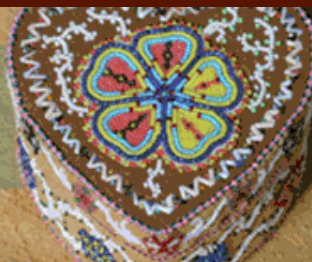


DOYON
FOUNDATION



All kinds of students. All kinds of places. All kinds of dreams.

Information

November 26, 2008

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Interim Executive
Director/Scholarship
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Scholarship Program
Assistant

Scholarship Deadlines

Thanksgiving Wishes from Doyon Foundation

From all of us at Doyon Foundation, we wish you a safe, happy and healthy Thanksgiving holiday!

- The staff of Doyon Foundation

Congratulations to New Grads

Doyon Foundation students Todd Malamute and Charles Esmailka graduated on November 14 from the Law Enforcement Academy at the University of Alaska Fairbanks' Tanana Valley Campus. [Read more](#)

Alumna Shares Insights on Health Care Career

These days, many people go to the "doctor" and find themselves instead seeing a certified nurse midwife (CNM) or a nurse practitioner (NP). [Read more](#)

Donors Honored on National Philanthropy Day

November 21, 2008 was recognized nationwide as National Philanthropy Day®. [Read more](#)

Upcoming Events and Deadlines

Mark your calendars for these upcoming Doyon Foundation events and deadlines. [Read more](#)

Important Information About 2009 Scholarships

The application deadline for fall 2009 basic and competitive scholarships is April 15, 2009. Here is some important information about applying for scholarships next year. [Read more](#)

Welcome New Alumni Association Members

The Doyon Foundation Alumni Association is currently undertaking a campaign to triple its membership. [Read more](#)

Alumni Association News and Opportunities

April 15
Scholarship Type:
Basic and Competitive
Semester: Fall

September 15
Scholarship Type:
Basic (for vocational
students only)
Semester: Winter

November 15
Scholarship Type:
Basic
Semester: Spring

March 15
Scholarship Type:
Basic
Semester: Summer

[Join Our Mailing List!](#)

There's a lot going on with the Doyon Foundation Alumni Association! Read on for the latest news and opportunities. [Read more](#)

New GED Program for Villagers

So, you never finished high school? And you would like the chance to earn the GED diploma? [Read more](#)

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Looking for a job or internship? Need help paying for school? Want to attend a conference or workshop? Check out these internships, scholarships and other educational opportunities. [Read more](#)

Tips for Student Success

Classes. Homework. Work. Family. Friends. The holidays. With so many things to juggle, it's no wonder students are at risk for "burnout." [Read more](#)

Congratulations to New Grads



Doyon Foundation students Todd Malamute and Charles Esmailka graduated on November 14 from the Law Enforcement Academy at the University of Alaska Fairbanks' Tanana Valley Campus. Both Malamute and Esmailka recently accepted positions with Doyon Universal Services, as part

of the Denali Project in Tok. Please join Doyon Foundation in congratulating our two newest graduates!

For information on Law Enforcement Academy scholarships available through Doyon Foundation, please contact Doris Miller, interim executive director/scholarship program manager, at 907.459.2050 or millerd@doyon.com. Or contact Greg Bringhurst, scholarship program assistant, at 907.459.2049 or bringhurstg@doyon.com.

Alumna Shares Insights on Health Care Career

By Roberta Ward, Doyon Foundation alumna



These days, many people go to the "doctor" and find themselves instead seeing a certified nurse midwife (CNM) or a nurse practitioner (NP). There can be much confusion about the educational background and qualifications of such health care providers. A person may feel that he or she is not getting the quality of care that they expect from a "doctor," a physician. In fact, the education of CNMs and NPs are vigorous.

Each of these professions fall under the category of advanced nurse practitioners (ANP). ANPs have a four-year nursing degree as a basis to their education. The registered nurse



(RN) typically gets experience in health care by working as a nurse for one year to many years. He or she then attends a school that provides post-graduate education to obtain a master's degree.

Licensure in the state of Alaska is granted after the master's-prepared graduate obtains credentialing (a national exam that ensures an adequate level of knowledge) from their national professional organization. There are many professional opportunities available in these professions. The ANP may then practice independently by opening an independent health care business, work in a private health care practice as an employee, or work as an employee in a large health care setting, such as Chief Andrew Isaac Health Center or Southcentral Foundation. Licensure also gives the ANP the ability to write prescriptions for medication, provide treatments, order tests and, in the case of the CNM, deliver babies, usually in a hospital setting.

