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A Farewell *Thank You*

On July 6, the Independent Living movement lost one of its greatest warriors: Gerald "Jerry" Kainulainen finally rested in peace. Jerry worked for SAIL in our Sitka office for 15 years and his loss is deeply felt. The following is a letter from current board member and former SAIL staff, Elena Rath: *Hey Jerry, I was asked the other day to share a story or memory with SAIL readers, and I'm stuck thinking of just one. So I'll share what I learned from you. REACH/SAIL hired me as the independent living specialist for the Ketchikan office in 1991, even though I didn't know what independent living really meant, but I was*

willing to learn so I was told to call and talk with you. I called you there in Sitka and have every single day for the next nine and one-half years. I got into so much trouble for the phone charges but that didn't stop me as I heard wisdom that few people exude. Respect and patience and other attributes were observed as I learned about human rights, accessibility, and design.

I saw determination about spreading the word after the ADA was passed; we traveled throughout Southeast and the U.S., in jets, floatplanes, rental cars, and buses to see that the message was delivered about the necessity of access for all. I learned to read blueprints to ensure accessible features were included and to further ensure that preferred dimensions were followed in all new designs.

Today there are accessible floatplane docks, ferries both private and state-owned, tour boats with totally accessible bathrooms which I still hear comments about from PCA's and caregivers who love having the room necessary to assist persons with transfers and hygiene.

The most important lesson I learned was that everyone counts, everyone is a person first and language makes a person feel included, needed, and respected. So, dear Jerry, I take these lessons and carry on, with your memory, and know you might appreciate what experiences you knowingly and unknowingly passed on to me and certainly others.

With love and gratitude, Elena

We will all miss you, Jerry, and our hearts as SAIL staff and our passion as your loyal Independent Living cadre will always be with you and your family.



See Jerry's classic article, "Why 'Handicapped' is Not Cool," on page 7.

Get out the Vote! *by Kara Lunde*

The disability community cannot afford to skip the elections on November 7 and let others pick our leaders. Whether we want new curb cuts on our streets, shorter waitlists for services, or better funding for health care and personal care assistants, it comes down to the priorities of our elected officials. We must choose our representatives wisely and ensure they are educated about what it takes for people with disabilities to live independently in Alaska. Now there are new exciting developments in voting accessibility making it possible for people to participate more fully in our democracy.

Many people with disabilities have not had equal access to voting. The polling place in my voting precinct has a step that prevented people who use mobility devices from getting in the door. *The Help Americans Vote Act (HAVA) passed in 2002 and the Americans with Disabilities Act (ADA) require that these types of barriers be removed.* I called the State of Alaska Division of Elections in August to talk to them about this problem and was told that the state surveyed polling places around Alaska last year to find ones that had problems with accessibility.



Accessible voting unit — see Page 2

(Continued on Page 2)

Disability Mentoring Day

When you think about a new job, what do you wish for? If "trying on" the job would be your answer, then Disability Mentoring Day is for you! Each October, the nation and world celebrates Disability Employment & Awareness Month, as well as Disability Mentoring Day.

The idea behind both events is to open doors and dispel myths about people with disabilities, particularly when it comes to the work world. But, as we all know, to get a good job, the right job, the job you want, you have to dispel the myths of "can't" first. SAIL educates the community with Disability Awareness & Etiquette trainings, offered to schools, employers, and groups, providing tools and information on the do's and don'ts of interacting with persons with disabilities. Call any SAIL office to request

(Continued on Page 8)

Deaf, Hard of Hearing, Late Deafened, and Older Alaskans with Hearing Loss Support Group meets on the following dates. Interpreters, ASL Students, family, & friends are welcome to join us!

Silent Lunch @ Twin Lakes Café ~ First Friday of every month: September 1, October 7, and November 3 at 3239 Hospital Drive, from 12:00-1:00 p.m. All are welcome to eat with us. Remember: No Voice! It costs a penny to use voice. Brown bag or order from menu.

Open-captioned movies are beginning again! On September 23-24, *You, Me, & Dupree* will be shown at Glacier Cinemas and *Miami Vice* will play September 30-October 1. Check juneaumovies.com for times/info.

