

Promoting Wellness and Knowledge for Kodiak's Native People

Qik'rtarmiut Asiitmen

KODIAK AREA NATIVE ASSOCIATION

KIAK / SUMMER 2022



Full Speed Ahead:
To A Bright Future



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KANA EVENTS



KANA Recognizes Koniag's 50th Anniversary

In the spirit of the valued partnership with Koniag, Kodiak Area Native Association (KANA) Chief Executive Officer Mike Pfeffer presented a \$50,000 donation to Koniag Chairman & Chief Executive Officer Ron Unger and Koniag President Shauna Hegna for the Koniag Education Foundation to mark Koniag's 50th Anniversary. KANA recognizes Koniag's contributions to the health, culture, education and prosperity of the Alaskan Native People in the Kodiak region.

Over the last 50 years, Koniag has not only achieved financial growth of these assets for the benefit of its shareholders, but has also honored Sugpiaq-Alutiiq heritage and culture, been a steward of Native lands and natural resources for traditional use, advocated

for community interests and traditional Native ways of life, and supported Native families. Koniag has proven to be a valued partner for KANA in our *mission* to Elevate the Quality of Life of the People We Serve, including by supporting Native students with scholarships from the Koniag Education Fund, economic development initiatives benefiting Tribes and village communities, investing in the success of the Alutiiq Museum & Archaeological Repository, co-hosting forums and providing technical assistance to Tribes to promote their self-governance and sovereignty, and providing education and advocacy on important regional and Native issues such as fisheries and subsistence rights.

Kodiak Marketplace



The Kodiak Marketplace continues to make great progress! The core and shell will be completed at the end of 2022, and the interior is scheduled for completion in the spring of 2023. The downtown centerpiece will eventually house KANA offices and a large meeting space on the second floor, while the first floor will be occupied by retail space.



Margaret Roberts
 KANA Board of Directors
 1948–2022

KANA and the entire Kodiak community mourns the sudden passing of Margaret Roberts (1948–2022). Margaret was an Elder, a KANA board member, and a beloved friend. KANA has seen an incredible period of growth during Margaret’s 20 years of dedicated service.

Born and raised in Kodiak, Margaret was the daughter of Ronald Fadaoff of Woody Island and Martha Patarochin of Kodiak. She graduated from Kodiak High School in 1967 and then met and married the love of her life, Gary Roberts, in 1973. They have four children and several grandchildren, all of whom have been raised to have strong Alutiiq cultural values.

Margaret was a tireless leader in the community. In addition to her work at KANA, Margaret also served as a Commissioner for the Kodiak Island Housing Authority, as the Chair of the KANA Health Services Advisory Committee, and founder of the Kodiak Alutiiq Dancers. She also served on the Board of Directors for Natives of Kodiak and RurAL Cap, and was a member of the Woody Island Tribal Council. She was recognized for her contributions to her heritage and culture when the Alaska Federation of Natives honored Margaret with its Woman of Courage Award in 2018.

During her time on KANA’s board, Margaret was a champion for Native health and wellness. She dedicated much of her time to sharing Sugpiaq Alutiiq culture with younger generations, and she loved attending the annual Women’s Wellness Retreat, as well as Dig Afognak. She led the Sun’aq Tribe of Kodiak to federal recognition as the council chair and was a co-founder of the Alaska Inter-Tribal Council. Margaret will always be remembered for her wisdom, her leadership, and her advocacy work on behalf of her people.

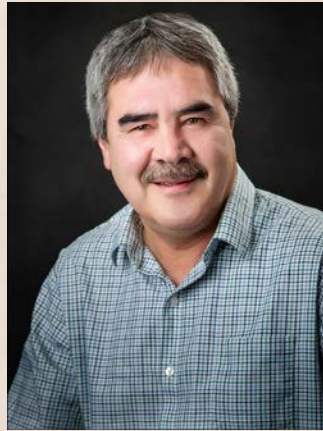
Margaret will remain forever in our thoughts and hearts.

REMEMBERING ANDY TEUBER



A traditional honoring ceremony was held on Saturday, May 28 at the Afognak Center in remembrance of Andy Teuber, KANA’s late President & CEO. Family and friends were in attendance of the Alutiiq spirit mask burning, with several offering memories of times spent with Andy.

