

RurAL CAP 2009 Annual Report



Rural Alaska Community Action Program, Inc.

Healthy People, Sustainable Communities, Vibrant Cultures

RurAL CAP Partnerships

RurAL CAP is able to accomplish its vision and mission through strong partnerships with organizations across Alaska. Below are a few examples of successful partnerships between RurAL CAP and other organizations in 2009. See pages 24-25 for a list of our many other partners and supporters.



**I'm your neighbor.
A place to call home changed my life.**

**YOU
KNOW
me...**

Sober now for nine years, I have a home and a steady job. But I was homeless once.

Safe housing was the key to my recovery. After being on the streets so long, I didn't know where to start when I got sober. Having supportive people and services helped me break the cycle of addiction so I could rebuild my life.

Please support safe housing – a wiser way to solve homelessness.

Paul Mohamad, Anchorage, RurAL CAP Homeward Bound alumni and advocate meets with Ben Kanohokula Jr., a current RurAL CAP Homeward Bound case manager.



A message from The Trust, the Advisory Board on Alcoholism and Drug Abuse and community partners working to reduce homelessness.

Paul Mohamad, one of Homeward Bound's first graduates, was featured in a housing and substance abuse awareness campaign that the Alaska Mental Health Trust Authority partnered with the Alaska Housing Finance Corporation and RurAL CAP on.

**26th Annual
Rural Providers' Conference**

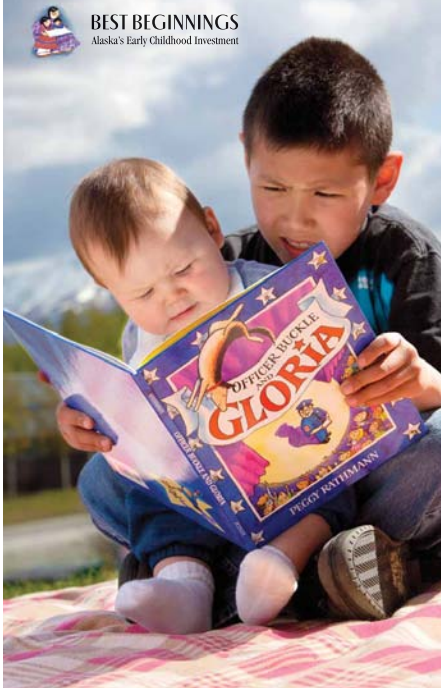
**Kodiak, Alaska
June 1-5, 2009**



**Rural Alaska Community Action Program, Inc.
Kodiak Area Native Association, Inc.**

The Kodiak Area Native Association co-sponsored the 26th annual substance abuse prevention conference with RurAL CAP in Kodiak.

RurAL CAP staff assisted Best Beginnings with their Yup'ik-language Activity Guides that contain fun, culturally relevant activities to help babies' brains grow in ways that will help them succeed in school and in life.



BEST BEGINNINGS
Alaska's Early Childhood Investment

**Mikelnguut
Ayagmek
Elluarluki
Anglivkallrat:**

**Piipiq-Ilu
Naanguarlutek
Piarkatek
Angerraallranek
Ayagluku
18-aanek
Iralungellra
Ngelkarlluku**

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CREDITS

Design & Layout: Angela Gonzalez

Photos: RurAL CAP Staff

Cover Photo: Helena Williams with granddaughter, Kailee Phillip, attending RurAL CAP's Energy Wise Fair in Akiak, Alaska

Photo by Jamey Gilila

Mission Driven

VISION | Healthy People, Sustainable Communities, Vibrant Cultures

MISSION STATEMENT

WHO WE ARE:

RurAL CAP is one of more than 1,000 "Community Action Agencies" nationally and is the only CAA in Alaska. RurAL CAP is a private non-profit corporation whose goal is to promote maximum participation by people in overcoming all forms of poverty.

WHAT WE DO:

RurAL CAP encourages the efforts of low-income people attempting to break the cycle of dependency and gain control of the changes affecting their lives. 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 strengthening the ability of low-income people to advocate for themselves.

WHY WE DO WHAT WE DO:

RurAL CAP recognizes the unique values and ways of life of 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.

Board Led

2009 RurAL CAP Board of Directors

Executive Committee

President	Andrew Ebona
Vice-President	Mike Williams
Secretary/Treasurer	Olga M. Malutin
Committee Member	Niki Ritzinger
Committee Member	Dr. Anthony Nakazawa
Committee Member	Andy Harrington

Target Area Representatives

Alaska Native Brotherhood	Andrew Ebona
Aleutian/Pribilof Islands Association	Zenia Borenin
Assoc. of Village Council Presidents	Wassilie Bavilla
Bristol Bay Native Association	Ted Angasan
Child Development Policy Council	Niki Ritzinger
Chugachmiut	Benna Hughey
Copper River Native Association	Robert Marshall
Kawerak	Steve Longley
Kodiak Area Native Association	Olga M. Malutin
Maniilaq Association	William Bernhardt
Tanana Chiefs Conference	Richard Frank
Tlingit-Haida Central Council	Richard Peterson

Private Sector Representatives

Alaska Christian Conference	Rev. David Fison
Alaska Legal Services Corporation	Andy Harrington
Alaska Municipal League	Kathie Wasserman
Alaska Village Initiatives	David Gilila, Sr.

Public Representatives

Akiak Native Community	Mike Williams
Alaska Bush Caucus	Rep. Bob Herron
Alaska Cooperative Extension Service ...	Dr. Anthony Nakazawa
Alaska Dept. of Education & Early Dev. ..	Paul Sugar
Office of the Governor of Alaska	John Moller
Huslia Tribal Council	Eleanor Yatlin
Municipality of Anchorage	Amy Sparck Dobmeier
North Slope Borough	Taqulik Hepa

Results Focused

Message from the Board President



It is my privilege to present to you RurAL CAP's 2009 annual report. Governed by a 24-member Board of Directors, the Rural Alaska Community Action Program, Inc. is a private, statewide, nonprofit organization working to empower low-income Alaskans through advocacy, education, affordable housing, and direct services that respect our unique values and cultures.

RurAL CAP continues to be focused on producing measurable results. Incorporated into all aspects of our strategic planning and organizational culture is the question, "So what?" So you got all this funding. So you ran all these programs. So what? What difference did you really make? How do you measure it? As we look to 2010, we know we've made a difference this past year as reflected by a sampling of 2009 accomplishments:

- ❖ Delivery of early childhood development services to 1,569 children through Head Start, Early Head Start, Parents as Teachers and the Child Development Center;
- ❖ Serving of more than 135,000 nutritious meals to low-income children;
- ❖ Screenings for developmental, sensory and behavioral concerns completed for 1,168 children;
- ❖ Provision of direct services and referrals to more than 100 chronically homeless Alaskans through Homeward Bound;
- ❖ Addition of 14 apartments including three units with full wheelchair accessibility to bring our total of safe, decent and affordable housing units in Anchorage to 64;
- ❖ Recruitment by AmeriCorps members of 2,870 volunteers who contributed 16,632 hours of community service statewide;
- ❖ Diversion of 135,000 pounds of solid waste from local landfills;
- ❖ Construction of ten self-help, owner-built homes in Kenai;
- ❖ Completion of weatherization services in 12 communities to more than 300 homes utilizing locally-hired employees; and
- ❖ Providing a critical advocacy voice to fishery deliberations and regulations through the Alaska Native Subsistence Halibut Working Group.

