



Check extension cords for breaks,  
replace for family safety and peace of mind.

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## Newsletter of the Interior Regional Housing Authority

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Safe Housing for Tribes through the Native American Housing Assistance and Self-Determination Act

**Vol. VII, Issue 2** Serving the Native People of the Doyon Region, Alaska

**October 2010**

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### Weatherization program benefits region twice: work crews' paychecks and reduced costs to heat homes

By Kimberly Carlo

Over the summer, IRHA completed weatherization on all five elder's homes in Rampart. Each of the applicants received extensive services. Three of the elders received USDA elder home repair grants, which allowed them to get additional services for their homes. Another received NAHASDA funding allowing IRHA to expand our weatherization services.

IRHA is fortunate in being able to seek additional funding, and leverage these funds, when available, to the benefit of the applicant. Since the weatherization department has a very limited scope, compared to other IRHA programs, we work with the applicants to see if they qualify for any additional programs. Weatherization focuses on heating systems, air sealing, and insulating; so you may have guessed windows and door are our biggest request, but they are last on the priority list, when writing a scope of work.

The weatherization program is now focused on the community of Grayling; the local crew started working the week of August 23. The crew will work throughout the winter, getting all 37 homes weatherized by March 2011.

Before weatherization gets underway we have client education meetings to inform the applicants what to expect from the weatherization process. IRHA is hosting a second mandatory client education community meeting on October 13, 6pm, at the Grayling Tribal Hall.

IRHA recently received approval from AHFC to perform weatherization in Northway on 30 homes. Our staff will start working on these projects in October and work until each home is weatherized. IRHA will also be working with the Northway Tribe



*In Rampart, a weatherization crew member prepares to apply spray cellulose in the attic of a village home. In order to minimize contact with the material, workers "suit up", use breathing masks and follow other safety guidelines.*

to set up a mandatory client education meeting for all applicants.

Bear in mind that weatherization funding varies from urban and rural communities; communities with road access are considered urban within the funding guidelines. As a consequence, not all communities receive the same amount of funding per house.

IRHA weatherization sites were selected in collaboration with Tanana Chiefs Conference Housing Program. Once Grayling and Northway are weatherized, Kaltag and Stevens Village will be next to enjoy the benefits of weatherization. Start date: spring 2011.

For more information visit the IRHA website: [www.irha.org](http://www.irha.org) or call Kimberly Carlo at 1-800-478-4742.

#### IRHA Board of Commissioners

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**N. Carl Burgett, Vice-chair**  
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Ruby, Tel: 907-468-4407

**Fred Alexie, Sr.**  
Kaltag, Tel: 907-534-2277

**Robert Walker**  
Anvik, Tel: 907-663-6341

## Letters of appreciation

Dear IRHA,

Our son, Vernon Henzler, died May 29, 2010. Your organization contributed funds to help with his burial services. We thank you and your board members for this great policy. It was a wonderful help in a time of great hurt. Thank you so much.

Sincerely, The Henzler Family

Dear IRHA,

This letter is long overdue. I would like to take this time to personally thank all of your hard working staff members who were involved with the donation of wood to build the beautiful coffin for my son, Charles Beasley, 25, who passed away in April. Without your help in getting this wood, I don't know what I would have done. Your contribution to me and my family at that most difficult time is greatly appreciated, a thousand times over. God bless all for being so kind.

Sincerely, Donna Garman, Aubrey W. Beasley, Jr., Benjamin N. Garman

Dear IRHA,

On behalf of the 3000 youth soccer players in our community, the Fairbanks Youth Soccer Association would like to give a huge "Thank you!" to Interior Regional Housing Authority for your continued support of youth soccer in Fairbanks.

Clay Clark, FYSA Board President; Linda Burke, Program Director

Dear Ms. Kozevnikoff,

I am pleased to acknowledge the gift of \$15 from Interior Regional Housing Authority to Memorial Sloan-Kettering Cancer Center. As the nation's preeminent cancer center, we bring together outstanding people and resources in pursuit of an ambitious goal: to gain new insights into cancer through basic and clinical research, and to put those to work as quickly as possible through improved methods of diagnosis, prevention and treatment. We appreciate your thoughtful contribution and, on behalf of the entire Memorial Sloan-Kettering community, I extend heartfelt thanks.

Sincerely, Richard K. Naum, VP, Development

Dear IRHA,

The University of Alaska thanks you for renewing your gift this past year. Your commitment to UAF demonstrates that you have a personal understanding of the valuable benefits UAF provides our students and our communities. We couldn't do it without you.