2019-2022 Incumbent Directors



Larry Chichenoff

Native Village of Ouzinkie

Larry Chichenoff grew up in the Native Village of Ouzinkie, where his work and love for fishing found him continually returning to his roots. Larry left Ouzinkie to attend Kodiak High School. He then went on to attend Sheldon Jackson College in Sitka. After college, Larry lived on and in Ouzinkie, periodically working on major community infrastructure projects.

Larry began serving his community by spending three years on the Tribal Council. Eventually, he found himself running for the open Director's position at KANA for the Native Village of Ouzinkie and was ultimately elected to KANA's Board of Directors in 2019. "The best thing about working with the Board members from each village is you know we all have similar problems. We can always compare issues and work together more effectively as a group. It's very rewarding, especially when it works out when things go the way they're supposed to."

One of KANA's newest Board members, Larry gained valuable experience during his first three years of service. "I am honored and humbled to be on the KANA Board. It's such a good learning experience for me. As I gain more experience, I'm hoping to continue to get better at being a Board member. I'll try to help my people as long as they want me here. I'll keep doing what I can."



Cheryl Christofferson

Gwangkuta Suuget (At-Large)

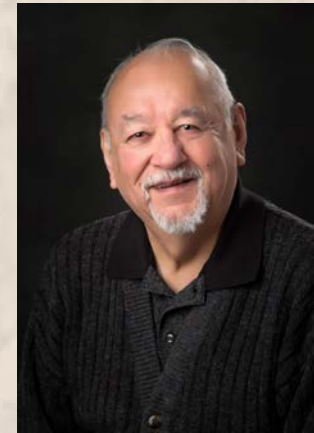
Cheryl "DeeDee" Christofferson is one of nine children born to John and Verna Panamarioff in Ouzinkie. She now lives in Kodiak and has served on the KANA Board of Directors since 2008, representing KANA's Gwangkuta Suuget/At Large Chapter.

DeeDee currently works as Executive Secretary & Office Manager for the Natives of Kodiak and, in the past, worked for Koniag for 15 years and for Ouzinkie Native Corporation for 14 years. She also serves as Chair of the Board of Commissioners for the Kodiak Island Housing Authority, and the Alutiiq Heritage Museum Board of Directors.

During her years of service on KANA's Board, DeeDee has worked with the other Board members in overseeing continuous improvements and development of new services at KANA. "We've seen a lot of growth over the past few years, such as the Mill Bay Health Center, Child Advocacy Center, Infant Learning Program, and Parenting with Love and Limits Program. It's really incredible."

She is also proud of the Board's and KANA's quick response to the COVID-19 pandemic. "KANA's response to the community during difficult times and the ability to adapt as needed during the pandemic was truly amazing."

DeeDee has enjoyed her years of service and working on KANA's Board, "We have always worked together very well, and everyone has the Beneficiaries well-being at the forefront. It's nice to know that we all share the same vision for KANA."



Alex Panamaroff, Jr.

Native Village of Larsen Bay

Alex Panamaroff, Jr. was born in Karluk to Olga and Alex Panamaroff, Sr. and moved to Larsen Bay in 1971, where he raised four children. Alex is currently a member of the Larsen Bay Tribal Council, serves on the Kodiak Island Housing Authority Board of Commissioners, and works as the Environmental Manager of Larsen Bay. Some of his past roles include Tribal Council President for Karluk, and Mayor of Larsen Bay.

Alex has been with KANA since its beginnings, serving on and off the Board of Directors for the past 55 years, starting in 1967. He has seen KANA grow from one small clinic in the late 1960's to a multi-facility serving the entire Kodiak community, going from dream to reality. "I remember in the early days when Kelly Simeonoff was KANA's President. We weren't allowed to own a building or real estate as an organization. We've come a long way since in having a small clinic to the facilities and services we have today. Truly amazing!"

Alex feels one of the main reasons for KANA's success and continual growth has been the Board's ability to work together to make things happen. "Everyone contributes; we listen to each other's ideas and work together to make the best possible decisions."

Through his years of serving KANA and his community, Alex has seen it all. "I've seen a lot of growth at KANA over the years. I look forward to continuing to working together with the other Board members in helping to provide high quality healthcare to our communities."