September

9/24-30/06: Deaf Awareness Week: Watch for a special mailing or call for a listing of the activities for the week!

November

Sorenson Videophone Representative Doug Cliff will be visiting Juneau. Contact Pam for information or to schedule an appointment. www.sorensonvrs.com

Interpreter Dates to Remember!

9/10/06: Interpreter Support Group @ Heritage coffee shop near Mendenhall Mall. Please contact Pam by TTY or email address: psmguy@sailinc.org

Interpreter Performance Test dates: 10/14-15/06
Deadline: 8/25/06 — At the ARC in Anchorage, AK Site: 136 Contact Pam for information about interpreter testing and qualifications.

ASL Signing Every Wednesday: ASL Social Lab from 5:30-6:30 p.m. at Henry's, 9109 Mendenhall Mall Rd.

Deaf Community News By Pam Mueller-Guy

My TTY phone number at work is (907) 523-5285. It is an auto-answer machine while I am away, with news and events on the message! For an interpreter request, please use the Interpreter Referral Line (IRL) pager (907) 463-7490 or contact SAIL at (907) 586-4920 for information. Remember to call ahead for an appointment to see me between 9:00 a.m.- 5:00 p.m., Monday to Friday, since I might be out of the office.

Accessible Voting (continued from page 1)

This year there should be portable ramps at the polling places that were previously inaccessible. If you try to vote this year and find that your polling place is not wheelchair accessible, let the State of Alaska Division of Alaska know by calling them at (907) 465-3021 or by writing to them at: Region I Elections Office, P.O. Box 110018, Juneau, AK, 99811. If you need to find out where your polling place is located, call the hotline at 1-800-383-8683 or 907-269-8683. Unfortunately, there is not an alternative TTY hotline, but the State Director of Elections office TTY line is (907) 465-3020.

Another exciting development in voting accessibility is the new touch screen voting machines. Brooke Munro, the new Independent Living Specialist in the SAIL Juneau office, went to look at the machines with Juneau's Low Vision Peer Support Group in July. "It was great," said Munro. "One of the women in the group told us that this will be the first time she is able to vote independently since losing her vision." According to Munro, the machines can be placed on a table at different heights to accommodate voters with different needs. The voter then wears headphones and is led through a series of instructions with both visual and audio prompts. The machines have a magnification feature and a variety of high contrast color settings. The voter confirms preferences using a number pad or a touch screen. "The number pad doesn't have Braille or raised numbers," said Munro, "so there are still some drawbacks, but the five on the number pad has a raised button so that people can orient themselves to the other buttons on the pad." It takes roughly 15-25 minutes for a voter to go through the process of listening to the instructions and voting. The machines were designed for people with low vision and blindness, but they will also make voting more accessible for people with learning disabilities or other cognitive disabilities. The machines also record the information onto paper so there is a backup. Each polling place will have one of the new voting machines available.

If you are unable to make it to the polling place, you may request an absentee ballot. October 6 is the deadline to mail in absentee ballot applications. To request an absentee ballot application, call the Absentee Voting Office at (907) 375-6400 or send a request to: Absentee Voting Office, 619 E. Ship Creek Ave., 329, Anchorage, AK 99501.

The first step to exercising your right to vote is to register. SAIL offices in Juneau, Ketchikan, and Sitka are all registration sites. If you would like to register to vote, call and make an appointment with Cheryl in Juneau, Kara in Ketchikan, or Willow in Sitka. In order to vote in the general election on November 7 you must register to vote by October 8. Take advantage of your rights and exercise your civic duty. Educate yourself about the candidates and ballot measures and vote on November 7!



Brooke Munro receives a backrub from SAIL consumer Olive Landon during a 2005 trip to Whitehorse. Munro is changing jobs within SAIL this autumn, trading her position as ORCA Director to be the Low-vision Independent Living Specialist and Loan Closet Coordinator.

Ketchikan Corner Call (907) 225-4735 for information about the following opportunities.

