The sun was out and the sky was clear at the KANA Field as the many walkers took to the track and their respected booths while the festivities went on for this year’s 2014 Relay For Life 24-hour walk-a-thon. Events such as Polynesian Dancers, Zumba, and the lap and auction for Robert “Bob” Hatcher, brought everyone present together in a way you would not expect; sharing special memories of loved ones lost, or loved ones who conquered. Asking anyone on the field during this event “Why do you relay?” you will hear a story close to their heart.

This year, 17 teams participated in the event and KANA finished 8th overall in the money raised with a total amount of $2,286.41. During the 24 hour relay event, our team raised $650. The top team, Brechan Enterprises, made $11,000, and the whole event raised over $51,000.

Here are a few of the many people who participated on the KANA Fitness Center team and helped to raise our 2014 donation: Paul Gaines, Meara Baldwin, Meagan Ivanoff, Andrea Knowles, Gwen Sargent, Haley Ogrinc, Roberta Detorres, Katherine Gronn, Mary Marsh, Erin Yatteau, Jessica Lacy-Wooley, Stephen Flora, Marie Green, Vallory Alter, Jasmine Oliver, Tonia Valerio, Karen Millstein, Nichole Pruiter, Sara Gaskill, JJ Marsh, David Moreno, Julie Kelly, Brian Swan, and Betty MacTavish. For those who I may have missed, your help in our event did not go unnoticed and was greatly appreciated!

A very big “Thank You” goes out to all of those who were involved and/or donated in this year’s event, and to KANA for the support. To those who were unable to attend this event, please join us next year!
President’s Letter

Greetings from KANA!

2014 has been a busy year at the Kodiak Area Native Association, and we expect many positive changes to occur in 2015. You may have noticed construction activity at the KANA Wellness Center located at 3400 Rezanof Drive East, across the street from the KANA Health Center. We are expanding upon the existing steel framed structure to build an improved Wellness Center, which will be the new home to KANA’s fitness center. The new facility will include key components missing from KANA’s current fitness center, such as locker rooms, showers, and a classroom.

You may also have noticed construction activity at 2414 Mill Bay Road, across the street from Kodiak College. KANA purchased that facility last year and, with $1,950,000 from the State of Alaska and $750,000 from Rasmuson Foundation, we are rebuilding the facility into a new Health Clinic. The new health clinic will supplement our existing health center to increase access to health services and decrease wait times for appointments.

These construction activities are in direct response to KANA’s growth as an organization and a growth in the services we provide to our Beneficiaries. The growth has been made possible through careful investment and asset management by KANA’s Board of Directors and management.

KANA maintains a conservative investment strategy geared toward long-term stability. Traditionally, KANA invested in debt securities such as certificates of deposit (CDs). Following the United States recession of 2008-2009, rates of return on CDs decreased dramatically. Seeking to maintain our investment portfolio growth, KANA began careful and strategic investment into local real estate holdings. This strategy has been rewarded by KANA’s continued stability, growth, and financial strength. KANA’s net assets have grown by 60% over the last ten years. Next year, we expect our direct health services to increase by almost 10%.

The changes occurring at KANA today are a response to the needs described by our Beneficiaries, and are made possible by several years of careful planning and management by KANA’s board and staff. We continue to work to improve the presence of Alaska Natives within our community. Please let me know how we are doing and how we may improve. We rely upon your feedback and input as KANA continues to evolve as an organization to better serve its Beneficiaries.

Respectfully,

Andy Teuber
President and CEO

KANA Launches New Website

Our newly designed website went live in July and delivers a fresh, new look to KANA. The new site has quick links on the homepage for various items of interest. Beneficiaries can now access various KANA resources, such as:

- Online Survey for Patient Experiences
- KANA’s Career Page
- Events & Clinic Calendar

Visit pages for each village clinic and all of our varied departments and programs. Check us out on Facebook or drop by www.kanaweb.org for our latest updates.

Rasmuson Grant for New Clinic

KANA received $750,000 from the Rasmuson Foundation to buy a new clinic for improved access to behavioral health services, and to serve veterans and active duty military dependents.