Our revised 2010-2012 Strategic Plan further encapsulates RurAL CAP's vision, mission and goals for the coming year. As an organization that has been providing measurable and cost-effective services since 1965, we look forward to another successful year with you in 2010.

Sincerely,

A handwritten signature in black ink that reads "Andrew Ebona".

Andrew Ebona, President
Board of Directors

Growth and Good Deeds

Message from the Executive Director

What a year! The past twelve months have been filled with a level of organizational growth unprecedented in RurAL CAP's 44-year history. Even before the year began, we were on an upwards growth curve fueled by an expanded Weatherization program and a strong and successful development team. So while 2009 began with the national economy in the grips of the worst recession since the Great Depression of the 1930s, we were already well on our way to reaching record levels of employees and expenditures.

The 2009 American Recovery and Reinvestment Act (ARRA) has provided access to millions and millions of dollars in new revenue to RurAL CAP to do more of what we already do well. Some of the new stimulus funding is already being spent. Much of its impact will be seen in the coming year. As one indicator of agency growth, RurAL CAP's annual budget has doubled over the past five years from \$17 to \$34 million.

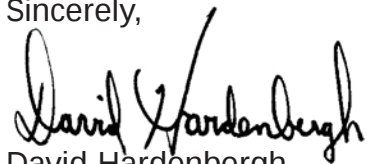
Ultimately the true measure of our effectiveness and organizational success is not about our funding or annual budget. It's about the results achieved by the people we serve. Last year we provided employment to 859 Alaskans, up more than 100 from the prior year. The work done by these hardworking employees and the results of that work measured in terms of the documented changes in the conditions and behaviors of the people we serve is what defines us.

As Jamey Gilila, RurAL CAP's Energy Wise project crew chief in Akiak so eloquently stated at our annual Board meeting when explaining his motto with his crew, "their work is not just about the pay, it's about the good deed."

Our vision of Healthy People, Sustainable Communities, and Vibrant Cultures continues to drive RurAL CAP to innovate and grow in exciting new directions while maintaining core programs which produce the measurable results highlighted throughout this annual report.

In summary I would like to note that RurAL CAP has never been better off financially with fiscal year end records in agency expenditures and cash reserves. We have an excellent and committed staff. We've grown with new programs and new property. We're serving more low-income Alaskans than ever before and we're making a positive difference in their lives. Our reputation as an organization that gets things done is solid. We invite you to share in our accomplishments and we thank you for your support.

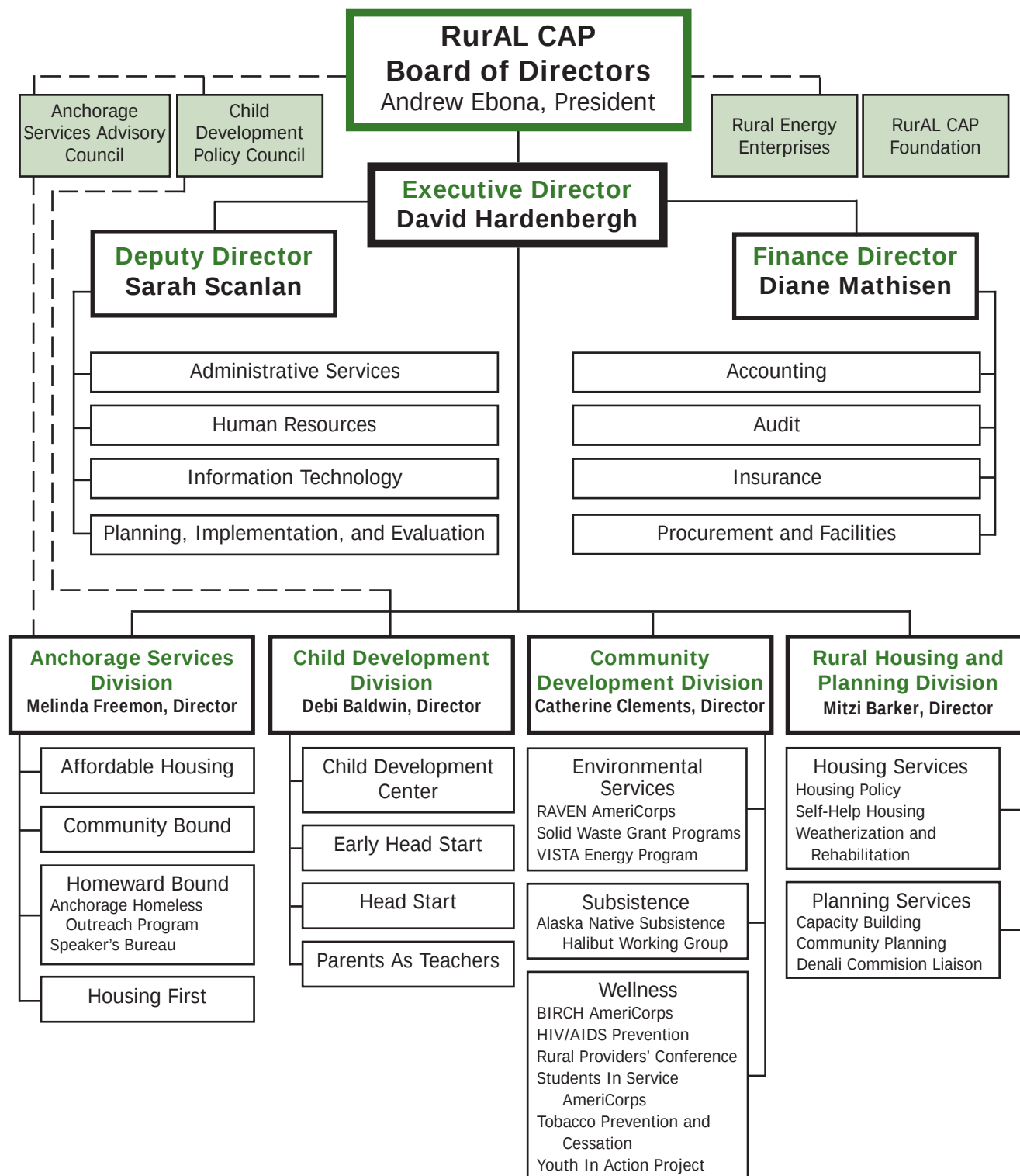
Sincerely,



David Hardenbergh
Executive Director



Organizational Chart



Fiscally Responsible

Financial Summary

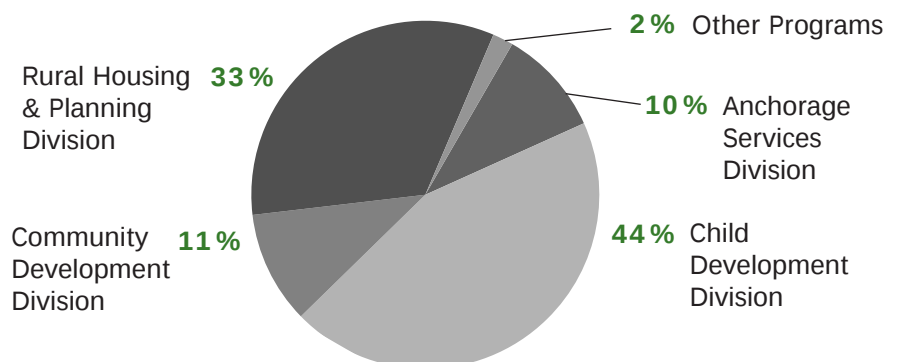
For fiscal year ending September 30, 2009.