- The Ketchikan SAIL office is looking for a development assistant. This is an Americorps/VISTA volunteer position. A living stipend, education award, and other benefits are available to someone willing to commit to a year of service. This volunteer would be doing fundraising, community outreach, and assisting with the ORCA program. Contact Kara at karalunde@sailinc.org for information about how to apply.
- There is a new Caregiver Support Group starting up in Ketchikan for caregivers of people who have Alzheimer's or Dementia. The group will meet quarterly. For more information, call Tonya.
- The Low Vision/ Blindness Peer Support Group is meeting monthly. In September we will be going to see the new touch screen voting machines. Transportation is provided to meetings.
- The SAIL office in Ketchikan has new adaptive fishing equipment! This equipment is available for loan and will be used on ORCA fishing activities. To set an appointment to check out equipment or find out when the next fishing activity is happening, contact Kara.
- Volunteer Drivers Needed! Do you have a driver's license and a clean driving record? Would you like to get experience driving a 15-passenger bus? ORCA needs volunteer drivers to provide transportation to and from activities when the staff driver is out of town. Come on interesting activities with ORCA staff and give back to the community! Training provided. Call Kara to sign up for this volunteer opportunity.

Sitka ORCA: Traveling Around This Summer

The setting is early morning before the sun is awake at the ferry terminal in Juneau. The Sitka ORCA group has just arrived, even though we are not all quite awake. We finish making camp, and fall back into a much needed slumber. Our adventure starts off with a bit of laziness, sleeping and walking around camp to look at the Mendenhall Glacier. After our first day, things start to move. We attend parts of Celebration and carry on with them during parades, dancing, and singing. We reach heights on the Robert's Tramway, cruise around on the Mendenhall Lake in kayaks, and pedal all over our campground. We even have some stories of a lost bear wandering through camp! We



are pretty worn out with our travels to Juneau so we decide to take a break and get away for a while at Lake Eva Cabin. We luck out and have some of the sunniest days this summer! After playing cards and rowing across the lake, we head to Dog Point for the Fish Camp experience. The highlight of the camp for us; making fry bread and eating it with dinner and breakfast. After dinner we sit around a campfire listening to stories and songs from a local elder who came to visit. The morning comes and we venture off on a walk around the shores to find edible plants. We enjoyed all of our summer trips this year and hope to return and add some more for next year's adventures.

HELLO AND GOODBYE — SITKA STYLE



Hi, I'm Emily Buck, the new Jesuit Volunteer in Sitka! I am excited and thankful to have the opportunity through the Jesuit Volunteer Corp to begin working at SAIL for this upcoming year in Sitka. I will be working as an Independent Living Specialist and with the ORCA group. I graduated from Gonzaga University in Spokane, Washington this past May with a Bachelor of

Science in Exercise Science. I am hoping to seek a career in physical therapy in the future. I am thrilled to be in such a beautiful area and surrounded by so many generous people. Being from Gresham, Oregon, I am no stranger to the rain, thankfully, so I am excited to explore the wet and wild outdoors of Alaska! I look forward to learning about and working with this wonderful community!

Goodbye SAIL and ORCA! Before I head off for graduate school, I want to say that I had a wonderful summer working for SAIL. I met so many amazing

people and enjoyed my time in Sitka immensely. Working with the Sitka ORCA group was one of the highlights of my time in Alaska. Thank you to staff and consumers for such a delightful summer! I will miss you!



Stefanie Mach

Giving Is Good

A Message From The SAIL Board President

One of the most compelling reasons that I serve on the SAIL Board of Directors is because I am 100% committed to SAIL's mission *to empower people with disabilities by giving them the tools to control their own lives and by providing opportunities so they can live with dignity*. Also, I'm very proud of how well they do it. SAIL's dedicated and talented staff work very hard, put in long hours and don't get paid a lot for doing it. SAIL's programs and special equipment are often expensive. Like other non-profit social service agencies, money is always tight, and SAIL depends on grants, special one-time funding sources and individual supporters to meet their goals and budget each year.