The grant was part of the Rasmuson Tier 2 building projects that are innovative and significant broadly in a community or statewide sense. Rasmuson spokesperson Cassandra Stalzer says the foundation’s criteria for organizations considered for a Tier 2 grant are sound financial practices, a history of service, strong leadership and community support. “KANA certainly meets all the criteria for the type of nonprofit partner that we want to invest in,” Stalzer says. “They had a great proposal that met a need that they are seeing in the community and they have over the years demonstrated that they have the ability to undertake these large capital projects.”

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Contract Support Cost Settlement

The Indian Health Service, after years of negotiations, agreed in August to pay KANA $5,073,059 for overdue contract support costs to provide health care services dating back to 1997. After attorney’s fees, the net settlement amount to KANA will be $3,804,794. For years, the IHS has not fully compensated Tribes and Tribal agencies for what are known as contract support costs, such as expenses related to insurance, audits and other administrative requirements. These contract support costs were legally and contractually due to KANA. “We are pleased with the settlement of the long overdue payment – this is a significant step and will help us fulfill our commitment to provide essential health care and services to our people,” said Andy Teuber, KANA President and Chief Executive Officer. “Yet, while this settlement will enable us to continue improving critically needed health care and access, we continue to struggle due to the funding gap left by an overall IHS budget that is less than half of what is needed to provide basic health care for our people. There is still a great deal of work to do to ensure that Alaska Native and American Indian people receive the health care and services they deserve.”

Edited except by Julie Herrmann, courtesy Kodiak Daily Mirror
Nick Alokli was born in 1936 at the Alitak Cannery near the village of Akhiok to Axenia (Yakanak) and Leon Alokli. Their only child, Nick’s Alutiiq nickname became “Nikolai K’siin — Only Nick.” His mother Axenia, one of Pete Yakanak’s five daughters, passed away when Nick was five years old. His memories of her are faint. His father Leon was a bear hunter, trapper, and fisherman at Olga Bay, who raised Nick on his own until Nick went to Mount Edgecumbe for school at age fourteen. Leon was a religious man who Nick deeply admired for all that he taught him and for how he was never afraid. Nick also recalls how much he respected his grandfather Polycarp Alokli, who used to read the gospel in church in both Alutiiq and Russian, and his grandmother Stephanita Alokli who lived to be 102.

Nick remembers his early childhood as both a time of fun and hardship. With other children in Akhiok, he remembers playing boats, laptuuk (Alutiiq baseball), and skating in winter. But he also says, “It was a rough life. In the morning, going to school it was cold — blowing a hundred miles an hour in Akhiok — cold blizzards. And the woodstove — you have to light it. It takes a long time to heat up. I was just shivering all day.”

During all his years of elementary school in Akhiok he did not learn to read English, which he credits to the severe punishments he suffered for speaking Alutiiq in school. “When I went to Mount Edgecumbe,” he says, “in nine months I’d learned more than I did when I was in the village.”

Nick says, “I learned Alutiiq by myself, just by being around, listening. That’s how I learned.” He recalls how in elementary school he and the other students were punished for speaking Alutiiq. He says, “They used to have those blackboard pointer sticks in school. They would hit you over the head. Boy, that hurt. They used to have straps, hip boot straps, with a buckle on the end and used to slap your hands. I almost got to where I was ashamed of my culture and my language because of that — but I kept it. I’m glad I did. Right now, I’m a lot happier than I was, because I’m giving my people back the language.”

As a young man after the 1964 tidal wave, Alutiiq went to San Francisco. He met his wife Ellen there while she was going to school. She was originally from Los, New Mexico. When he brought her home to Kodiak she never wanted to leave. Together they raised three children, Claudene, Tom, and Nick Jr. in Kodiak. They lost a second daughter to miscarriage while in New Mexico. Five years ago, he was deeply saddened to lose his son Tom. He remembers Tom as a strong man who was a very hard worker. Tom died young of a heart attack and is greatly missed by the Alokli family. Nick takes strength from his faith and from his contributions to the Alutiiq language revitalization movement.

Nick worked as a fisherman and canner at all his adult life. He worked as a salmon set netter, crewed on several fishing boats, and later ran a boat himself. He also worked for twenty-five years for Ward Cove Packers on their beach gang until 1991.