REVENUE	
Public support	27,019,066
Private support	390,869
Program Income	853,524
Other Revenue	156,336
Interest	3,125
RurAL CAP Subtotal	28,422,920
Rural Energy Enterprises	7,371,500
Total	35,794,420
EXPENDITURES	
Salaries and fringe benefits	15,942,766
Contractual and professional fees	1,418,668
Travel	1,563,957
Space cost and rentals	1,736,918
General supplies and tools	638,004
Program supplies	3,880,494
Equipment acquisition, maintenance, and leases	902,408
Depreciation and amortization	264,505
Communications	369,290
Other direct costs	104,359
Change in Net Assets	1,601,551
RurAL CAP Subtotal	28,422,920
Rural Energy Enterprises:	
Expenditures	6,977,642
Change in Net Assets	393,858
Total	35,794,420

These numbers are the unaudited totals; the FY2009 audit is conducted by KPMG.

RurAL CAP's federally approved indirect rate of 11.5% of direct costs covers administrative expenses such as those for the executive, accounting, purchasing, and human resources departments, corporate insurance, annual audit, and Board of Directors.

Use of RurAL CAP Funds



Innovative Solutions

Agency Overview



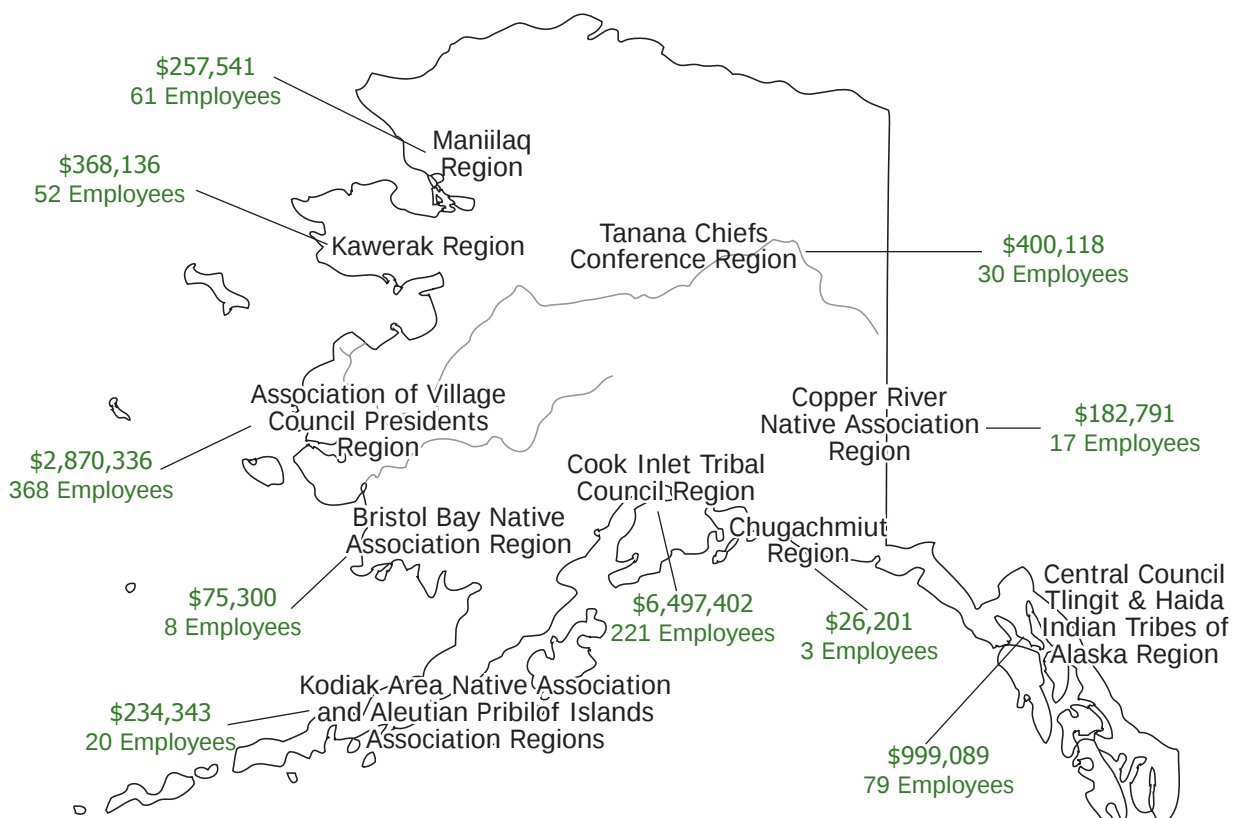
Paul Cleveland, RurAL CAP Energy Wise team member in Quinhagak, sorts the federal stimulus fund supplies for use in reducing energy costs in rural communities. Photo by Tara Loyd

RurAL CAP, founded in 1965, is a private, statewide, nonprofit organization working to improve the quality of life for low-income Alaskans. Governed by a 24-member Board of Directors representing every region of the state, RurAL CAP is one of the largest and most diversified organizations in Alaska. Overall, RurAL CAP employed 859 Alaskans in 79 communities statewide in FY2009, and expended \$26.8 million (not including Rural Energy Enterprises).

The power of RurAL CAP lies in our ability to listen and respond to the needs of low-income Alaskans. We follow the philosophy that community action is a people process, one which reinforces the values of personal responsibility, community self-reliance, participatory decision-making, and overall well-being. Our applied strategic planning process is an extension of this philosophy to continually improve our services through feedback, innovation and planning, and results oriented management and accountability that documents changes in conditions, behaviors and specific quality-of-life indicators of the people we serve.

In 2009, RurAL CAP had a total of 859 employees and a payroll of \$11,911,257. See below for a breakout by region.

Economic Impact Map of RurAL Cap Wages



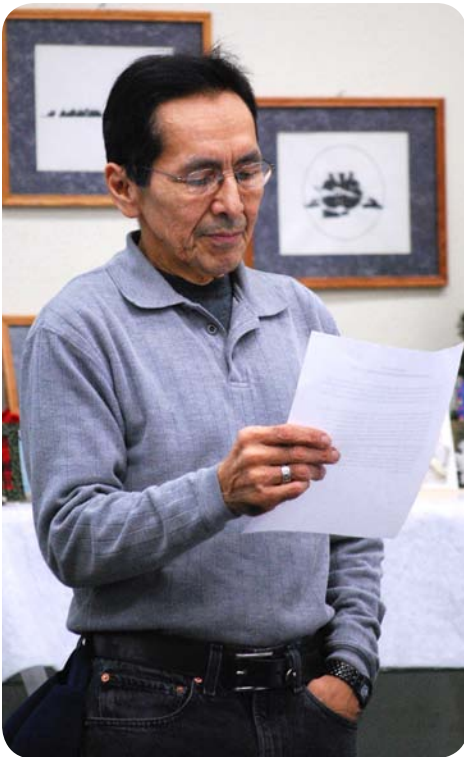
Enhancing Self-Sufficiency

Anchorage Services Division

RurAL CAP's Anchorage Services Division provides services to chronic homeless alcoholics, many of whom have severe mental health and substance abuse problems. Homeward Bound is one of only a few programs in the United States with such comprehensive services ranging from access to detox to housing and employment. The division also serves individuals and families by providing affordable housing opportunities to those with limited income.

2009 Anchorage Services Division Highlights

- ❖ Increased Affordable Housing from 50 units in 2008 to 64 units in 2009 for safe, decent and affordable housing
- ❖ Purchase of land in Anchorage for the construction of a new 7-unit affordable housing project using ARRA Neighborhood Stabilization funds
- ❖ Provision of direct services and successful referrals to more than 100 chronically homeless Alaskans through Homeless Outreach and Homeward Bound



Paul Mohamad shares his story with the RurAL CAP Board of Directors.

