

Promoting Wellness and Knowledge for Kodiak's Native People

Qik'rtarmiut Asiitmen

KODIAK AREA NATIVE ASSOCIATION

UGNERKAQ / SPRING 2022



Embracing Culture:
One With the Land

IN THIS ISSUE

- 3 KANA Names New CEO.** After an extensive, nationwide search, KANA is proud to announce Mike Pfeffer as our newest Chief Executive Officer.
- 4 In Remembrance.** We remember Alfred B. Cratty, Jr. and Gary Lee Carlson.
- 6 Arctic Care Returns to Kodiak.** Kodiak residents will be able to access no-cost health and veterinary services this spring when Arctic Care returns to Kodiak May 4th-13th.
- 8 Kodiak Marketplace.** Read about the progress we've made on the Kodiak Marketplace project.
- 9 The Importance of Strength Training As You Age.** Did you know that you gradually begin to lose muscle mass as you age? Learn how you can keep your muscle and gain strength too!
- 10 Wellness Warrior.** Meet Jonathan Strong. Read about his decision to regain control of his health, and how he hopes to be an inspiration to the clients he works with.
- 12 Embracing Culture: One With the Land.** We sat down with Caden Peterson to learn about subsistence living and what it means to be one with
- 14 National Nutrition Month.** In honor of National Nutrition Month, celebrate the health benefits of traditional Alutiiq foods!



New KANA CEO Mike Pfeffer and the KANA Board of Directors' Chair Loretta Nelson sign into effect Mike as KANA's Chief Executive Officer.

KANA NAMES NEW CEO

Kodiak Area Native Association (KANA) is proud to announce that Mike Pfeffer has accepted the position of Chief Executive Officer. Mr. Pfeffer has been a senior executive at KANA since 2006, serving most recently as Chief Operating Officer, Chief Financial Officer, and for the past year as KANA's Acting CEO.

Mr. Pfeffer was chosen as the result of an extensive nationwide search that attracted a large and diverse field of highly qualified candidates. He graciously stepped into the role of acting CEO after the sudden loss of our previous leader, and led the organization with compassion and skill before being asked to take the leadership position permanently.

In making its selection, the Board cited Mr. Pfeffer's passion for KANA's mission, his experience with the organization and partnership with the Board, his relationships with other Alaska tribal healthcare entities, and his commitment to the Kodiak community.

"Under Mike's leadership this past year, KANA was able to continue operations uninterrupted," says Board Chair Loretta Nelson. "While working within the constraints of the COVID-19 pandemic, we underwent a rigorous program evaluation by our accrediting agency and earned re-

accreditation. We hosted the Health Resources and Services Administration for an operational site visit and gained the highest marks possible. We are extremely pleased to have Mike as our new leader. We look forward to working closely with him as we enter the next phase of KANA's development and making a positive impact for Beneficiaries and the communities of the Kodiak region."

Mr. Pfeffer earned a Masters of Business Administration from the University of Alaska Southeast, as well as Bachelor of Science in Business Administration from Colorado Technical University in Colorado Springs, Colorado. "In my 16 years of service at KANA, I have been proud to be part of an organization committed to service and excellence," says Mr. Pfeffer. "The last twelve months have been a whirlwind, but the partnership demonstrated by the Board and staff allowed us to not just maintain, but to excel as an organization."

Mr. Pfeffer's promotion is effective immediately, with the full support of the Board to keep KANA on the leading edge of innovation, to leverage its strong financial position to build on past successes, to advance economic development projects for sustainable communities throughout the region, and to develop strategic solutions to address community needs.



Alfred B. Cratty, Jr.
 KANA Board of Directors

Alfred Bean Cratty, Jr. was born and raised in Old Harbor, Alaska on April 11, 1955 and passed away peacefully in his sleep at home on January 19, 2022. He was the son of the late Alfred Bean Cratty, Sr. of Spokane, Washington, and Emily Christiansen Bigioli of Old Harbor, Alaska.