Nick first began contributing his traditional knowledge and Alutiiq language expertise at Dig Ałognik’s culture camps. At first, he didn’t think he had anything to offer when he was invited to participate as an Elder. But he quickly realized that he had a wealth of knowledge and it made him feel good to share it with youth and interested community members. He has attended camps and Alutiiq week gatherings now in the schools for many years and is very proud of the kids who he teaches in how they recognize and value their culture. It is now one of his greatest joys to share Alutiiq ways to help keep the culture alive. He is equally proud of his granddaughter Kalia, who is learning to speak Alutiiq with the help of school outreach from the Native Village of Afognak. She was born on Christmas Day and was one of his best Christmas presents ever.

Since 2004, Nick has been one of the voices for the Alutiiq Word of the Week with the Alutiiq Museum and on KMXT. Many of his stories and knowledge are found online and in the Alutiiq Word of the Week Fifteen Year Compilation book with Dr. April Laktionov Counsellor published in 2012. Nick has served as an Alutiiq language master speaker teaching young adults with the Alutiiq Museum and the Native Village of Afognak for over a decade. He is very appreciative of April and language apprentices who have helped him in many ways.

While Nick struggles with his health now, he continues to remain active. He is thankful for having KANA’s support. He says, “Whenever there is something wrong with me, they send me to Anchorage, with an escort.” He feels very cared for because of the assistance KANA staff provide for him and his family.

In reflecting on his hopes for young people today, Nick says that they should, “Listen to their parents and honor them.” His life has been built on this principle. He is confident that the language and culture will carry on in the hands of the next generation.

Some excerpt quotes courtesy of Iluuni magazine, 2013.

**Alutiiq Crossword Puzzle**

To complete this puzzle, find keyword answers in Alutiiq for each clue below. See word translations and correct spellings under the puzzle. Puzzle solutions on page 5. by Alisha Drabek—Englartaq.

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**Vocabulary in this puzzle:**
- alutiiq — mother
- ałaq — father
- ałrik — Alutiiq
- ciłh’aat — sod house
- ilulangina — my family
- ijałgugurt — fisherman
- iw’a — Internet
- Kasukuak — Akhiok
- koom — canny
- kuumiq — horse
- nisurta — hunter
- skaluk — school

**AKITMEN (across)**
1. horse
2. Internet
4. mother
5. hunter
7. sod house
8. cannery

**AKITMEN (down)**
1. father
2. my family
3. fisherman
5. grandfather
6. school
Explore the Rock Summer Fun

Explore the Rock returned to Kodiak in June. This program was for Middle and High school aged youth to build resiliency while hiking and learning new skills. We met every Thursday at 1 PM to hit the trails! Volunteers from the community taught the group about First Aid, Geocaching, Nutrition and Personal Fitness, Bear Safety, Tide Pools, Survival Skills, Edible plants, Fishing and team work. This was made possible thanks to the time and effort of the following amazing role models and community members: Alyson Mack, Taletha Gertz, Teri Schneider, John Wyszkowski, Steven Hulse, Garrett Slade, Shanna Moeder, Jud Brenteson, KMXT, KVOK, Bases Loaded and Kim Slade with Healthy Tomorrows.

Participants took on the trails at Abercrombie searching for Geocaches. They hiked all the way to the top of Barometer Mountain. The much-needed breaks to catch our breaths were perfect opportunities to talk about multiple topics, from goal setting to handling stress. We learned Bear Safety, which we thankfully hadn’t needed to use this year on an actual bear. We did practice with a “bear” at Boy Scout Lake (actually Wildlife Refuge worker in a bear suit). We had our largest group hike up Old Woman’s Mountain, where we learned about survival skills. We had the opportunity to talk more as a large group at the flag pole at the top of Old Woman’s about relationships and who to turn to for help. We ended with our last hike, Termination point.

Explore the Rock was more than simply an opportunity for teens to go hiking. Explore the Rock facilitated friendships and built social skills. Explore the Rock got Kodiak’s youth off couches and into nature. This program taught needed knowledge for youth living in Kodiak while building resiliency and wellness. The volunteers that assisted were great examples of how to be a good citizens and how to live a positive life.