A Life Transformed: The Story of Paul

Since its inception in 1997, the Homeward Bound program has housed 332 people and graduated 134 participants. Approximately 128 of these individuals are currently in stable housing or a therapeutic environment such as an assisted living home, substance abuse treatment or domestic violence program. Below is the story of a graduate, Paul Mohamad.

Originally from Atka, Paul was ten years old when he and his seven siblings moved to Anchorage in 1960. Paul and his siblings were adopted into two families' homes in Anchorage. Paul graduated from high school in 1966 and entered the Army. He served in Thailand and at Ft. Benning and Ft. Wainwright before being honorably discharged in 1969. He held jobs at the Alaska Railroad and worked on the Alaska Pipeline. Due to his alcohol use, Paul began to have difficulty holding down jobs and maintaining a stable home. In 1997, after struggling with these concerns for many years and entering alcohol treatment numerous times, Paul came to Homeward Bound. Paul was hired as a janitor at a local car dealership. After graduating from Homeward Bound in 1999, Paul has continued to maintain his employment with the car dealership for over ten years.

"After being on the streets for so long, I didn't know where to start when I got sober," said Paul. "Having supportive people and services helped me break the cycle of addiction so I could rebuild my life." Paul's strength and courage to overcome years of homelessness and alcoholism inspire others to begin their journey toward recovery. Today, Paul has a steady income, a home, a vehicle and the pride of many accomplishments.

By operating this Housing First program, RurAL CAP has committed to providing chronically homeless individuals with a self-paced alcohol management system designed to meet basic needs while providing the tools to conquer addiction and improve the quality of life.

Homeward Bound

In 2009, Homeward Bound entered its twelfth year of rebuilding lives in the Housing First, self-paced alcohol management program for chronically homeless individuals. The Homeward Bound program is a 25-bed transitional living facility located in Mountain View which houses individuals interested in seeking a way out of homelessness. Homeward Bound assists residents by providing outreach to individuals in homeless camps and shelters and facilitating access to detoxification, substance abuse and mental health treatment. Residents are offered transitional housing, case management, housing information, employment assistance, mental health counseling, gender specific services for men and women, reintegration activities, volunteer work, individual and group counseling, and life skills classes.



Homeward Bound is located in the Mountain View neighborhood in Anchorage.

Anchorage Homeless Outreach Program

Making daily visits to homeless camps throughout the Anchorage area, the Anchorage Homeless Outreach Program team creates a bridge between service providers and the homeless to maximize access to resources.

- ❖ Homeward Bound's outreach team initiated 2,363 contacts in 2009 with individuals who were homeless in Anchorage in the form of referrals, support and advocacy
- ❖ 101 referrals were made to other services
- ❖ 81 individuals received emergency cold weather gear
- ❖ Staff participated in the Anchorage Homeless Point in Time Count
- ❖ Staff participated in the Veterans Administration Stand Down 2009 serving 215 veterans

Project Homeless Connect

The Project Homeless Connect event was held twice in 2009 to provide a one stop shop of resources for homeless individuals and families. Community volunteers assisted homeless people in obtaining food boxes, hot meals, showers and haircuts, onsite child care, substance abuse and mental health screenings, wheelchair repairs, housing applications, employment support, and health screenings. This year, a total of 1,326 homeless persons were served at two Project Homeless Connect events.

Community Bound

Complementing the Homeward Bound program, Community Bound offers specific case management to individuals needing housing assistance and employment development. Community Bound provides participants with training in tenant rights and responsibilities, employment, money management, community volunteer opportunities, social relations, communication, and advocacy.

- ❖ 4 Community Bound participants maintained work or income for 6 months
- ❖ 27 completed a housing budget plan
- ❖ 10 individuals opened a bank account or initiated working with a payee
- ❖ 19 met monthly household bills and responsibilities for 6 months or longer

Average Homeward Bound Resident

- ❖ Alaska Native male (78% of participants)
- ❖ 10 or more years homeless
- ❖ 29 years as an alcoholic
- ❖ 15 or more pickups by the Community Service Patrol in the last year

Housing First Services

The Housing First program places hard to serve individuals directly into permanent housing without requiring participation in treatment. Individuals receive intensive in-home case management to help them make progress towards self-sufficiency and succeed in housing. Since inception in 2007, 22 homeless people were assisted in seeking and retaining housing directly from homeless camps.



A ten-unit Housing First facility in Anchorage

Affordable Housing

The Affordable Housing program provides rental apartments to individuals with limited credit and rental history. The Affordable Housing program requires a person's ability to pay rent, to care for an apartment, and be a good neighbor as prerequisites for tenancy. It is especially difficult for those with special needs to find decent and affordable housing.

2009 Affordable Housing Accomplishments

- ❖ 52 adults and children remained safely housed for 12 months or longer
- ❖ 62 heads of households applied for Affordable Housing rental units
- ❖ 41 units were improved as a result of rehabilitation projects
- ❖ 2 new complexes were remodeled for special needs tenants
- ❖ 2 vacant lots were purchased to design and build a seven-unit building with construction scheduled to begin in 2010

A wheelchair-accessible elevator was installed at the six-unit Davis Street Affordable Housing property in Anchorage. Three units were modified for wheelchair accessibility.



Construction began in July 2009, and was completed in December 2009. The garage area was also weatherized for energy efficiency.



Investing In Our Children

Child Development Division

The Child Development Division provides services to prenatal women, children and families in 29 communities across Alaska. The programs offered by the Division include Head Start, Early Head Start, Parents as Teachers, and child care.

All Child Development Division programs are designed to facilitate parent involvement and community collaboration. Programs promote the basic tenet that parents are the child's first and best teacher. Services to children promote positive socio-emotional development, healthy practices, cultural richness and school readiness. Services to families support self-determination and empowerment.

Highlight: Kluti-Kaah Head Start

RurAL CAP's Head Start program has served low-income children and their families in rural Alaska since 1965. The program promotes school readiness by enhancing children's social and cognitive development through its educational, health, nutritional and social services. In the case of Kluti-Kaah – one of the 29 villages with a RurAL CAP Head Start or Early Head Start program – the program was so successful that it grew too large for its original building. Below is the story of the recent upgrades to that location.

The children served by the Kluti-Kaah Head Start Center now have more room to learn, thanks to the recent 1,000-foot addition to the building. The outgrown, 20-year-old facility now has larger classrooms to accommodate the 17 children served and its first office for the supervisor and teacher. "I can't believe we ever made it the other way," said Diane Ellsworth, the local program supervisor and family advocate. "This is much more efficient." Before the renovation, teachers sat at their desks sideways due to the small space and the single entryway was sinking and collecting water.

When the renovation was completed in August, the building was nearly twice as big. Now there are three sloped and paved entryways, and children are already playing on the new paved bicycle track encircling a four-square and basketball court. Inside, children and staff are enjoying the extra space between the designated art, science and music areas.