ARCTIC CARE 2022

Arctic Care returned to Kodiak this past spring, providing Kodiak residents with access to no-cost medical, dental, veterinary, and specialty health services. While providing military personnel valuable deployment training, their no-cost medical services saved Kodiak residents an estimated \$260,000.



Arctic Care returned to Kodiak as the Army Reserve partnered with KANA for Kodiak Arctic Care 2022, which was held May 4 through May 13. No-cost medical services were delivered to residents of the Kodiak Region. This joint mission included support from the Army National Guard, Marine Corps Reserve, Active-Duty Air Force, Air National Guard, and Air Force Reserve in the joint Innovative Readiness Training (IRT) medical mission.

The military personnel received valuable training for real-world deployment conditions in providing no-cost medical services to the City of Kodiak and our village communities. More than 350 military personnel were deployed to Kodiak and provided medical services to 1,158 patients, while conducting more than 6,000 no-cost procedures, including medical, nutrition, mental health, podiatry, physical therapy, dental, optometry, and veterinary services to the Kodiak Region. The services saved the community an estimated \$260,000 in medical costs.

The mission provided a great opportunity to work with community and military partners, while offering high-quality healthcare at no cost to our communities.

ARCTIC CARE 2022 BY THE NUMBERS Procedures

Medical	364
Dental	1,871
Optometry	1,744
Veterinary	1,761
Physical Therapy	201
Podiatry	102
Mental Health	75
Nutrition	11

TOTAL PROCEDURES - 6,129

Full Speed Ahead: to a Bright Future

Originally raised in the lower 48, Micha Bircher later moved to Alaska, spending part of his childhood with his grandparents, Mitchell and Judy Simeonoff, in the Village of Akhiok. “My grandparents played a big part in KANA when I was a kid,” Micha said. “I would see them go on all their business trips and come back with a bunch of trinkets that said KANA on it. It kind of got me interested in working for them in the future. So that’s kind of how I kind of leaned towards taking part in KANA’s Supplemental Youth Employment Training Program (SYETP).”

When he was 14 years old, Micha found some summer work by participating in KANA’s SYETP program, working for Indian General Assistance Program (IGAP) in solid waste management. The SYETP program pays employee wages up to 150 hours per year as part of their training offerings.

Micha attended school in Larsen Bay after moving there in 2010. Once their school closed down, he finished high school in Old Harbor. After graduation, he moved to Port Lions and stayed there with his sister, Lorean. He soon found work at Port Lions Lodge. Micha later moved to Kodiak and worked on a local fishing boat in 2019.

Micha returned to Larsen Bay and began working for Erik O’Brien at Ocean Bounty through KANA’s Job Placement Training Program (JPT) in late 2021. Through the JPT program, KANA offers potential employers support by paying a portion of their employees’ wages as a subsidized position from six months up to a year or longer. The ideal end goal for a JPT position, is that the employer will essentially end up bringing the employee on full time.

With Ocean Bounty’s upstart oyster farm, Micha found himself on the ground floor of a developing enterprise. Just like any startup business, they experienced some growing pains, but they continued to work out the issues on the farm.

“When I first started working for Erik, the farm conditions weren’t too good,” explained Micha. “There was a lot of maintenance going into it and a lot of figuring out how to get the bags to stay on the line without them floating off or disrupting the oysters. It was a lot trial and error in trying to figure out what we can do to fix the problem. So, when I was about four months into the operation in working for Erik, we figured out a better way to sustain the



Mandy Toong from the Division of Agriculture and Chase DelAvergne enjoy a cruise through the oyster farm (above), while Micha Bircher checks the oyster cleaner roller. (below).



bags without sliding and stacking up on each other during a storm.”

Micha and his step-brother, Chase DelAvergne, handle the oyster farm for Ocean Bounty. They are currently harvesting around 60,000 oysters, but have expansion plans to eventually harvest over one million per year.

For his hard work and dedication to the project, Micha was recently made Oyster Farm Manager. “We manage the farm, make sure it’s in good condition, and come back to Erik with any issues we have and try to figure out how we can solve them. From the moment I started working with Erik to now has been a complete learning process and problem solving,” summarized Micha. “It has definitely given me a lot of skills in problem solving, working with different people, and communication skills.