I attended a distance-based education program at the Frontier School of Midwifery and Family Nursing. I had worked as an RN for 13 years. The education process was hard work, but well worth it. Using a distance-based program allowed me to continue working and living in my home community. I first received my CNM and then, several years later, I completed my FNP program.

I received grants from Doyon Foundation and also from the National Health Services Corp. The Indian Health Service (IHS) also provides grants for these graduate-level education programs. After graduation, working in a qualified facility, like Chief Andrew Isaac Health Center or Southcentral Foundation, allows a person to work off the loan or scholarship and thus be relatively debt-free. The IHS is actively looking to promote Native students to care for their constituents.

My work is very fulfilling. It has helped me to care for both Alaska Native people and people of other populations. I see daily what I have learned affecting people in a positive way. I feel that I can actually improve the health of an individual or a family one small step at a time. There is no other work that I would rather do.

Note to readers: Roberta Ward was born in Juneau, raised in Fairbanks and currently lives in Provo, Utah. Her birth parents are Barbara and Joseph Johnson, and she was raised by Robert and Marileen Hamme.

Donors Honored on National Philanthropy Day

November 21, 2008 was recognized nationwide as National Philanthropy Day®. This special day recognizes the many contributions that people and organizations involved in philanthropic activities have made in individual lives, communities and the world. National Philanthropy Day, which marked its 23rd anniversary in 2008, is supported by the Association of Fundraising Professionals, as well as hundreds of other nonprofit and for-profit organizations throughout North America.

In recognition of National Philanthropy Day, Doyon Foundation extends a special thank you to all of our valued donors. It is your support that makes it possible for Doyon Foundation to provide students with the resources they need to succeed.

If you would like to find out how you can show support of Doyon Foundation, please visit www.doyonfoundation.com or call 907.459.2048 or 1.888.478.4755 ext. 2048.

Upcoming Events and Deadlines

Mark your calendars for these upcoming Doyon Foundation events and deadlines:

- **November 27 & 28** - Closed for Thanksgiving.

- **December 10** - Doyon Foundation board of directors regular quarterly meeting and swearing-in of two new board members, 9 a.m., Doyon Drilling conference room, 3201 C Street, in Anchorage.
- **December 25 & 26** - Closed for Christmas.
- **January 1** - Closed for New Year's.
- **January 15** - Doyon Foundation Alumni Association monthly meeting, 10 a.m., via teleconference. For call-in information, contact Seeyaa' Charpentier at 907.459.2048 or charpentiers@doyon.com.
- **March 15** - Deadline for summer 2009 basic scholarships.
- **April 15** - Deadline for fall 2009 basic and competitive scholarship applications.

Important Information About 2009 Scholarships

The application deadline for fall 2009 basic and competitive scholarships is April 15, 2009. Here is some important information about applying for scholarships next year:

- **Paperless application process.** Doyon Foundation will be implementing a paperless competitive scholarship application process for 2009 - 2010. This means that competitive scholarship applications will only be accepted online at www.doyonfoundation.com. To get started, students without an online account should first create one at www.doyonfoundation.com/CreateAccount.aspx. This should be done as soon as possible, as it takes one to three days to verify the request.
- **Scholarship eligibility.** To be eligible for a Doyon Foundation basic or competitive scholarship, applicants must be enrolled to Doyon, Limited or be the child of an original enrollee; be accepted to an accredited college, university, technical or vocational school; and maintain a minimum grade point average of 2.0 for undergraduates, 3.0 for graduates or masters, and 3.25 for specialists or doctorates. To be considered full-time, students must be enrolled in 12 or more credits (undergraduates), or nine or more credits (graduates). To be considered part-time, students must be enrolled in one - 11 credits (undergraduates), or one - eight credits (graduates).
- **Basic scholarship application requirements.** Basic scholarships, which range from \$400 for part-time students to \$800 for full-time students, are awarded four times per year - in the spring, summer, fall and winter (for vocational students only). Applicants must submit a complete application form, proof of enrollment and official transcripts. For more information on basic scholarship guidelines and policies, visit www.doyonfoundation.com.
- **Competitive scholarship application requirements.** Competitive scholarships, which range from \$2,000 - \$7,000, are awarded once a year. Recipients, who are selected by an independent review committee, receive half of their scholarship during the fall semester and half during the spring semester. To apply, students are required to complete an online competitive scholarship application, and submit a personal essay online. They must also submit official transcripts and proof of enrollment, and arrange for two professional letters of reference to be sent directly from the author to the Foundation. For more information on competitive scholarship guidelines and policies, visit www.doyonfoundation.com.
- **Alumni Association assistance.** Members from the Doyon Foundation Alumni Association have volunteered to review students' competitive scholarship applications prior to submission. Applications should be submitted to Doris Miller at 1 Doyon Place, Suite 300, Fairbanks, Alaska 99701 or millerd@doyon.com for review. Please note: students should submit their applications for review prior to submitting the final