2009 Child Development Division Highlights

- ❖ 1,569 children served in all programs, birth through preschool
- ❖ 1,341 families enrolled
- ❖ 87 children with special needs served
- ❖ 1,168 children received developmental screenings
- ❖ Early Head Start and Parents as Teachers services to 83 prenatal women
- ❖ Served 135,082 nutritious meals and snacks through early childhood programs
- ❖ Secured \$390,000 in CDBG funds from the Municipality of Anchorage to purchase land for a new Child Development Center
- ❖ Head Start facility renovations and additions in Kluti-Kaah and Akiak



Victor is one of 1,569 children served by RurAL CAP. He attends the Kluti-Kaah Head Start program.
Photo by Rozel Auelua

Making a Difference Statewide

2009 Site Map

RURAL HOUSING & PLANNING DIVISION:

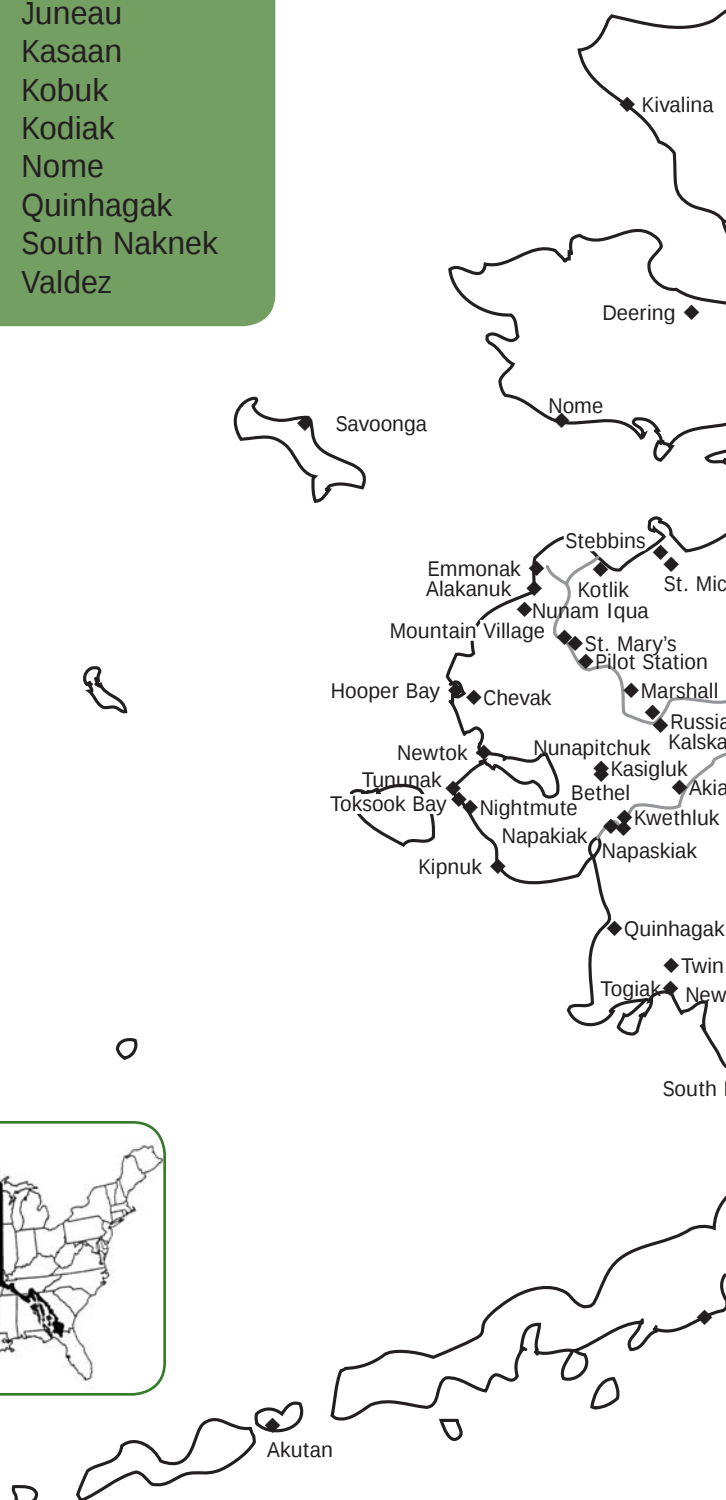
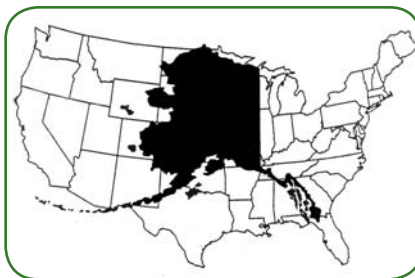
Alakanuk	Napakiak
Chalkyitsik	New Stuyahok
Chevak	Newtok
Emmonak	Nightmute
Juneau	Nome
Kenai	Nunam Iqua
Kiana	Pilot Station
Kipnuk	Russian Mission
Kivalina	St. Michael
Klukwan	Toksook Bay
Kotlik	Tununak
Kwethluk	

BOARD OF DIRECTORS REPRESENTATION:

Akiak	Huslia
Akutan	Juneau
Anchorage	Kasaan
Barrow	Kobuk
Bethel	Kodiak
Douglas	Nome
Fairbanks	Quinhagak
Glennallen	South Naknek
Haines	Valdez

COMMUNITY DEVELOPMENT DIVISION:

Copper Center	Ninilchik
Kodiak	Nome
Anchor Point	Nondalton
Anchorage	Palmer
Atka	Perryville
Chevak	Petersburg
Coffman Cove	Point Baker
Cooper Landing	Port Protection
Cordova	Russian Mission
Crooked Creek	Selawik
Fairbanks	Sitka
Haines	Slana
Hughes	Stebbins
Huslia	Sterling
Kalskag	Takotna
Kasigluk	Tanacross
Ketchikan	Tenakee Springs
Klukwan	Tetlin
Manokotak	Thorne Bay
Marshall	Togiak
Napakiak	Twin Hills
Naukati Bay	Tyonek
Nenana	Valdez
New Stuyahok	Venetie
Nikiski	Wrangell
Nikolai	Yakutat





“The kids love their center. The hardest part of the day is getting them to leave,” said Ellsworth. More space also means more families come in to interact with the staff and children, she said. Not only do Head Start families and staff benefit immensely from the addition and upgrades, but the entire community does as well. The center is used for community celebrations, and for the first time, all the guests will have a seat.



Rose Tyone performs at the open house for the Kluti-Kaah Head Start program. Photo by Patrice Griffin

HEAD START & EARLY HEAD START

Head Start and Early Head Start are comprehensive child development programs serving low-income children and their families. RurAL CAP has operated Head Starts in rural Alaska since 1965. Head Start serves children ages three to five and Early Head Start serves prenatal women and children ages birth to three. The programs promote school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other related services. The programs also help parents make progress toward their own education, literacy and employment goals.

In 2009, the Head Start and Early Head Start programs served 941 children and 22 prenatal women. A majority of those served received dental exams/screenings, developmental screenings, and were connected to social services. Local Parent Committees are formed at each Head Start Center to assist the staff in curriculum development, increase community support and offer advice on programmatic and fiscal decisions. Parents help determine the cultural appropriateness and responsiveness of program services.