He met the love of his life, Jonetta Lukin, at Mark Air in 1985, and they were married in 1988. They spent 37 loving years together raising their children Alfred IV and Ashlee and building their successful businesses as a family.

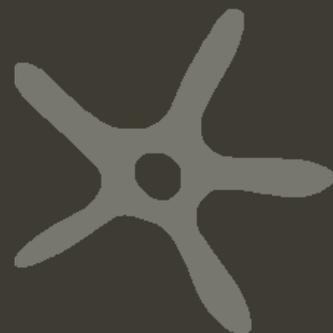
Alfred attended Kodiak High School and began his journey in the commercial fishing industry at an early age with his Uncle Carl in the late 1960s. He purchased his first fishing vessel, the F/V Doris Kay, in 1977, and then the F/V Molly C in 1985. When his daughter Ashlee was born in 1987, the boat was renamed the F/V Ashlee Christine C. He later owned and operated the F/V Markayla Dawn, and did so until his final days.

Alfred was a dedicated husband, father, brother, uncle, cousin, and friend to so many. He had a heart of gold, loved his family and community, and always had a joke up his sleeve. His laugh was infectious, his presence put everyone in high spirits, and he was the life of the party with his happy-go-lucky spirit. He loved to fish, hunt, cook for family and friends, and gather and provide subsistence foods to share with Elders and those in need, and he always opened his door for visitors.

Alfred was a successful businessman who operated boats in crab, salmon, herring, and cod commercial fisheries. He also owned and operated Al's Charter Service, a hunting and fishing transportation service, and Old Harbor's Finest, a smoked seafood and specialty processing company.

He devoted his life to serving his community and the people of Old Harbor and Kodiak Island. He generously served on the Board and Council for OHNC, OHST, the Alutiq Tribe of Old Harbor, KANA, KIHA, Cape Barnabas, the Subsistence Advisory Council, and the Kodiak Island Fish and Game Advisory Council. He always had our people at the forefront of all of his decisions. He was a founding member of the Sitkalidak Island Bison Herd with the goal of guaranteeing food security for our people for generations to come. His faithful love, loyal friendship, enduring commitment, genuine leadership, and kindhearted soul will be dearly missed by all.

May his memory be forever eternal.



Gary, how do we describe to a community who you are and what you mean, and how devastating it is to lose you? You were amazing. You were kind, generous, and selfless; everyone you met became your family. Our lives were all a little brighter because of you.

Gary Lee Carlson passed away unexpectedly on March 21, 2022 at Providence Hospital in Anchorage, Alaska; he was 66 years old. Gary was born on September 2, 1955 to Carl Sr. and Meta Carlson in Kodiak, Alaska.

After graduating from Kodiak High School in 1975, Gary set his sights on the sea. He earned his sea legs at an early age, commercial fishing with Carl Sr. on the F/V Sylvia Rose before moving over to the F/V Enterprise with his brother Danny. Gary hung up his Grundens and shelved his Xtratufs to retire from commercial fishing after decades on the ocean. He graduated from Kodiak Community College in May 2003 with a degree in Office Management and Technology. From there, he began his career at the Kodiak Area Native Association in 2004 where he made an extended family. He worked at KANA for the last 18 years.

Gary was one of a kind, a gem, and a blessing. He was the kindest, most generous person; he loved with his whole heart, and put everyone before himself. He was always happy, and his smile was contagious. He made everyone around him feel special just by being him. Gary was a sharer, whether it was sharing tasty treats and recipes, the weather forecast, or gifting you a crazy gadget. He always thought of others. Gary is irreplaceable.

Gary is forever in our hearts.