Sincerely, UAF Development

## George joins team

Jana George started working for Interior Regional Housing Authority on November 2, 2009, in the Planning Department. Jana is an enrolled member of the Nulato Tribe. She grew up in Venetie and Fairbanks. She is the mother of a daughter and two sons.



Jana previously worked at TCC for eight years in its welfare assistance programs. Most recently, she worked as a Recovery Support Coach at the Ernie Turner Recovery Center in Anchorage. Jana is excited to join the IRHA team.

## IRHA welcomes Callahan

Denise Callahan started working for Interior Regional Housing Authority on May 6, 2010, in the Housing Department.

Denise is an enrolled member of the Loudon Tribe. She grew up in Galena and Fairbanks.

She is the daughter of the Doris Paul and John Demoski, both deceased. Denise has a daughter named Kyonia, 11, and two sons, Michael, 14, and, Leon, 5 years old.



She previously worked at Tanana Chiefs Conference for six years in the corporation's child protection programs. Denise is pleased to be a member the IRHA staff. She can be reached at ext. 161 or dcallahan@irha.org.

**Mark your calendars  
for October 18-23  
for the 2010  
AFN Convention Week!**

**Community committees are working hard to be ready to warmly welcome the delegates and all visitors in town for the Elders and Youth Conference and the Alaska Federation of Natives Convention.**

**Go to [www.afn2010.com](http://www.afn2010.com) for information on planning your trip to Fairbanks, what to see and do, transportation, lodging, volunteer opportunities and more!**

"The Interior Regional Housing Authority is pleased to welcome visitors to the "Golden Heart" of Alaska. We hope your stay in Fairbanks is a pleasant one, and we, at IRHA, look forward to seeing many friends and relatives during the convention."

Irene Catalone, Chief Executive Officer  
Interior Regional Housing Authority

## Village planning details brings clarity to process

By Tiffany B. Sweetsir

Planning and Business Development Manager

Whether a community is planning for rehab or new construction, our project planning process takes about six months. Here's how it happens.

IRHA and the local council discuss potential projects. Once a project list is decided the local council sends IRHA a resolution stating what project it wants for the community.

IRHA then begins the environmental review. This can take up to 90 days to complete.

While the environmental review is being written, public notices announcing the open application period are sent to council offices to

## IRHA

The Interior Regional Housing Authority is the Tribally Designated Housing Entity of the tribes of the Doyon region. It works in partnership with the tribes that have, by certification and resolution, agreed to be part of the Indian Housing Plan. It is legally constituted under the Native American Housing Assistance and Self-Determination Act of 1996 to promote safe housing and self-sufficiency.

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Irene Catalone	Chief Executive Officer
Eli James	Chief Financial Officer
Eileen Kozevnikoff	Admin. Assistant
Paul Snow	Construction Coordinator
Jorge Simmons	Construction Manager
Tiffany Sweetsir	Community Planning Man.

be posted in the community for 30 days.

Once the application period has passed, staff begins determining eligibility according to policy and procedure. Applicants determined eligible are rated on a point system: 45 points for enrolled tribal member, spouse or head of household; 10 points for enrolled Indian children in household; 10 points for veteran head of household; 15 points accessible to a person with a disability; 10 points for exceptional circumstances; 10 points for first-time participant in an IRHA housing program.

**Planning: Continued Page 3**

## Employee Spotlight: Kimberly Carlo

Kimberly Carlo, our Weatherization and Energy Administrator, graduated from the Doyon Management Training program in late August. Doyon's Management program is a two-year curriculum that focuses on personal and professional development.

With the support of IRHA, Kimberly attended 2-day sessions quarterly, for two years.

According to Kimberly, her participation in DMT helped her become more effective in her position at IRHA. She's pleased with the development of her presentation skills, particularly in representing the company at the national level.

IRHA believes it is important for lead staff to speak with professional clarity when advocating for weatherization and energy programs in rural Alaska.

Kimberly is the second staff member to successfully complete Doyon's courses. Lavern Huntington, IRHA controller, graduated from the program in the summer of 2008.

Kimberly is grateful to Doyon for offering shareholders this opportunity for growth and improvement, for IRHA's support, and for her family's inspiration.

### Planning: Continued from Page 2

Participants with the highest points are served first. If two applicants have the same amount of points, priority is given to the first applicant to submit an application. Applications are date and time stamped.

Once a priority list is developed, and the environmental review is approved, construction staff visit the site for assessment and meet the local people for whom the project is intended. Since there is never enough money, health and safety issues are the first priority, second is weatherization and the third priority (based on available funding) is everything else.