Head Start/Early Head Start programs served 24 communities in Alaska:

- ❖ 941 children were served
- ❖ 68 children with disabilities were served
- ❖ 103 homeless families were served
- ❖ 22 prenatal women were served
- ❖ 761 children received developmental screenings
- ❖ 242 single parent families were served



Bessie and Jamie enjoy playtime at the Akiak Head Start program. Photo by Debi Baldwin

Early Head Start Sites

Akiak
Hooper Bay
Kwethluk
Nunapitchuk
Pilot Station
St. Mary's

Head Start Sites

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

Of the 941 children enrolled in Head Start /Early Head Start programs:

- ❖ 641 children enrolled based on income eligibility (79%)
- ❖ 112 children enrolled based on receiving public assistance (12%)
- ❖ 17 children enrolled due to status as a foster child (2%)
- ❖ 145 children enrolled whose families had income falling between 100-130% of poverty guidelines (16%)

CHILD DEVELOPMENT CENTER

In Anchorage, the Child Development Center provides full-day, year-round child care. The Center has an open enrollment policy with a sliding tuition scale to benefit low-income families. The Center is licensed by the Municipality of Anchorage. In 2009, 50 children were served by the Center, and six transitioned to kindergarten. A Parent Council promotes family involvement in the Center's activities and events. The Center continues to maintain its participation in the Strengthening Families Initiative aimed at eliminating child abuse and neglect.



RurAL CAP's Child Development Center cares for children ages 19 months to 5 years. Trell and Naythen are friends.

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. Home visits and group socializations are offered to families in 19 communities across the state. The PAT approach is to support all children so that they will learn, grow and develop to realize their full potential.

An advisory board serves to evaluate current services and explore expanding services. Advisory board members are representatives from community agencies, Native organizations and community Elders.

2009 PAT Accomplishments

- ❖ 578 children and 61 prenatal women served
- ❖ 370 children received developmental screenings
- ❖ 4,230 home visits completed by staff
- ❖ 176 group socializations facilitated by family visitors



Children learn important fine motor skills at the Parents as Teachers program in Hydaburg.

Building Capacity

Community Development Division

RurAL CAP's Community Development Division provides training, education, resources, and service opportunities to low-income Alaskans to promote health and wellness, improve environmental conditions, save energy and build capacity. The division focuses on positive solutions that are culturally appropriate and achieve measurable results.

The Community Development Division includes five national service AmeriCorps and Volunteers in Service to America (VISTA) programs. Each year, RurAL CAP supports up to 150 AmeriCorps and VISTA members in over 50 communities across Alaska. RurAL CAP AmeriCorps Members are recruited locally to address community issues and implement local solutions to those concerns. They gain valuable training, skills and experience and earn an education award after completing a year of service.

2009 Community Development Division Highlights

- ❖ AmeriCorps Members recruited 2,870 volunteers who contributed 16,632 hours of community service
- ❖ Diverted 135,000 pounds of solid waste from local landfills
- ❖ Partnered with the Denali Commission to manage \$900,000 in Solid Waste project funds for 15 rural communities
- ❖ Launched the Energy Wise program to provide 2,200 homes in rural Alaska with energy conservation services
- ❖ Developed the Youth Action Program, which provided 5,146 youth contacts participating in 487 healthy, recreational activities or peer-to-peer education opportunities

Rural Providers' Conference (RPC)

The RPC is an annual gathering of substance abuse service providers, youth, Elders and family members interested in celebrating and encouraging the growth of the Alaska Native Sobriety Movement. The RPC embraces and unites traditional Alaska Native knowledge and modern approaches to prevent alcohol and drug abuse. In 2009, more than 230 people attended the 26th RPC in Kodiak, co-sponsored by the Kodiak Area Native Association. The RPC included 29 workshops promoting sobriety and wellness, with a strong youth track and local cultural activities.

Building Initiatives for Rural Community Health (BIRCH) AmeriCorps Program

BIRCH AmeriCorps Members design and support community-wide events and activities for youth, families and Elders in the areas of health education, substance abuse prevention and wellness. In 2009, 15 BIRCH AmeriCorps Members completed 7,365 hours of service and organized six health fairs.

Tobacco Prevention and Cessation

BIRCH AmeriCorps Members utilize the Tobacco Education and Cessation for Alaskans curriculum and other tools to prevent tobacco use and provide resources to tobacco users who would like to quit. In 2009, 44 tobacco educational presentations were provided, 378 rural Alaskans were referred to cessation services and 45 people were successful in quitting tobacco use.



Cooper Landing children help an AmeriCorps Member plant seeds for a community greenhouse. Photo by Janice Berry

HIV/STD Prevention - Community Voices Project

The Community Voices Project that engaged rural youth and community members to develop a series of five posters on HIV/AIDS prevention in 2008 continued to be distributed this year. Radio public service announcements and digital stories were developed and will be available for distribution in the coming year.

Early Decisions - Fetal Alcohol Spectrum Disorder (FASD) Prevention

Through the Early Decisions Project, RurAL CAP distributes individual prevention materials and information (posters, videos, video games, teaching units, and website) for use by FASD service providers, health care providers, schools, and prevention programs across the state.

Students In Service AmeriCorps Program

RurAL CAP works with the University of Alaska Anchorage and the University of Alaska Fairbanks to coordinate 80 Students In Service AmeriCorps Members. 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, and child welfare. In 2009, 30,000 hours of service were completed by Members.

Youth Action Program

In 2009, 13 RurAL CAP AmeriCorps Members volunteered to commit a portion of their service to working with youth by organizing Youth Action Groups in their communities. The project fosters leadership and life skills development that will lead to future employability. Youth Action Groups are strength-based and focused on health topics, community service, outdoor appreciation, fostering adult-youth relationships, environmental action, tobacco prevention, learning Native dancing, and life skills. Youth Action AmeriCorps Members were surveyed, and 36% of Members strongly agree and 64% agree they “have a better understanding of some of the challenges that youth are facing,” and 44% strongly agree and 56% agree that “My relationships with youth have improved.”

Rural Alaska Village Environmental Network (RAVEN) AmeriCorps Program

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. In 2009, 20 rural communities were served and 21,586 hours of service were completed.

Alaska Village Indoor Air Quality (AVIAQ)

The AVIAQ program provides education through home visits and community events to improve indoor air quality in rural homes. Carbon monoxide detectors, green cleaning kits, and other educational resources are installed and distributed during home visits. Carbon monoxide detectors, green cleaning kits, and other educational resources are installed and distributed during home visits. In 2009, 45 AmeriCorps & VISTA Members were trained as AVIAQ educators and 500 home visits were conducted in 21 Alaska villages.



Recyclable items collected by volunteers await pickup at the Hughes airport. Photo by Charlie Ess

Alaska Native Subsistence Halibut Working Group (ANSHWG)

RurAL CAP provides administrative and logistical support to ANSHWG which consults with the National Marine Fisheries Service and provides input on the impact of halibut fisheries regulations to subsistence users.

Solid Waste Management Technical Assistance

RurAL CAP continues to host an expert solid waste liaison through funding provided by the EPA and Senior Services America, Inc. The liaison provides solid waste management technical assistance to rural communities through training, site visits, hands-on demonstrations, and remote contact. Resources are provided for dump closure activities, collaborating with funders, technical assistance, and backhaul of solid waste. In 2009, 25 rural villages were served.

Solid Waste Management Projects

In 2009, RurAL CAP administered 15 solid waste management projects for the Denali Commission and five Community Environmental Demonstration Projects for the Environmental Protection Agency. Several of the communities purchased burn units to help eliminate trash buildup in the dumps and landfills. Other communities purchased bulldozers or skid steer loaders to clean up or cover the ash from burn units, containers and equipment for recycling programs, and set-up new recycling, energy efficiency, and composting projects.

Recovery AmeriCorps/VISTA Members

RurAL CAP was awarded 13 AmeriCorps and 14 VISTA positions with American Recovery and Reinvestment Act funding. They were placed in a variety of roles and capacities in organizations in 18 communities in Alaska.

