AmeriCorps/BIRCH FY04-05	235,463	48,403
Supportive Housing - Homeward Bound FY05-06	357,474	194,292	AmeriCorps/BIRCH FY05-06	235,463	160,594
Supportive Housing - Community Bound FY04-05	141,168	98,973	AmeriCorps Students in Service FY05	8,000	5,279
Supportive Housing - Community Bound FY05-06	141,168	34,265	AmeriCorps Students in Service FY06	8,000	951
RHED - Sterling Self Help	150,000	41,286	Alaska Department of Health and Social Services		
Little Diomed Rehab FY03-04	400,000	145,454	ACT Across Ages FY 04-05	45,334	45,334
<i>Passed Through From Cook Inlet Housing Authority</i>			<i>Passed Through From US Department of Health and Human Services</i>		
Homeward Bound Match FY 04-05	282,706	79,824	Community Prevention	140,000	8,176
Homeward Bound Match FY 05-06	100,000	98,602	F.A.S.D. Prevention FY04-05	56,500	47,265
<i>Passed Through LISC Enterprise Foundation</i>			Rural Providers Conference	25,000	25,000
Rural LISC Section 4	25,000	25,000	Alaska Housing Finance Corporation		
<i>Passed Through Bering Straits Regional Housing Authority</i>			Low Income WX Assistance -		
Little Diomed/BSRHA Housing Rehab	500,000	39,228	Program FY03-05	318,503	84,922
			Low Income WX Assistance -		
			Program FY05-06	214,964	33,946
			Rural Residential Energy Rehab -		
			WX ENH FY03-05	1,413,753	127,716

Source of Funds	Award	Expenditures
Alaska Housing Finance Corporation		
Rural Residential Energy Rehab - WX ENH FY05-06	610,643	427,315
HB Supportive Housing Project - Match FY04-05	149,975	62,104
HB Supportive Housing Project - Match FY05-06	149,975	98,248
Community Bound FY04-05	65,515	62,358
Community Bound FY05-06	65,515	25,198
Home Owner Occupied Rehab - Project FY02-03	171,904	25,153
Home Preservation - FY05 Match	50,000	76,662
<i>Passed Through From US Department of Energy</i>		
Rural Residential Energy Rehab - WX ENH FY03-05	622,321	119,977
Rural Residential Energy Rehab - WX ENH FY05-06	314,404	241,280
Low Income WX Assistance - Program FY03-05	153,877	65,212
Low Income WX Assistance - Program FY05-06	71,842	654
<i>Passed Through From US Department of Health and Human Services</i>		
Rural Residential Energy Rehab - WX ENH FY05-06	255,913	255,913
Low Income WX Assistance - Program FY05-06	28,667	28,667
<i>Passed Through From US Department of Housing and Urban Development</i>		
Healthy Homes - Hooper Bay	171,167	13,801
OORP & Senior Access FY05-07	313,404	84,666
Home Owner Occupied Rehab - Project FY02-03	172,523	34,693
Alaska Mental Health Trust Authority		
ReBound Program	10,000	7,945
ReBound - Wood Works	100,000	26,503
Point-In-Time Surveys	10,000	4,675
<i>Passed Through Local Initiative Support Group</i>		
LISC Recoverable Grant	30,000	9,850
LISC 50 Unit Complex FY03-05	15,000	9,714
Other Sources		
Reading is Fundamental Program	4,188	1,531
Kodiak Borough (Head Start)	8,135	8,886
ReBound Recycling project	50,000	49,999
ReBound Activities		1,671
ACF Internship	4,000	4,000
Kobuk Ski Trip	6,500	714
Tobacco Cessation Project	74,970	73,107

Source of Funds	Award	Expenditures
Key Bank Sterling	1,000	390
Alcohol Treatment & Housing Services fees	1,995,600	320,913
Child Care Center Fees/Contracts	364,382	364,382
Affordable Housing Program	237,614	237,614
Rural Housing - Fee for Service		19,409
SUB-TOTAL		17,721,228
Rural Energy Enterprises Expenditures		5,716,588
TOTAL		\$23,437,876

Agency Allocations

Division	Expenditures	Percentage
Anchorage Services Division	1,701,613	9.6%
Child Development Division	11,677,653	65.9%
Community Development Division	1,492,367	8.42%
Rural Housing & Planning Division	2,306,038	13.01%
Other Programs	543,617	3.07%



Rural CAP's federally approved indirect rate of 11.9% of direct costs covers administrative expenses such as those for the Executive, Personnel, Accounting and Purchasing Staff, Corporate Insurance, Annual Audit and Board of Directors.

Acknowledgements

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Alaska Department of Education and Early Development
Alaska Department of Health and Social Services
Alaska Department of Labor and Workforce Development
Alaska Federation of Natives
Alaska Housing Finance Corporation
Alaska Inter-Tribal Council
Alaska National Guard
Alaska Native Brotherhood
Alaska Mental Health Trust Authority
Alaska Municipal League
Alaska State Community Service Commission
Association of Village Council Presidents, Inc.
Bethel Native Corporation
Calista
Calista Elders' Council
Child Care Connections
City of Bethel
City of Nunapitchuk
Cook Inlet Housing Authority
Cook Inlet Tribal Council
ConocoPhillips Alaska
Denali Commission
Federal Home Loan Bank of Cincinnati
First Alaskans Institute
First National Bank of Alaska
GCI
Home Depot Foundation
Housing Assistance Council



Indian Health Service
KPMG, LLP
Key Bank
Kodiak Island Borough
Municipality of Anchorage
National Marine Fisheries Service
Norton Sound Health Corporation
Nunapitchuk Native Corporation
Orutsaramiut Native Council
Rasmuson Foundation
Rural Community Assistance Corporation
Rural Local Initiatives Support Corporation
Salvation Army
Sea Lion Corporation
State Training and Employment Program
Substance Abuse and Mental Health Administration
University of Alaska
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U.S. Department of Commerce
U.S. Department of Education
U.S. Department of Health and Human Services
U.S. Department of Homeland Security
U.S. Department of Housing and Urban Development
U.S. Department of Interior
U.S. Department of Energy
U.S. Environmental Protection Agency
Wells Fargo Bank
Yukon Kuskokwim Health Corporation
United Utilities, Inc.

Qiyana!



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