The construction department develops a budget based on the site visit. We then send budgets, a scope of work, and a Notice to Proceed to the local council for approval. When IRHA receives a signed Notice to Proceed materials procurement can begin. This can take up to 30 days, depending on the items. Allow another six weeks for materials to arrive at our warehouse. Materials are then readied for shipment by road, barge or air. Once the materials arrive, the project can begin.



Kimberly and daughter Tessa at the graduation event.

## Learning to love your HRV unit; a healthy fit for your home and for your family

By Paul Snow, Construction Coordinator

With winter fast approaching I would like to address some questions people may have about HRV's. What is an HRV?

HRV stands for "Heat Recovery Ventilator" and it does just that. It attempts to recover and retain as much heat from your home as possible while at the same time ventilating to allow fresh air in and stale air out.

How does an HRV work? The basic principle: warm, stale air is being removed while cool fresh air is being added. The warm air from inside is being passed over a "heat exchanger" where it preheats the cool outside air that is being introduced to the home. Granted, this air is not heated to an optimal 70 degrees before it enters your home, but it is warmer than the 20 or 30 below temperatures outside.

Why would I need an HRV? With growing concerns regarding the cost of heating, many people try to retain as much heat as possible. To reduce heat loss, homes are now being built, or weatherized, as tight as possible. Homes are built so tight that without mechanical ventilation the air inside could pose health risks and even add to the degradation of the building. An HRV allows you to reduce the cost of maintaining a healthy environment in your home while at the same retaining heat.

Isn't it expensive to run HRVs?

Some people argue that HRVs dump all of the warm air from inside the house and bring the cold air in and this is costing them money.

To this I say, "Where would you rather spend your money; medical bills and home renovations or on HRVs?" The simple fact of the matter is that during the winter we need to heat living spaces and this costs money. Excessive moisture contributes to health risks such as asthma, eczema, lethargy and headaches. In addition, excess moisture inside a home could cause mold on window sills and sheetrock and even dry rot on wood. Excessive moisture is connected to warping, checking and cracking of wood and building material. Rotting wood could compromise your home's structural integrity. So, though it is not free to run your HRV, the savings and peace of mind are well worth the cost.

How can an HRV help when windows fog up in the winter?

The main contributing factor to mold and mildew in a home is moisture. If you can reduce or control the level of moisture then you will reduce the risk of mold. I have heard many reports from people after their homes had been weatherized that "fog" appeared on their windows.

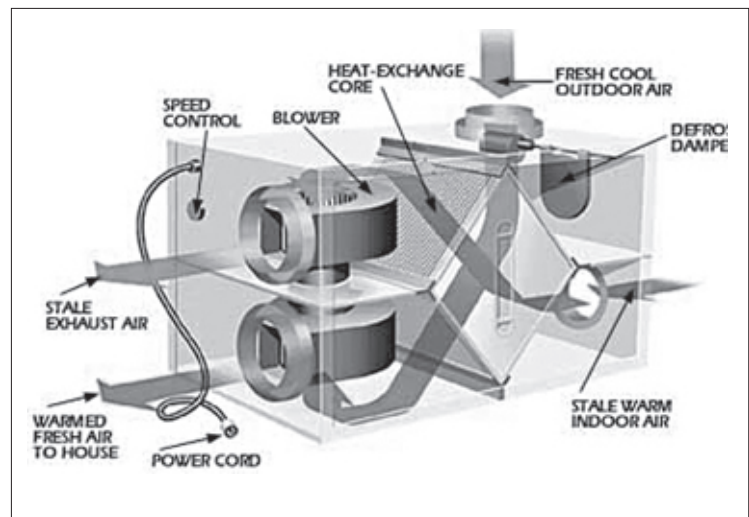
This is because warm air inside your home contains moisture that you cannot see. This moisture in the air caused the "fog" to form on cold windows. The moisture is actually created by the occupants of the home. A single person produces approximately one gallon of moisture per day. Many other factors contribute to the amount of interior moisture. How many people live there; how much cooking occurs; how many showers and loads of laundry? When the warm, moist air in a home cools quickly it forms as water droplets or "condensation" on the surface of cooler objects. This is evident on windows due to the radical difference in temperatures between the inside and outside.

How do I maintain my HRV? During the initial installation, it will be balanced by a technician. This is most important for homes with

oil or wood burning appliances.

On occasion your HRV may need to be rebalanced, but this should only be done by a certified professional.

Routine maintenance is relatively simple. Though each unit



may be only slightly different, it is always a good idea refer to the owner's manual for specific details. The basic requirement is to keep it clean. In most units, after opening the access panel on the side there are particulate filters that can either be cleaned or replaced. In addition to this, some units allow for the removal of the heat exchanger, which can be washed in hot, soapy water. This should be done, at the very least, once a year, though a quarterly maintenance schedule is recommended.