Ocean Bounty is also involved in helping the community as they begin to monitor harmful algal blooms by testing the waters and sending the results into the state lab.

“The whole water sample testing is completely new to us,” said Micha. “We just started this about maybe a month ago; that’s when we started talking about getting a microscope in to do our own tests.”

Micha appreciates the opportunities that have come his way, especially through KANA’s youth training programs. “The Youth Supplement Training Program is what helped start my job success,” reflected Micha. “It helped me figure out how to get jobs and what it would take to get the resources to get the job done. KANA has helped me with that since I was 14 years old, and they’ve definitely given me the opportunity to get where I’m at now.”





Slight Change in Plans



KANA Physician Dr. Evan Jones was looking forward to spending three weeks of vacation visiting his daughter, Julianna, who was attending college at University of Aberdeen, Scotland, with plans to join her in Scotland and then travel around Europe and see the sights.

“My daughter had a long spring break,” said Dr. Jones. “It was supposed to last three weeks, and I asked her what she thought about traveling around Europe. So I bought a ticket to go visit her in Scotland for those three weeks.”

Shortly after settling plans to visit his daughter in Scotland, the war in Ukraine broke out. Watching the news broadcasts and reading about the invasion of Ukraine by Russia had a profound effect on Dr. Jones. “Shortly after I got the ticket, the war in Ukraine began. I was pretty moved by what I saw on TV and read in the news, and thought there might be something I could do to potentially help. I spoke with my daughter about how we might be able to work with refugees on the border of Poland and Ukraine.”

Dr. Jones then wrote to several organizations to offer their services, but received minimal responses back. “I was fine with that,” he said. “I was just going over there for vacation. So, I wasn’t desperate to find something to do. But eventually, one of the organizations called Youth With A Mission (YWAM) got back with me, and they’re like, ‘listen, there’s really nothing going on at the border. If you’re willing to go in and work with us in the Ukraine, there’s lots that needs to be done, and we’d love to have you.’”

Since the Jones’ were initially going to vacation around Europe, Dr. Jones asked his daughter what she wanted to do: Europe or Ukraine. Julianna exclaimed, “I want to go in and help anyway I can!”

After Dr. Jones flew into Scotland to meet his daughter, they flew from Edinburgh to Warsaw, where they met a group that was traveling to the Ukraine in a mini-van and joined them as they headed towards the border. At that point in time, the conflict was almost at a standstill, so many of the Ukrainian people had started to return to the country. Although there were long lines at the border, Dr. Jones was able to go through the border and checkpoints rather quickly by bringing his medical relief efforts.

“We went to a YWAM base called Ternopil and met up with the guys we were going to be traveling with for the next 10 days,” explained Dr. Jones. “There are three young men who were all from Mariupol, a town that was almost completely obliterated by the Russians on the east side. The youngest was 20 years old, and he was our driver. The logistics guy is probably about 26, and our translator was 28 years old. They all lost everything they owned. Their apartments were gone - everything they had was gone.”

For the next nine days, they traveled to several pre-arranged villages where refugees were starting to settle in. “We just helped them with any medical care they needed. I was expecting there might be wounds or respiratory illnesses, but there really was not much of that at all. One of the guys who was

traveling with us got hit by rock and shrapnel, so I worked with him quite a bit, trying to get his wounds to heal. He had had a surgeon dig the actual shrapnel out, but he was left with wounds in the back of his leg that were as much as an inch deep. We were just trying to get the wound filled in.”

Dr. Jones was impressed by his team’s spirit, so he would cook breakfast for them every morning; then, they would hop in the car and spend the day at a different village each day, helping with their medical needs.

“There were pretty long days. It’s similar to the system we have setup here at KANA for our villages. Although our villages have more experienced personnel, they had some people who had minimal training in medical care, but had some training, and they were able to use me and bring in patients they were having trouble with or just needed extra help with.”

KANA was also very supportive of Dr. Jones’ mission to help the Ukrainian people. “KANA was awesome,” exclaimed Dr. Jones. “We purchased probably \$1,000 worth of medications through the pharmacy, and we were able to supply medications for free to a lot of these patients. KANA donated all those medications to go with me. So I arrived with a big suitcase full of meds that I could distribute to people.”