VISTA Energy Program (VEP)

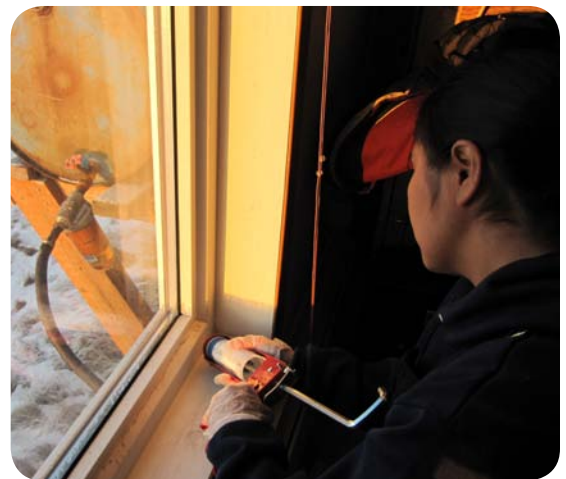
In 2009, there were 14 VISTAs who worked to reduce the burden of energy costs in their rural communities. Projects included planning and capacity building for renewable energy options and home energy efficiency education.

Energy Wise

Energy Wise, a new American Reinvestment and Recovery Act funded program, was started in July 2009 to conduct energy saving measures in 2,200 homes in 32 rural communities.

Alaska Environmental Resource Hub Online (AERHO)

RurAL CAP continued to expand the online resource hub (www.AERHO.org), a website dedicated to addressing local and statewide environmental and health issues. AmeriCorps and VISTA Members and sub-grant recipients use the site as a resource and way to connect with each other.



An Energy Wise team member seals a window in Kasigluk. Photo by Tara Loyd

Enriching Opportunities

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.

RurAL CAP is one of the many organizations responsible for weatherizing homes in parts of rural Alaska and Juneau. Weatherization makes homes more energy efficient by lowering the cost of home heating and thus making more household income available for other basic necessities that keep local economies alive.

2009 Rural Housing & Planning Division Highlights

- ❖ Completion of 10 self-help, owner-built homes in Kenai
- ❖ Creation of a partnership with the Foraker Group and Alaska Community Foundation to use ARRA Sustainable Communities funds to help build the administrative capacity of 10 rural communities through grant making and technical assistance
- ❖ Weatherization services provided in 12 communities to more than 300 homes utilizing locally-hired employees
- ❖ Increased weatherization revenue from approximately \$5 million to \$7.9 million

Highlight: Village Planning and Development Initiative (VDPI)

RurAL CAP's VPDI partnered with 10 tribes and municipalities to develop, update and implement community plans. These communities include: Chalkyitsik, Chevak, Kotlik, Klukwan, Napakiak, New Stuyahok, Newtok, Russian Mission, Pilot Station and Toksook Bay. Hiring a community planning consultant can cost up to \$70,000. With a grant from the U.S. Department of Agriculture, RurAL CAP has been able to provide this service at no cost to the communities.

Like many rural Alaskan communities, there is no road to Chalkyitsik. Located in the northeastern Interior, Chalkyitsik is only accessible by air, riverboat in the summer, and snow machine in the winter. Approximately 70 people live in this Gwich'in Athabascan village. Job opportunities are limited and most residents maintain a mostly subsistence lifestyle.

RurAL CAP staff met with the Chalkyitsik Village Council and residents to discuss local issues and their community plan, and helped identify values and established a common vision. New goals and objectives were created which included increased job training, the continuance of a subsistence lifestyle, and the building of a traditional storage cache. These goals and more were incorporated into the 2009 Chalkyitsik Community Plan.

Chalkyitsik is now the second community in the Yukon Flats region to have a community plan in place. RurAL CAP hopes that the Chalkyitsik plan will serve as a template for other neighboring communities. The Rural Housing and Planning division will continue to work with the 10 VPDI communities to develop and implement culturally relevant and locally authored community plans.



COMMUNITY PLANNING

RurAL CAP continues to partner with the Denali Commission to deploy a community planning tool that is tailored to the special needs and circumstances of Alaska's small rural communities. Built around a rural Alaska understanding of the social, political, cultural, and physical environment, the community planning tool helps villages tell their unique stories and plan for the future while embracing their values, culture, and vision. The model has been endorsed by the Denali Commission and the Alaska Division of Community & Regional Affairs as meeting their requirements for a baseline community plan.

RurAL CAP provides training and technical assistance to communities that wish to engage in community planning activities. Services include training conferences and events, as well as on-site assistance in developing a community plan.

2009 Community Planning Highlights

- ❖ Provided direct in-depth technical planning assistance to 10 rural communities
- ❖ Assisted 4 communities, in a partnership with the Division of Community & Regional Affairs, to address ANCSA 14(c) land conveyance issues
- ❖ Hosted 2 community planning interns from the Denali Commission
- ❖ Partnered with the Nelson Island Consortium and the Department of Environmental Conservation to help Toksook Bay obtain an environmental site assessment from the Environmental Protection Agency

HOUSING SERVICES

RurAL CAP's housing services program helps communities expand and improve affordable, energy-efficient housing options.

Self-Help Owner-Built Homes

Self-Help Owner-Built homeownership projects help modest-income families achieve homeownership through their "sweat equity" contribution which makes the homes more affordable. Their labor helps keep building costs to a minimum, which in turn reduces the cost for Self-Help homes by up to 30% below conventionally-developed homes. Extensive homebuyer counseling, financial literacy training, and assistance with budgeting and resolving outstanding credit issues are provided to potential self-help participants. These services help families to qualify not only for the self-help program, but to prepare for successful homeownership in general.



It takes about 12 months for families to complete their homes.

In 2009, construction of 10 homes was completed in Kenai. The homes are five-star energy rated. Funds were awarded from Alaska Housing Finance Corporation for the acquisition and development of sites for eight additional homes in the same subdivision in 2010. RurAL CAP has been awarded two more years of USDA funding to continue the program in the central Kenai Peninsula area. Construction on the eight new homes will begin in the spring.

Homeownership Counseling

The path to homeownership is not as simple as signing on the dotted line and moving in. Even families with stable incomes may find themselves turned away because of lingering credit problems, or a checkered job history, or other issues. RurAL CAP's financial literacy and counseling program, based on the Kenai Peninsula, helps families prepare for homeownership by getting their financial house in order and learning how to handle the responsibilities of homeownership. The program is closely aligned with the Self-Help housing program, but many successful participants have elected to pursue other homeownership options.

In 2009, a statewide housing counseling/legal assistance project – Housing Help Now Alaska (www.housinghelpnowalaska.org) was in preparation to be launched. RurAL CAP partnered with Consumer Credit Counseling Services of Alaska and Alaska Legal Services to provide the counseling. This project was funded by American Recovery and Reinvestment Act (ARRA) funds.

Weatherization and Rehabilitation Services

RurAL CAP provides weatherization services in Western and Northwestern Alaska as well as in the City and Borough of Juneau. Weatherization is the division's longest-standing program. The focus of weatherization is to increase the safety, energy-efficiency and comfort of the homes served. Unlike similar programs in other areas of Alaska and the Lower 48, the Western/Northwestern Alaska program serves an entire community at one time, rather than individuals scattered among multiple communities. RurAL CAP weatherization projects may take 1-3 years to complete, depending on the size of the community being served. In Nome, RurAL CAP has partnered with Nome Eskimo Community (NEC) to deliver Weatherization services to all eligible residents of the city.