One of my jobs is to deliver this message and make sure that folks like you understand how important every donation, big or small, is to the operation of SAIL. Often donations are received from those whose lives have been touched one way or another by SAIL, or we may have helped someone they know. Regardless of the reason, or the size of the gift, each one, without question, helps to make a difference in our consumers' lives. Your gift can also make a difference in how well we get support from other funders. Most foundations and other grantors look at how well an agency is supported by the community as an indicator of buy-in, actual need, and the credibility of the agency.

Each of us has unique financial situations and reasons for charitable giving. Fortunately, there are several ways you can make a gift to SAIL to suit your own requirements. SAIL serves all communities in Southeast Alaska, and we know many of you want your gift to stay in the community of your choice. If you are in this category, all you need to do is state which community and/or which program you wish your gift to support, and we will comply without question.

Ways Gifts Can Be Made

Cash – Simple and convenient. You may write a check to SAIL in the full amount you wish to donate, or you can pledge an amount to be paid later in a lump sum, semi-annually, or quarterly.

United Way – SAIL is a member agency of United Way. Some people prefer to give through United Way by payroll deduction. If your employer participates in the United Way Annual Campaign, you can designate that SAIL receive all or part of your United Way pledge.

Juneau Community Foundation – If you prefer to give a gift that will live on for generations to come, perhaps as a bequest in your will, then this planned giving option is for you. You may make a donation to the Juneau Community Foundation and designate your gift specifically to the SAIL Empowerment Fund. (For more information and with no obligation, see the Juneau Community Foundation website: juneaucf.org or contact me personally at 463-3042.)

Memorial—A one-time gift in memory of a loved one is a very meaningful way to remember and honor that special person while supporting the good work of SAIL. Such gifts will always be acknowledged by notifying the family of the honoree, as well as with a special note in our newsletter.

I appreciate you reading this message and look forward to your support.

Sincerely,



Paul Douglas
President, SAIL Board of Directors



Holland America Line Presents...

Only Fools Run at Midnight 2006

On July 2, 2006, nearly 1000 runners, walkers, and volunteers dawned wacky costumes and paraded through the streets of Juneau, Ketchikan and Sitka at midnight. Holland America's Only Fools Run at Midnight event raised \$30, 0000 to support SAIL and Southeast Alaskans with disabilities. This year, SAIL added a wheelchair division to the event in Juneau and Sitka. It was a great success with fierce competition! We would like to thank the hundreds of businesses and individuals who made the event successful. We are looking forward to an even bigger turnout next year!

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SAIL Donation Levels

Donation levels are named after leaders, progressive thinkers and advocates in the disability rights and Independent Living movement. Without their extraordinary work, Centers for Independent Living (like SAIL) would not exist today. With your contribution today, we can continue the dream disability advocates began 50 years ago. Thank you for sharing our commitment to better our communities in SE Alaska.

Ed Roberts: \$5000 or more — Father of the Independent Living movement; Denied Vocational Rehabilitation services since they thought he was severely disabled and unemployable. 14 years later, appointed Director of same agency; Founded first Independent Living Center; Co-founded World Institute on Disabilities with Heumann.

Judy Heumann: \$2,500 - \$4,999 — Despite high academic achievements, NY Board of Education refused teaching certificate based solely on her disability - she sued and won; Founded Disabled in Action to secure civil rights' protection for people with disabilities, Deputy Director of Berkley CIL; Assistant Secretary of Education over Special Education and Rehabilitation; World Bank Advisor on Disability & Development.

Justin Dart: \$1,000 - \$2,499 — 40 years of advocacy for civil rights of persons with disabilities; Director of Rehabilitation Services Administration — he called for including people with disabilities in every aspect of designing, implementing, and monitoring rehabilitation programs—he was asked to resign; recognized as a force behind the passage of ADA; founded Justice For All when ADA came under attack in congress—his efforts helped save ADA.