application, as applications may not be changed once they have been submitted online.

For more information, contact Doris Miller, interim executive director/scholarship program manager, at 907.459.2050 or millerd@doyon.com. Or contact Greg Bringhurst, scholarship program assistant, at 907.459.2049 or bringhurstg@doyon.com.

Welcome New Alumni Association Members

The Doyon Foundation Alumni Association is currently undertaking a campaign to triple its membership. Please join the association in welcoming the following new members:

- Maxine Barrera
- Beverly Kokrine
- Deborah Kokrine

To join the association, alumni simply have to create an online account at www.doyonfoundation.com/OpenAlumni/Default.aspx, or contact Tracy Snow at 907.451.0543 or inspire_consulting@yahoo.com. Membership is free.

Alumni Association News and Opportunities

There's a lot going on with the Doyon Foundation Alumni Association! Read on for the latest news and opportunities:

- **Snacks for students.** The alumni association will be providing snacks for students at UAF's Rural Student Services during finals week, which takes place Monday, December 15 - Thursday, December 18, 2008. For more information or to assist, contact Tracy Snow at 907.451.0543 or inspire_consulting@yahoo.com.
- **Next meeting on January 15.** There will be no meeting of the alumni association in December. The next monthly meeting will take place on Thursday, January 15 at 10 a.m. via teleconference. For call-in information, contact Seeyaa' Charpentier at 907.459.2048 or charpentiers@doyon.com.
- **Blanket and logo contest winners.** November 24 was the deadline for alumni to create an online profile and be entered to win a Toneedze Gheltseele (People of the Water) blanket from the Athabaskan Heritage Collection™ Spirit Keeper Series™. November 24 was also the deadline for submissions to the alumni association logo contest. Watch for the next issue of this e-newsletter for details on the winners!
- **Student mentorship program update.** The alumni association is seeking an alumni member interested in serving as a volunteer coordinator for the student mentorship program, as well as a volunteer to write a newsletter article or create a flyer promoting the program. For more information, contact Tracy Snow at 907.451.0543 or inspire_consulting@yahoo.com.

New GED Program for Villagers

By Jim Kowalsky, Rural Education for Adult Learners program coordinator

So, you never finished high school? And you would like the chance to earn the GED diploma?

Well, you now have a new opportunity to make that effort through the Adult Learning Programs of Alaska (ALPA). If you are an Alaska Native living in a rural community within the Tanana Chiefs Conference/Doyon region, you could be eligible to earn that GED through a new ALPA program now under way.

According to program coordinator Jim Kowalsky, the Rural Education for Adult Learners (REAL) program will recruit and enroll GED candidates from the Interior, bring them to Fairbanks to determine educational needs and create a plan for individual study. Laptop computers loaded with software matching each individuals' need for academic skill development will be loaned to each student to pursue individualized study plans for the length of their participation.

Some students make a return trip to Fairbanks to take the GED final exam, while others may be able to take that exam using village-based GED examiners, when available. All travel, room, board, materials and instruction are provided without charge.

REAL GED graduates will be provided with job and computer skills training, as well as help making positive, detailed career plans by setting specific goals, including possible planning for higher post-secondary education.

Three student groups of 20 will be recruited into the REAL GED program each of the next three years, starting with a late fall 2008 application deadline of December 1, 2008. Future deadlines are March 2, 2009 and June 1, 2009.

ALPA is collaborating with the Consortium of Alaska Native Higher Education in this effort, which is funded through an Alaska Native education grant from the United States Department of Education.

ALPA is also seeking local volunteer GED tutors in math, writing and reading (this can include competent high school students), as well as GED examiners. Both positions are good experience to include on your resume'.