We were very lucky with all but one sunny Thursday. We only needed an indoor activity once the entire summer and we didn’t let the rain hinder our exploring. On the one day that the rain chased us inside, we went to the Visitors’ Center and the Touch Tank where we learned more about nature and the animals we are surrounded by.

It was wonderful to see the youths’ personalities come out the more they trusted in each other and in the adult leaders. It was also very moving to see the growth over the summer of some of the participants who were not as social as others or those who had never even hiked before Explore the Rock. Fishing week brought out empathy and teamwork when teens helped each other. There were more than a few kids that had not ever been fishing and the ones that were very experienced jumped right in to teach their peers. The look of triumph when one of the kids got his first fish was such a joy! Explore the Rock was amazing and I think everyone involved benefited from the program, not only the teens.

Check out Explore the Rock on Facebook for more pictures! Visit www.facebook.com/ExploretheRockKodiak

KANA Fitness Center Moves

We will be moving to a temporary location (the old Food For Less building downtown at the “Y”) until our brand new facility is ready for occupancy.

The fitness center will be closed October 1-6th to facilitate this move. If we are able to open earlier, a notification will be released. Our permanent facility is in the construction phase and does not have a set opening date at this time, although we are looking at early 2015. This is a very exciting time for all who access our fitness facility. Our temporary location downtown is very large, with plenty of room for individual workouts and class participation. We encourage everyone to come down and utilize the space! If you have not visited the fitness center yet, please stop in and see what we have to offer. We are here to help you achieve your health and fitness goals.

If you have any additional questions, please feel free to contact the Fitness Center at (907) 486-1377.
Paul Gaines joined KANA this summer as a new Behavioral Health Clinician. He will primarily serve veterans in Kodiak, and KANA Beneficiaries in Karluk and Larsen Bay. For Gaines, the move to Kodiak is a dream come true.

Born and raised in Rhode Island, Gaines grew up on Aquidneck Island on the outskirts of Newport where his parents still make their home today. His mother Jo Eva and father Paul Jr. are longtime World War II aviation enthusiasts. His lifelong love of flying began when he was a child, watching his father fly his light plane over Aquidneck Island and the Newport coastline. PAUL GNIES, JR.

Paul Gaines Jr.

Paul Jr. is a longtime W orld W ar II aviation enthusiast. He was first drawn to working with veterans after witnessing the struggles his own father Paul, Sr. experienced with mental health issues. Paul Sr. suffered from post-traumatic stress disorder (PTSD), anxiety, military sexual trauma, and depression stemming from his service in the US Navy during WWII. Following his father’s lead, Paul Jr. set out to help others dealing with mental health challenges.

Prior to entering the mental health field, Gaines worked as a student administrator and adjunct faculty. He served as Associate Dean of Students, and Veterans Services coordinator for the University of Connecticut, where he established non-academic resources for returning Veterans, and taught a veterans-only course in order to help them adjust from military to college and civilian life. Gaines also worked as Associate Director for Multicultural Affairs at Carleton College in Northfield, Minnesota, nicknamed the “Ivy League College in the Midwest.” During his five years at Carleton, he ran a student counseling and peer mentorship network to help first-year students stay in school. He also spent three years at the College of Visual Arts in St. Paul, Minnesota, as their Director for Student Life, coordinating non-academic services for its students. While he greatly appreciated his years in college administration and student services, his pursuit of mental health counseling and social work was a natural next step in the development of his life’s work.

Gaines is eager to enjoy fishing, kayaking, hiking, hunting, and spending time outdoors during all of Kodiak’s seasons. While he has been a diligent bear watcher, he is still looking forward to seeing his first Kodiak brown bear. Another first he hopes to attain is to learn to fly. He was particularly inspired after his experiences traveling out to Karluk and Larsen Bay, flying over the breathtaking beauty of the entire island. He found the natural beauty of Kodiak Island and its rural communities breathtaking. He says, “You can’t compete with this. I intend to do a lot of my therapy outside, to take advantage of the physical landscape, sunlight and fresh air. All of this plays into healing.” He emphasizes that the benefit of living in a rural community is that we can get out into a peaceful environment, unlike those in large cities. He’s ready to serve clients and meet with them either in the office or out on the land. He wants to “meet with them on their terms – wherever they feel comfortable talking. I can listen to them wherever they need me.”