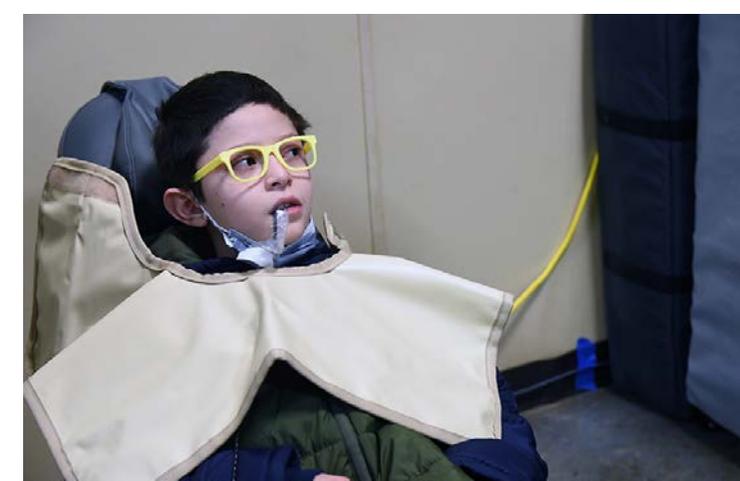
Gary Lee Carlson





ARCTIC CARE Returns to Kodiak

Kodiak residents will be able to access no-cost health and veterinary services this spring when Arctic Care returns to Kodiak May 4th-13th.



A collaborative effort between military healthcare personnel and KANA, the joint Innovative Readiness Training (IRT) medical mission provides a hands-on experience for Active, Guard, and Reserve Service Members to prepare for deployment, while also providing incidental benefit to communities via no-cost healthcare.

Last year, more than 500 military personnel deployed to Kodiak to provide no-cost medical, dental, optometry, ophthalmology, cardiology, veterinary, and specialty care to the City of Kodiak and outlying village communities.

This year, Army Reserve will partner with KANA on planning and executing Arctic Care 2022 with support from Army National Guard, Marine Corps Reserve, Active Duty Air Force, Air National Guard, Air Force Reserve and the United States Coast Guard Base Kodiak.

Medical, Dental, Optometry and Veterinary services will be available through the Arctic Care 2022 mission from May 4 through May 13.

KANA is excited to partner with the military on this upcoming mission that will provide service members with real world training, while also making available additional health and veterinary services to our communities.

ARCTIC CARE 2022

City of Kodiak
May 4-13
 9:00 am to 6:00 pm
 Monday-Sunday

City of Kodiak locations:
National Guard Armory: dental exams, medical, optometry, physical therapy and podiatry services.
Kodiak College: veterinary services.

Village Dates:

Karluk	May 3-6
Akhiok	May 4-8
Larsen Bay	May 4-8
Port Lions	May 6-12
Old Harbor	May 8-12
Ouzinkie	May 8-12

*Contact your local village health clinic to make an appointment and learn more.

More information about Arctic Care 2022 will be provided on KANA's webpage at www.kodiakhealthcare.org.

KODIAK MARKETPLACE



The Kodiak Marketplace construction project is on track and continues to progress while meeting the scheduled target completion dates. The demolition of the former AC/Kraft store located at 111 W. Rezanof Drive, along with the foundation footings and vertical steel construction, have been completed.

The Marketplace first level storefront design is beginning to take shape as 50% of the storefront space has been leased, with 5,000 square feet of storefront space remaining. The floorplan design for the second level has been completed.

The next phase of construction will be the interior core and shell which is scheduled for completion by October 2022, and the final phase of the interior tenant building construction is expected to be completed by April 2023.

The Kodiak Marketplace project seeks to create local economic development opportunities through the support of small business and micro-enterprise entrepreneurs and workforce training. With the demolition of the former 45,000 square foot structure, the Kodiak Marketplace will be a two story 63,000 square foot building, that will support the service needs of the community and KANA. This includes mixed-use small business and retail space on the ground floor and meeting space and workforce and economic development services offices on the second floor.

This project is an investment in the Kodiak community through targeted small business supports, job growth, and local workforce training. The Marketplace development project will benefit Kodiak and the outlying village communities, operating as a workforce and economic development hub to improve the viability of existing economies.