Homes receiving weatherization services must be occupied by income eligible homeowners. Priority is given to Elders, handicapped individuals, and households with children under the age of six. In all weatherization and rehabilitation projects, local hire is an important element which provides employment and leaves communities with a more skilled labor pool. In 2009, 205 people were hired and trained locally.

2009 Weatherization Statistics

- ❖ 343 homes weatherized
 - 39 in Alakanuk
 - 31 in Emmonak
 - 4 in Kiana
 - 24 in Kipnuk
 - 41 in Kivalina
 - 26 in Kwethluk
 - 101 in Juneau
 - 4 in Nightmute
 - 15 in Nome
 - 3 in Nunam Iqua
 - 17 in St. Michael
 - 38 in Tununak
- ❖ 1,319 total family members in weatherized homes

Impacts of Weatherization and Rehabilitation Services

ESTIMATED ENERGY SAVINGS	Kwethluk	Kivalina
Annual Energy Costs Before Weatherization	\$ 9,862	\$ 5,630
Annual Energy Costs After Weatherization	\$ 4,390	\$ 2,933
Estimated Annual Savings	\$ 5,472	\$ 2,697
Percentage Savings	55%	48%
CARBON IMPRINT (pounds)	Kwethluk	Kivalina
Approximate Amount of CO2 Produced Before Weatherization	56,991	22,301
Estimated Amount of CO2 Produced After Weatherization	36,527	14,080
Approximate CO2 Reduction	20,464	8,221
Percentage Reduction	36%	37%

These are random sampling of two homes in each community.

INCREASING ENERGY EFFICIENCY

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. R.E.E. has sold \$94 million in products since it began in 1987.

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 \$350 to \$600 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 233 small entrepreneur dealerships in rural Alaska, and more than 114 dealerships in western Canada and the northwest United States.

2009 Fiscal Year Performance

Gross Sales - \$7,371,500

Net Income After Taxes- \$393,858 (pre-audit)

Rural Energy Enterprises Products

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

2009 R.E.E. Accomplishments

- ❖ RurAL CAP has more than \$4.8 million in equity in R.E.E.
- ❖ 89.9% of total sales are from Alaska
- ❖ \$1.6 million of products sold in rural Alaska



Toyostove Laser 73 Heater

R.E.E. distributes Toyostove, NordicStove, Dunkirk, Drolet, Godin, Rinnai, Nestor Martin, Osburn, Tirino, Aquastar, Vanguard and Toyotomi products. R.E.E. specializes in oil, wood 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. R.E.E. also offers 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.

R.E.E. Board of Directors

Geoff Feiler
David Hardenbergh
Shauna Hegna
Phil Kaluza
Bob Lohr
Virginia Moore
Chris Rose



R.E.E. Management Team

Mark Callinsky, President & CEO
Lonnie Jackson, Sales Manager
Jill Keller, Financial Manager

R.E.E. employees keep our communities and families warm.



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Serving rural Alaskans for 22 wonderful years!

Honoring Our Partners

Thank you to our funders and partners for engaging with RurAL CAP to fulfill our Vision:
Healthy People, Sustainable Communities, Vibrant Cultures.

Abused Women's Aid in Crisis	BP
Agnew::Beck	Bristol Bay Native Association
Akiak Native Community	Build-A-Bear Workshop Bear Hugs Foundation
Alaska Building Science Network	Catholic Social Services
Alaska Bush Caucus	Central Council Tlingit & Haida Indian Tribes of Alaska
Alaska Christian Conference	Chugachmiut
Alaska Community Foundation	City of Emmonak
Alaska Community Share	City of Hydaburg
Alaska Cooperative Extension Service	City of St. Mary's
Alaska Department of Commerce, Community, and Economic Development	Cold Climate Housing Research Center
Alaska Department of Education and Early Development	Community Action Partnership
Alaska Department of Health and Social Services	Community Action Program Legal Services, Inc.
Alaska Department of Labor and Workforce Development	Community Investment Futures
Alaska Energy Authority	ConocoPhillips Alaska
Alaska Federation of Natives	Consumer Credit Counseling Services of Alaska
Alaska Forum on the Environment	Cook Inlet Housing Authority
Alaska Head Start Association	Cook Inlet Tribal Council, Inc.
Alaska Housing Finance Corporation	Copper River Native Association
Alaska Inter-Tribal Council	Covenant House Alaska
Alaska Job Corps	Denali Commission
Alaska Legal Services Corporation	Elihu Foundation
Alaska Mental Health Trust Authority	First Alaskans Institute
Alaska Municipal League	First Books
Alaska Native Brotherhood	First National Bank of Alaska
Alaska Native Heritage Center	Foraker Group
Alaska Native Subsistence Halibut Working Group	Gan Yeladim Preschool
Alaska Native Tribal Health Consortium	Girl Scouts of Alaska
Alaska Public Health Nursing	Health Education Council National Network on Tobacco Prevention and Poverty
Alaska Tribal Conference on Environmental Management	Housing and Neighborhood Development Commission
Alaska Village Initiatives	Huslia Tribal Council
Alaskan Aids Assistance Association	Indian Health Services
Alaskans for Litter Prevention and Recycling	Kawerak, Inc.
Aleutian Pribilof Islands Association	Key Bank
American Legacy Foundation	Kodiak Area Native Association
American Red Cross	Kodiak Island Borough
Amunsen Educational Center	Kodiak Island Housing Authority
Anchorage Association for the Education of Young Children	Koniag, Inc.
Anchorage Coalition on Homelessness	KPMG, LLP
Anchorage Coalition on Homelessness Executive Oversight Board	Laborers' International Union of North America, Local 341
Anchorage Community Mental Health Services	Low Income Home Energy Assistance Program (LIHEAP)
Anchorage Gateway Rotary	Manilaq, Inc.
Anchorage Housing Initiatives	Mayor Sullivan's Homelessness Leadership Team
Anchorage Police Department	Morris Thompson Cultural & Visitors Center
Anchorage Public Libraries Ready to Read Resource Center	Municipality of Anchorage
Anchorage School District	National Association for State Community Services Programs
Association of Alaska School Boards	National Community Action Foundation
Association of Village Council Presidents, Inc.	National Congress of American Indians
Bering Strait School District	National Marine Fisheries Service
Bering Strait Leadership Team	Native Village of Afognak
Best Beginnings	Nine Star Education and Employment Services
Bethel Family Clinic	Nome Emergency Shelter Team
	Nome Eskimo Community

North Slope Borough
 Northrim Bank
 Northwest Arctic School District
 Office of Governor Sean Parnell
 Office of Representative Don Young
 Office of Senator Lisa Murkowski
 Office of Senator Mark Begich
 Pacific Northwest Community Action
 Partnership
 Parents As Teachers National Center
 Project Homeless Connect
 Rasmuson Foundation
 Reading Is Fundamental
 Renewable Energy Alaska Project
 Rural Local Initiatives Support Corporation
 Salvation Army
 Senior Service America, Inc.
 Serve Alaska
 Southcentral Foundation
 Southeast Alaska Guidance Association
 Southeast Regional Resource Center
 Spirit of Youth
 St. Innocent's Academy
 Substance Abuse and Mental Health
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 Warm Woolies
 Wells Fargo Bank
 Woody Island Tribal Council
 Yukon Kuskokwim Health Corporation



Weatherization protects a home's exterior and interior from the elements, particularly from rain, snow and especially strong winds from the Bering Sea in Nome. Weatherizing homes helps to reduce energy consumption and optimizes energy efficiency. RurAL CAP partnered with the Nome Eskimo Community to weatherize 15 homes in Nome. Photo courtesy of the Nome Eskimo Community



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