Wade Blank: \$500-\$999 — Fired from nursing facility for taking younger residents to a Grateful Dead concert; realized institutional services were at odds with the pursuit of personal liberties, he founded Atlantis Community - a community based, consumer controlled independent living facility; founded American Disabled for Accessible Public Transit - Wade and 19 disabled activists held a public transit bus "hostage" in Denver in 1978. ADAPT mushroomed into the nation's first grassroots, disability rights, activist organization.

Judge David L. Bazelon: \$100-\$499 — Known for landmark decisions from US Court of Appeals; establishing for the first time the right of a mental patient to appropriate treatment in the least restrictive alternative setting.

Evan Kemp: \$1-\$99 — Chairman of Equal Employment Opportunity Commission; Became leading advocate for persons with disabilities; selected to head the Ralph Nader sponsored Disability Rights Center; worked closely with first Bush administration in its endorsement of ADA.



Our Purpose: To promote inclusive recreation and adaptive outdoor pursuits for Southeast Alaskans who experience a disability through outreach, community education, peer support, and independent living skills. **ORCA Services Include:** year-round activities, adaptive ski and snowboard school, youth programs and adventure trips.

Juneau ORCA Meeting Schedules for Autumn

Summer is waning and the school year has begun.

Please note these changes:

- ◆ **Adventure Club** will be meeting on Wednesdays after school.
- ◆ **Young Adventure Club** will meet one Tuesday per month after school.
- ◆ **Healthy Choices** will meet two Thursdays per month from 6-8 p.m.
- ◆ **Juneau ORCA Calendar** will now be posted online rather than in the newsletter! Check it often at <http://www.sailinc.org/eventcalendar/>

October is Disability Employment Mentoring Month! Join us for special events all month long. Activities will include tours of job sites, visit the Juneau Job Center, presentations and movie screenings. Call ORCA at 586-0104 for details.

Juneau ORCA had a fantastic summer, filled with activities in and out of Southeast Alaska.

LOOKING BACK



Only Fools Run at Midnight!



Haines Fair Music & Fun.



We traveled to Skagway and rode the White Pass Railway.



Hiking to Blue Mussel Cabin at Point Bridget.

Resurrection Trail Hike

We are always looking for new trips and activities. If you have an idea for a trip or an activity you would like to attend, please let us know.



THIS NEWSLETTER IS AVAILABLE IN ACCESSIBLE FORMATS UPON REQUEST. PLEASE CONTACT SAIL AT 586-4920 TO REQUEST AN ALTERNATIVE FORMAT SUCH AS LARGE PRINT OR BRAILLE. IT IS AVAILABLE ELECTRONICALLY AT WWW.SAILINC.ORG FOR DOWNLOAD.

Kathleen Walsh, Juneau ORCA JV, left on the ferry August 19, to return home to Philly, Penn. We'll miss her quiet humor, her



commitment, her practical jokes, and her classic Only Fools Run costume — shorts with a fake bare bottom showing!

GOODBYE AND HELLO — JUNEAU STYLE

Hi! I'm Katy Jordan, the new Jesuit Volunteer for the Juneau ORCA office. I'm from Palmer, Alaska and I graduated from Gonzaga University in 2003. I've been living in Japan, teaching English for the last two years. I am thrilled to be back in Alaska and living in Juneau. It is a beautiful city and I am excited to get to know the area and people. Some of my favorite things are running, hiking, dogs, coffee, mountains, friends, and family. I look forward to meeting you at future ORCA activities. Take care!



"Why 'Handicapped' Is Not Cool" by Jerry Kainulainen

The young man had lost his legs in the war. Sitting on a board with wheels attached to the underside, he swiftly pulled himself along the street. The bottom parts of his pants legs were neatly tucked under the stumps of his legs. He wore an old worn coat; a cap was handily nestled in his lap. As people passed by, he held out his cap, hoping to beg enough to buy his next meal or replace his old worn coat.

The word "handicapped" was first used in Great Britain after the Crimean War. Medicine had advanced to a point where large numbers of soldiers were returning home with injuries that would have proved fatal in earlier wars. To aid the severely disabled men, Parliament made it legal for war veterans to beg on the streets; they could keep a "cap handy" to accept donations from passersby. Because the word "handicapped" implies making beggars out of people with disabilities, the term is no longer acceptable. The preferred term is "people with disabilities" (M.A. Hickman, ALRID). There is a difference between "handicapped" and "disability."