For more information, to receive an application or to volunteer as a GED tutor or examiner, please contact Jim Kowalsky, REAL program coordinator, at 866.452.6434 ext. 32, 907.452.6434 ext. 32 or jkowalsky@adultlearning.org. You can also learn more by visiting www.adultlearning.org.

Internships, Scholarships and Other Educational Opportunities

Looking for a job or internship? Need help paying for school? Want to attend a conference or workshop? Check out these internships, scholarships and other educational opportunities:

- The Alaska Native Tribal Health Consortium offers five undergraduate and five graduate scholarships, in the amount of \$5,000, to full-time students who are Alaska Native/American Indian and are permanent Alaska residents. For more information or an application, contact Krista Ruesch at 907.729.1348, 800.684.8361 or kruesch@anthc.org. Applications due February 6, 2009.
- The Alaska Native Tribal Health Consortium (ANTHC) awards nine-week paid, summer internships to approximately 20 high school/undergraduate students and five graduate students. Applicants must be Alaska Native or American Indian, and be permanent Alaska residents. ANTHC provides work experience in a range of medical professions and support services, including finance, human resources, health records, computer technology, engineering, maintenance and housekeeping. For more information or an application, contact Krista Ruesch at 907.729.1348, 800.684.8361 or kruesch@anthc.org. Applications due February 6, 2009.
- The Indian Health Service (IHS) scholarship program encourages Alaska Natives and American Indians to enter the health profession. Applicants must be Alaska Native or American Indian, and be enrolled or accepted into a health professions program that will be funded by IHS in 2009. Health professionals and IHS scholarship recipients may also be employed as an IHS extern for up to 120 workdays per calendar year. For more information on the scholarship and externship programs, visit www.scholarship.ihs.gov.
- Wal-Mart offers numerous scholarships, and encourages Alaska Native

students to apply. For more information, visit <http://walmartstores.com/CommunityGiving/8736.aspx?p=236>.

- The Ford Foundation Diversity Fellowships grant awards at the dissertation and postdoctoral levels to students who demonstrate excellence, a commitment to diversity and a desire to enter the professoriate. There are approximately 35 \$21,000 dissertation awards and 20 \$40,000 postdoctoral awards. For more information, visit www7.nationalacademies.org/fordfellowships/index.html, e-mail infofell@nas.edu, or call 202.334.2872. Applications due November 28, 2008.
- Cook Inlet Tribal Council's Alyeska Match Scholarship offers supplementary matching financial aid to eligible Alaska Natives, who are receiving other funds to attend college or vocational training in the fields of engineering, safety, IT, process technology, quality assurance and project management. Scholarships are awarded on a first-come, first-completed basis. For more information, visit www.citci.com/page/44, e-mail scholarships@citci.com, or call 907.793.3578. Applications for the spring semester due December 1, 2008.
- NMS Training Systems is offering an eight-hour Hazardous Waste Operations and Emergency Response (HAZWOPER) refresher course on December 3. The course is \$125, and will be held at the ABC Alaska training room at 360 W. Benson Blvd., Suite 201, in Anchorage. For more information or to register, visit www.nana-nts.com or call 907.565.3300.

Tips for Student Success

Classes. Homework. Work. Family. Friends. The holidays. With so many things to juggle, it's no wonder students are at risk for "burnout." Burnout, which is a gradual process that builds over time, is a condition of feeling exhausted or worn out. You can get burnout from anything that demands more energy than you can give. Here are some tips to prevent burnout:

- Know what burnout is, and understand it can happen whenever you spread yourself too thin.
- Be aware of the symptoms of burnout, including headaches, body aches, feeling tired all the time or getting sick on a regular basis.
- Reduce long work or study hours, if possible. Prioritize what you need to get done, and focus on only the most important things.
- Take regular five - 10 minute relaxation breaks. This can actually help make your work or study more efficient.
- Step back from stressful situations and look at them from an outsider's perspective. Imagine how others might handle those situations.
- Take time to relax and do the things you enjoy! Schedule a vacation and take daily breaks from your work or study.
- Talk with your work supervisor or school adviser about any problems that could be leading to burnout.
- Get enough sleep and exercise.
- Attempt to do well, but remember you don't have to be perfect.

For more information and other tips on burnout, visit www.uaf.edu/chc/MentalHealth/burnout.htm.

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