On his first visit to Larsen Bay and Karluk he was deeply honored by the acceptance and welcome he received from community members. He was thrilled to eat his first wild Alaska salmon and an afaciy (fried bread). What he didn’t expect was the “unbelievable beauty of the entire island.” He found the natural beauty of Kodiak Island and its rural communities breathtaking. He says, “You can’t compete with this. I intend to do a lot of my therapy outside, to take advantage of the physical landscape, sunlight and fresh air. All of this plays into healing.” He emphasizes that the benefit of living in a rural community is that we can get out into a peaceful environment, unlike those in large cities. He’s ready to serve clients and meet with them either in the office or out on the land. He wants to “meet with them on their terms – wherever they feel comfortable talking. I can listen to them wherever they need me.”

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Paul Jr.

Gaines says, “I sold or gave away whatever I didn’t know about your culture and history that I need to in order to build rapport and to do my job well.” He goes on to explain that he understands that many people “need to feel comfortable before they will open up to me.” He asks clients, “teach me about your story, so I can take what I’ve learned about you to help you. Ultimately, most of our clients have the ability to answer these own question. My job is to help people chip away at all the unnecessary stuff (or baggage) that we all collect, over time, to let one’s true form take shape.”

Provider Profile
Paul Gaines, Jr.

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While he greatly appreciated his years in college administration and student services, his pursuit of mental health counseling and social work was a natural next step in the development of his life’s work. His main focus in behavioral health counseling has been in trauma-informed care for high-risk youth and veterans, addressing post-traumatic stress disorder (PTSD), depression, anxiety, military sexual trauma, and personality disorders. He was first drawn to working with veterans after witnessing the struggles his own relatives and friends suffered in coping after service in the military. A civilian, Gaines intends to join the Alaska National Guard as a clinical social worker once he becomes eligible. As he says, “I was tired of seeing people I care about come back damaged and I realized I could do more to help other veterans. They are doing the best they can with what they have, and they taught me how to help them and other vets.” Gaines hopes that with his support healing can come.

In 2002, Gaines earned a Master in Clinical Mental Health Counseling from Bridgewater State College, in Massachusetts. He later decided to further his education and pursue a second Masters degree from the University of Connecticut (UCONN). In 2013, he earned his Master of Social Work from UCONN. His last position before deciding to move to Kodiak he was in Massachusetts at Clinical and Support Options, where he worked in the Pittsfield and Springfield offices as an outpatient clinician.

When Gaines decided to accept the position at KANA he says, “I told or gave away whatever I couldn’t fit into my car.” He recently flew back to Rhode Island to attend a wedding and completed a solo 5,271 mile road trip from Newport, Rhode Island, to Kodiak. In addition to his clothes, the essential items he brought were his guitar, and Western-style roping saddle. “I’ll need to buy new fishing gear and kayaking gear out here, but I just couldn’t part company with my saddle.”

Before he moved to Kodiak he owned two quarterhorses, neither of which were able to make the journey. He’s looking forward to getting a horse again sometime soon, and has appreciuated connecting with other horse owners in Kodiak. Ever since he was 6 years old and saw Texas cowboys on TV, he has wanted to work with horses. In fact, some of his social work counseling has involved horses in what is known as Equine Assisted Therapy. He has worked with EAGALA (Equine Assisted Growth and Learning Association), using service animals in providing therapy to high-risk children and veteran clients.

When asked what he wants Beneficiaries to know about him, he says, “I take the role as student. There is a lot I don’t know about your culture and history that I need to in order to build rapport and to do my job well.” He goes on to explain that he understands that many people “need to feel comfortable before they will open up to me.” He asks clients, “teach me about your story, so I can take what I’ve learned about you to help you. Ultimately, most of our clients have the ability to answer these own question. My job is to help people chip away at all the unnecessary stuff (or baggage) that we all collect, over time, to let one’s true form take shape.”