Disability is a condition, either emotional or physical. A handicap is the cumulative result of obstacles, which a disability interposes between individuals and their maximum functional level. Therefore, not all disabilities are handicaps. A person using a wheelchair is not handicapped in an environment where there are no steps. A person who is deaf is not handicapped when using a TDD. People who are blind are not handicapped in jobs where they use voice-output computers. The real handicap is often the built environment - stores with steps or inaccessible taxis.

Often the built environment is the severe handicap. Such environments limit participation, productivity, integration, independence, and equality. If a person using a wheelchair cannot accept a job because it is on the second floor and there is no elevator, the real handicap is that there is no elevator. If someone cannot attend school because there are no ramps or curb cuts, the real handicap is no physical access to an education.

In using language, we can choose to emphasize people's similarities or differences. The term "disabled person" is a sloppy short cut to the more psychologically sound expression, "person with a disability." The latter places the person first, not the disability. Placing the disability first distorts and undermines who people with disabilities are and how they want to be seen. We don't refer to people with broken legs as "broken-leg people!"

A woman experiencing polio, using a wheelchair, can also be a mother, a wife, an executive, a student, a board member, a gifted public speaker, etc. A man who has cerebral palsy is not a "vegetable!" Although he may have a severe disability, he may also be extremely mentally able, a contributing, productive member of society, e.g., Stephen Hawking, probably the most famous living scientist, author of the book, *A Brief History of Time*.

You won't find the word "handicapped" in the Americans with Disabilities Act (ADA) or any of its supporting documents. Nor will you find the word "special." Although the term is used in descriptions such as Special Education and Special Olympics, it is seen as patronizing and distancing. "Special" is the euphemism of segregation. The drafters of the ADA and the disability community are saying, "We want to change the image of people with disabilities and the environment." A parking space that is accessible allows a person using a walker or a wheelchair to exit with enough room to maneuver; it does not handicap people with disabilities!! Those signs should say "Accessible Parking" instead of "Handicapped Parking."

Please join us in changing 19th century language habits. Join us in increasing equal treatment, community awareness, acceptance, and access. Be concerned: take the time to be vigilant about your own language. Language does play an important role in shaping ideas and attitudes. "Our words affect our thoughts. Our thoughts affect our beliefs. Our beliefs affect our feelings. Our feelings affect our behavior and our behavior affects our world" (Shirley Devol VanLieu)



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Disability Mentoring Day (continued from page 1)

a Disability Awareness & Etiquette training for your staff. Both employers and individuals interested in more information about Disability Mentoring Day are encouraged to contact any SAIL office. Individuals who are looking to try on their ideal job for a day (or a few hours) can call a SAIL office to brainstorm where they might try out their job on October 18, 2006. Likewise, employers wishing to open their doors to job shadowing opportunities as well as broaden their hiring base are encouraged to contact SAIL to see if there is a good mentee match for their worksite.

Each SAIL office will be working with area agencies and individuals to provide dynamic and interactive activities throughout October, including Disability Mentoring Day. Past activities have included free educational (and fun!) movies, as well as good mentor-mentee matches that turned into long-term employment! Stay tuned for local schedules of events! If you want to broaden your horizons and learn more about your options in your community, give us a call today.

Web Insights

Check the following links on the creative arts and disability:

- <http://www.vsarts.org/>
- <http://nadc.ucla.edu/>
- <http://www.chairgrrl.com/>
- <http://www.audacitymagazine.com/>
- <http://www.disabled-musicians.org/>



Taxi Token User Update: Remember, you should be paying the same fare as any other taxi user: There are no extra fees! Ask the driver to turn on the meter, request a receipt, and if you have any problems, ***please call SAIL at 586-4920 ASAP.***

SAIL Board of Directors

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 - Clark Gruening, Vice President**
 - Elena Rath, Treasurer**
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- Public Participation is encouraged at the monthly board meetings! For more information, call:***

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