Personally, my recommendation is to clean it right before winter, the season it's used most often. Also check outside your home to make sure intake or exhaust outlets are not plugged. It does not help to have an HRV installed if it is not being used and maintained!

If you have any questions in regards to the HRV operation, please feel free to call our office at 452-8315 and we will have a member of our professional staff assist you.

## Gaalee'ya Spirit Camp gets needed upgrade

We are in the final stages of completing upgrades to the Howard Luke Gaalee'ya Spirit Camp. Final finish at the camp is planned for the end of September. The project is a cooperative effort with the UAF Interior Aleutians Campus and was funded by a HUD grant through the Alaskan Native/Native Hawaiian Institution Assisting Communities Program.

Over two years ago, IRHA was approached by the UAF Interior Aleutians Campus with the proposal of upgrading some of the utilities and services to the camp. The intent of the project was to serve the needs of students attending the Howard Luke camp during the summer.

The Howard Luke camp is located on the south side of the Tanana River, just below Fairbanks. It serves to educate young kids in Native culture and skills through traditional dance, music, beading, fishing, storytelling, arts and crafts and more. During the summer as many as 50 people may be at the camp during the day.

IRHA was charged with the task of supplying new and existing structures with electricity and renovating many of the older structures on site. We constructed, rebuilt and installed:

- A generator building.
- A kitchen/dining area, wired for power
- The dance/music stage.
- A new shower facility.
- A roof over fire pit cooking area.
- Weatherize/wire older cabins for power
- Solar panels and a turbine wind generator
- A water well

The new shower houses have conventional plumbing, including hot water which is supplied by the new water well, all of which is powered by the onsite generator building. The camp uses the new wind turbines and solar panels to supply power and charge the battery banks in the generator building. The batteries are the primary source of electricity. The generator is used as back up when the battery banks get low.

Transportation challenges and logistics added obstacles, including delays. Materials were purchased and prepared for shipping last fall. Most of the heavy items were freighted by sleigh and snowmobile; work started the next spring. Tools were brought over by boat this summer. It's been a major undertaking, but has been rewarding as well. Our satisfaction comes not only from what we have built, but also in knowing that IRHA has played an integral part in a facility that will enrich the lives of our youth and ensure the preservation of our culture.

To learn more, visit: [ankn.uaf.edu/ANCR/athabascan.html](http://ankn.uaf.edu/ANCR/athabascan.html) or contact Shannon Erhart at the Interior Aleutians Campus at the University of Alaska Fairbanks.

## New facilities and amenities upgrade lift Howard Luke's vision to next level

Several elements of the IRHA's construction project:

- \* Kitchen and dining area
- \* Shower houses
- \* Wind-powered electric generator and battery bank



*Wind-powered generator.*



*Kitchen and dining room.*



*Shower house.*

**Howard Luke has dedicated his life to sharing Athabascan traditions with young people. We share his mission and were pleased to lead the effort to upgrade facilities at the Gaalee'ya Spirit Camp. The camp now has electricity from a wind-powered generator, increasing the range of visitor activities. Many people and organizations in the region lent their support to this project.**

### News and Notes: Construction, Planning and Housing depts.

This year the construction department has been completing outstanding seasonal work, carrying out rehabs, and performing work assessments in multiple villages.

In the Fairbanks area, four new projects are currently under way and are in final stages of construction. Carpenters, electricians and plumbers are working on the final trim out for the interior of the homes. Exterior siding is going up now. In addition to this, we have already purchased and renovated three homes and have performed eighteen rehabs. We also intend to finish seven more rehab projects before we are fully into winter.

In the planning department, rental assistance currently has approximately 63 elders in Fairbanks. The average assistance is \$26,800/month.

TEAM grants: five families are in new homes. Currently, 15 have approved applications, 12 of these are carried over from 2009.

HOP: Housing has seven approved applications on the Fairbanks waitlist. We anticipate

nine homes available this year. One participant abandoned the house; we are in the process of rehabbing it for a new participant. We have moved two families into HOP homes and are planning two more move-ins soon. Participants have been actively involved in all educational components of the program.

Collections are moving ahead. Large payments have arrived from participants who have not paid in years. They are setting up monthly payment schedules which they say they can afford. People who have not paid and have conveyed with large balances are being sent to our collection agency.

So far this year the housing department has completed re-exams and home inspections in: Beaver, Rampart, Chalkyitsik, Allakaket, Ruby and Birch Creek.

The housing department will continue re-exams due this year as well as catching up from past years in Minto, Healy Lake, Stevens Village, Tetlin, Fairbanks, and Tok.