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Please note that the information provided is a natural reading of the document, and it may not be an exact representation of the original text.
The Alutiiq Word of the Week, the Alutiiq Museum’s popular weekly lessons on all things Alutiiq, entered its 17th season in June. Each year they develop new lessons, studying and sharing traditions via the radio, newspaper, and Internet. In addition to fresh content, season 17 brings new voices, new features, and even a new look. The updated program reflects the expansion of the museum capabilities and generous support from the Kodiak Island Borough.

Michael Bach, the show’s new producer and an Alutiiq language archivist for the museum explained, "The word of the week will continue to air three times a week on KMXT Public Radio with the familiar voices of Nick Alokli and Sophie Shepherd speaking in Alutiiq. However, Marya Halvorsen, the museum’s Cultural Education Specialist, is now the English voice of the program, taking over for longtime host Dr. April Laktonen Counceller. The show also has a new introduction featuring singing and drumming by Kodiak Alutiiq dancers and Alutiiq language instructors.”

The seventeenth season offers greater opportunities to access Alutiiq language information, through a podcast hosted by Bach. Visit the iTunes store or the museum’s website to hear the weekly lesson followed by additional content with language revitalization news, stories, and events.

Recent podcasts featured Karen Weinberg of Ten Trees Productions speaking with Bach, about her documentary film on Alutiiq language preservation efforts. Julie Fine, a student of linguistics from Stanford University shared her experience learning Alutiiq. And Sue Mitchel, a Fairbanks copyedited, tells about her experiences with the word pukuq, which means to salvage or to borrow without intent to return!

The museum’s website is updated every Sunday with the week’s lesson. Follow them on Facebook, Instagram, and Twitter where Alutiiq Word of the Week is posted to share. For Alutiiq Word of the Week emails, contact Brian Fraley at brian@alutiiqmuseum.org and he’ll set you up.

## Alutiiq Museum Annual Meeting

The Alutiiq Museum held its 19th Annual Meeting Saturday, August 23, 2014. Museum staff and Board welcomed around 200 community members for an open house to explore new exhibits and displays on recent excavations and education programs. Participants enjoyed refreshments by Bertha Malutin and Meta Carlson and door prizes from the museum store.

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**Alutiiq Museum Fall Lecture Series**

Culture bearers, historians, and scientists are the stars of the Alutiiq Museum’s fall lecture series. Hear the experts speak about their recent research and answer your questions. All lectures start at 7:00 pm in the museum’s gallery and are free and open to the public thanks to the generous support of community sponsors. For more information, please contact Brian Fraley (brian@alutiiqmuseum.org, 907-486-7004).

**THURSDAY, SEPTEMBER 11**

Perry Eaton | Alaska Native Arts  
**Interpreting Alutiiq Mask Features**  
Sponsored by On the Cape Vacation Rentals

**THURSDAY, SEPTEMBER 18**

Thomas Farrugia | Fisheries  
**Skate Fisheries in Alaska as a Growth Opportunity**  
Sponsored by International Seafoods of Alaska

**THURSDAY, SEPTEMBER 25**

Jim Dillard | Alaska Native Arts  
**Traditional Tools and Techniques of Woodcarvers**  
Sponsored by Midtown Auto

**THURSDAY, OCTOBER 2**

Candace Branson | Alutiiq Language Education  
**Alutiiq Language Teaching Through Storytelling**  
Sponsored by the Kodiak Island Borough School District

**THURSDAY, OCTOBER 9**

Gayla Pedersen | Ethnobotany  
**Exploring Alutiiq Botanical Traditions**  
Sponsored by Old Powerhouse Restaurant

**THURSDAY, OCTOBER 16**

Daria Safonova-Sizemoff | Native Literacy  
**Russian Alutiiq Cyrillic Archival Treasures**  
Sponsored by International Seafoods of Alaska

**THURSDAY, OCTOBER 23**

Patrick Saltonstall | Archaeology  
**7,000 years at Midway Bay: Old Harbor Site Excavations**  
Sponsored by Radar Alaska

**THURSDAY, OCTOBER 30**

Susan Malutin, Cathy Cordy, Marya Halvorsen, Teri Schneider, and Hanna Sholl  
**New Skin Sewers’ Club Caribou Parka Debut**  
Sponsored by the Institute for Museum and Library Services

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Having inflammation in our body can serve as a protective process but it can also cause damage if not cared for. Eating “right” or including certain foods may better help your inflammation.