Though they were in the middle of the conflict, most of Dr. Jones treatments were not to war wounds, but more about dealing with the stress that the people were going through as

their lives were placed in turmoil. “A lot of things I dealt with included anxiety, a lot of fatigue, a lot of aches and pains,” Dr. Jones explained. “Often it was 70- or 80-year-olds from the towns who had packed up everything they owned and moved out to these villages because the towns were getting blown up. They weren’t used to doing that kind of work.”

Although there were those who needed medical attention, Dr. Jones found that many of the patients he saw really just needed a friendly face: “Sitting and listening to people and making sure they felt heard works anywhere. People just want to feel like they are being heard.”

While Dr. Jones was dealing with patients all day long, his daughter, Julianna, was drawn to the plight of the animals, the mostly forgotten victims, because food was scarce. When families fled the country, they only took what they could carry, so sadly, many animals were left behind. “Julianna always had so much compassion for animals. She would spend some time with the animals. One of the dogs led her back to a box that had a bunch of puppies. She would always be looking to find food that she could give to the animals.”

Dr. Jones summarized his experience with the people of Ukraine, “The country is all in on this; they want their freedom, want to make their own decisions. It was very interesting to see their perspective. I would love to go back there. I made great friends over there and met some great people. We’ll see what the future brings.”





Lisa Truitt is very proud of her heritage. Having grown up in the lower 48, Lisa is part of the Chief Joseph Band of Nez Perce tribe. She's usually outdoors picking berries, flowers, and healthy herbs during the summer months. "I would harvest huckleberries with my Mom in the lower 48. Once I moved back to Alaska, I started asking locals about what berries, flowers, and other ingredients that could be harvested from the land."

One of the interesting ingredients Lisa found out about was the many benefits of spruce tips. "It's really amazing the health benefits that comes from the spruce tip. It's high in Vitamin C, carbenoids, potassium, and magnesium, and Indigenous Tribes use it for coughs and sore throats."

The Simple Syrup can be mixed with seltzer or flavored water, or you could top off ice cream with the healthy syrup. There are other uses for the vitamin-rich spruce tips. "I also make spruce tip salve and jelly. I enjoy knowing that I have harvested everything I could, while keeping it simple in preserving the rich flavor of the spruce tips. It truly amazes me what Alaska has to offer for simple natural foods."



Making Simple Syrup with Spruce Tips:

- 3 cups filtered water
- 1 cup of sugar (organic)
- 3 cups of spruce tips

Place in a sauce pan on low heat and let this go for awhile so that the flavor of the spruce tips is slowly extracted. Then, remove from heat after 4 hours and cover for an overnight soak. Next day, using fully cleaned and sanitized 4-ounce mason jars, pour the Simple Syrup into the jars—and you're done!



When the final bell rang on the 21–22 school year, KANA Wellness Center started the Summer Youth Fitness class. To kick off the summer right, we offered a free summer class for all Kodiak youth entering grades 3–8. The class will continue until school begins in August. The program enjoyed an excellent start, with 25 participants signing up by the end of the first week. Held every Monday and Wednesday, the youth enjoy learning the importance of wellness. Besides general exercise principles taught through games, the participants learn good sportsmanship skills, the importance of hydration, team building, and the significance of being active through all types of interactive games and exercise.



The program emphasizes that wellness isn't just about staying physically active, but it is also about eating healthy, staying hydrated, having a positive attitude, being kind, and getting the proper amount of sleep.

In July, the participants were challenged to track their daily healthy habits. Those habits include: eating at least one fruit or vegetable; performing 15 squats, 10 sit-ups, and 5 push-ups; completing one random act of kindness; drinking a minimum of four glasses of water; and getting at least 8 hours of sleep. The youths leave the class not only feeling challenged, but energized from all of the fun — especially when one of the games involves water balloons or soaking wet sponges on a hot summer day!



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KODIAK AREA NATIVE ASSOCIATION
ANNUAL MEETING
October 8, 2022



Join us, Saturday, October 8, 2022 at 10:00 am for KANA's 56th Annual Membership Meeting. Details of the meeting posted at:
<https://kodiakhealthcare.org/annual-meeting-2022/>