First, what is “Eating Right”

- Eat fruits and vegetables as half of your plate at meals. Dark greens like kale, chard, Brussels sprouts and berries and cherries are excellent anti-inflammatory foods
- Choose plant-based sources of protein like beans, seeds and nuts
- Choose whole grains instead of refined grains. These include brown rice, quinoa, barley, oatmeal, whole wheat, and wild rice versus white rice, white bread or white pasta
- Eat heart healthy fats like olive oil, canned/olive oil, avocados, nuts, seeds and nut butters
- Keep eating or increase fatty fish like salmon for omega-3 fatty acids that reduce inflammation
- Choose free-range or wild lean meats like deer, elk, buffalo, chicken or local beef
- Use herbs and salt-free spices when cooking for an antioxidant punch

Eating right also includes keeping sweetened beverages to a minimum while also reducing your intake of fatty fried foods. One study showed that foods high in saturated fat and sugar caused inflammation in the body. In this study, they used a small McDonald’s meal. They saw inflammation and oxidative stress at a cellular, molecular level. The body produced the same markers when it gets a cut, infection or burn. The inflammation remained high in the people’s body up to 5 hours after eating that meal.

Taking an anti-inflammatory pill may help reduce the pain for a while but maybe a change of something in your diet can help more long term. If you have any of these health concerns, considering an anti-inflammatory diet can help reduce these:

- Indications of heart disease such as high cholesterol, high BP; Diabetes or you are at risk for diabetes; Inherited risk of heart disease, stroke, diabetes, Alzheimer’s disease, asthma; Arthritis; Autoimmune disorder such as asthma, rheumatoid arthritis or lupus; Dental problems- gum disease or periodontal disease

Be cautious of things claimed as ‘anti-inflammatory miracles’. The Key is to eat local! Eat more fish, berries, and game meat that Kodiak and Alaska offers. Other foods that reduce inflammation in the body, which may work for you to try are:

- Berries: blueberries have the most research and contains natural compounds that decrease inflammation
- Salmon & Other Fish: contain omega-3 fatty acids
- Grass-fed beef and other animal foods: contain omega 3 fatty acids
- Extra Virgin Olive Oil, cold pressed or first pressed
- Salads: dark greens, spinach, tomatoes & other salad veggies are rich in Vitamin C & antioxidants
- Cruciferous vegetables like broccoli, Brussel sprouts and cauliflower are loaded with antioxidants
- Cherries: packed with antioxidants, low on the glycemic index
- Turmeric spice: contains a powerful, natural anti-inflammatory compound
- Ginger: contains anti-inflammatory benefits & might also help control blood sugar
- Garlic: some anti-inflammatory & glucose regulating benefits may help your body fight infections
- Green Tea: contains natural anti-inflammatory compounds. May reduce risk of heart disease and cancer

In Alaska, where we believe in our traditional foods so much, let us continue to practice with them and follow Hippocrates who said, “Let your food be your medicine and your medicine be your food.”

Article courtesy www.eatright.org

Salmon Bisque

Ingredients

2 tablespoons butter
1 tablespoon canola/ olive oil
1 onion, chopped
2 carrots, chopped
2 stalks celery, chopped
3 garlic cloves, minced
1 tablespoon minced fresh thyme leaves
(or 1 teaspoon dried thyme)
2 bay leaves
2 tablespoons tomato paste
1 teaspoon sweet paprika
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup white wine
5 cups chicken broth
1 teaspoon Worcestershire sauce
1 tablespoon fresh lemon juice
(or from concentrate)
1/4 cup heavy cream
1 pound salmon, seasoned with salt and pepper, cooked and flaked
2 tablespoons fresh or dried chives, finely chopped, for serving

Directions

To a large pot over medium heat, add the butter and oil. Add the onion, carrots, celery, cooking about 5-7 minutes. Stir in the garlic, thyme, bay, tomato paste, paprika, salt and pepper. Cook another 1 minute. Turn the heat up to high and stir in the wine, followed by the broth and Worcestershire. Bring to a simmer, turn down the heat, cover and cook 20 minutes or until the vegetables are very soft, stirring occasionally. Remove from heat and discard bay leaves.

Using a hand immersion blender, blend the soup until very smooth. Stir in the lemon juice and heavy cream. Ladle the soup into bowls and top with flaked salmon and chives, with lemon wedges on the side.

Notes

You can pan-fried the salmon in a little bit of oil for this recipe, or bake, broil, or poach it.

Yield: 4 servings

Recipe and photo courtesy of www.alaskafromscratch.com
Ryan Hawley joined KANA as the new Community Health Aide Program (CHAP) Director in June. He was born in Republic, Washington, and raised in Washington and Oregon. Since Hawley's youth he has been an avid outdoorsman, enjoying fishing, kayaking, and snowboarding. However, after years living in eastern Oregon, where it is flat and dry, he has not had access to the same outdoor opportunities. Now in Alaska, he is excited to regain the hobbies he loved.

After graduating from high school, Hawley joined the US Coast Guard. He served as a corpsman (medic) for seven years, which grew his interest in wanting to learn more about medicine. During these years, he was stationed in Alaska, out of Homer and Sitka. He visited Kodiak aboard the USCG Cutter Sedge, as they frequently did maneuvers in Whale Pass. He was struck by the beauty of the area and hoped to one day return.

Today, he feels Kodiak is much the same, with only a few more people than when he visited years ago. He likes that Kodiak still has that small community feel he was looking for. His wife Kimberly and son Wade, who joined him here in July, agree that Kodiak will make a good home. They are particularly pleased that there are lots of activities. His son Wade just started preschool and is excited about making friends and exploring all the fun things to do in Kodiak.

After leaving the Coast Guard, Hawley attended college at the University of Washington's Medics Northwest PA (physician's assistant) Program. He graduated in 2010. He has worked for a clinic in eastern Oregon with several sites. His most recent position was at South Gilliam Health Center. Gilliam County operates two clinics that serve their rural populations, so in many ways the clinic environments are similar.

One of the main strengths that Hawley feels he brings to his new position is a familiarity with the community health aide (CHA) role. He says, “From being a corpsman I know what their jobs are, as the two roles are very similar in how they both provide basic medical care within certain guidelines. I know what it’s like to be in serious medical situations with minimal resources.” He emphasizes that having the opportunity to help others in these types of roles is what drew him to the position.

He is also excited about getting to spend time in Kodiak Island's six villages. He likes the opportunity to travel frequently and work with many different people. So far, he has been to every village, with most at least twice. He intends to visit each one quarterly, for between one to three days each trip.

Hawley was on the lookout for a career opportunity that could bring him back to Alaska. While his goal was anywhere in Alaska, he specifically watched KANA for openings. He favored KANA because of its reputation as a great workplace. When this position came open he was certain that it would be a good fit.

Hawley respects his newness to the role and wishes to help provide high quality service to KANA Beneficiaries. When asked to reflect on what he'd like Beneficiaries to know, Hawley says, “I'm open to suggestions, anything that people have seen that they like or don't like, please tell me.” He's looking forward to supporting the program in the way the communities want.

We want to hear from you!

Comments & Suggestions

If you have a comment or suggestion for the Kodiak Area Native Association, please let us know. We welcome the opportunity to better serve the needs of our Beneficiaries. Thank you.

Name (optional) ____________________________________________

___________________________________________

Quyanaasinaq!

Clip and drop off this card at the KANA reception desk, or mail to:

Kodiak Area Native Association
3449 Rezanof Drive East, Kodiak, AK 99615

Notice of KANA Annual Meeting

Saturday, October 11, 2014

The Annual Meeting of the KODIAK AREA NATIVE ASSOCIATION will be held this year on Saturday, October 11, 2014 for the purposes of electing two (2) Directors to the Board, and to conduct such other business as may properly come before the meeting. Registration will begin at 9 a.m. followed by Call to Order of the meeting at 10 a.m. at the Kodiak Harbor Convention Center, located at 211 E. Rezanof Drive, Kodiak, AK.

The following tribal chapters will each elect one Director at this year’s meeting:

- Native Village of Afognak
- Native Village of Akhiok

Door prizes will be given, including airline tickets. To win door prizes, you must be present. We look forward to seeing you there!

“To Elevate the Quality of Life of the People We Serve”