For those interested in leasing first floor retail space, please contact The Vincent Group of Jack White Real Estate at (907) 229-3531.



The Importance of Strength Training As You Age



As you age, you gradually begin to lose muscle mass. Although this happens naturally, loss of muscle mass can eventually impact your performance of daily activities, such as walking, lifting, taking the stairs, and standing up from a chair.

Maintaining muscle mass supports your strength as you get older and reduces the risk of injury from a fall or other trauma. This is important to continue to move efficiently as possible in your daily activities.

The great news is that there are some things anyone can do to prevent muscle loss and even gain more muscle mass!

Here are three simple steps you can take to maintain your muscle mass:

- 1. Use it or lose it!** Find a resistance training technique that you enjoy. Using weights, bands, or exercise machines can be a great way to keep your muscles strong and prevent muscle loss. It is most beneficial to incorporate this type of movement into your routine at least twice weekly for at least 30 min.
- 2. Movement is medicine.** Keep your muscles moving smoothly by incorporating stretching into your routine. Taking the time to not only strengthen your muscles but also consistently stretch will maximize your muscle movement.

3. Fuel your body. Take a look at your diet. Are you eating enough protein to support your muscles? Eating a healthy and balanced diet helps to maintain muscle mass.

How the KANA Wellness Center can help:

Group fitness. The Wellness Center offers a fun, low-impact exercise class accompanied by music, and is accessible to people of all fitness levels. Led by an instructor in a group setting, the class incorporates full-body strengthening and stretching. This class is a great opportunity for you to stay active while meeting others in the community.

Self-led exercise programs. Learn how to use the various equipment that the Wellness Center offers through one of our self-led programs. Our self-led exercise plans are your guide to total body strength while you learn how to use the Wellness Center equipment, one piece at a time. If you are interested in a self-led program, contact the Wellness Center at 907-486-1377 to speak with an exercise specialist.



WELLNESS WARRIOR

Jonathan Strong began his own agency, Strong Solutions, with a mission to help people with disabilities reach their health and wellness goals. Motivated by his strong desire to be a good role model for the clients he works with, Jonathan set his own fitness goal in October of 2021 to change his lifestyle for the better. “My primary goal is to be an inspiration to the clients in my agency who want to lead their own healthy lifestyle.”

Having previously learned how to work out while playing sports, including football, track, and power lifting, Jonathan set out to get his health back on track. Loving the results he gets with strength training, he lifts weights at the KANA Wellness Center 5 days a week for 90 minutes, training chest on Mondays, back on Tuesdays, legs on Wednesdays, arms on Thursdays, and shoulders on Fridays. He also participates in boot camp and yoga classes offered at the Wellness Center—which he credits for helping him build both his strength and flexibility.



In addition to dedicating himself to strength training, Jonathan has overhauled his eating habits. “I’m on a see food diet. When I see food, I don’t eat it,” he jokes. “Before, I ate a lot of carbs, sugar, and meat. Now I’ve switched to fresh, whole food. I eat nuts, seeds, beans, beets, vegetables, and sometimes fish, chicken, or beef.” He admits that the most difficult challenge to overcome on his health journey has been learning to live with limited food choices. He stays motivated by the inspiration he’s become to his own family, whom he says are also making healthier food choices.

I wanted to be a good role model for my clients. I can better help them reach their goals of a healthy lifestyle if I have a healthy lifestyle, and I model how to get in shape. If I can do it, so can they.

Since last October, Jonathan has lost over 50 pounds. His overall health—both mental and physical—has also improved, and he says the added benefit to exercising and eating better is that he

feels younger. “It has taken longer to be committed to getting in shape,” he says. “I also realize, as I get older, I need to be healthy to be there for my family and clients.”

When not at the gym, Jonathan loves to take his clients on outdoor activities. “We go hiking, fishing, camping, swimming, beach combing, and work on

projects with vehicles. With my agency, we have a system and set of programs I call B.U.I.L.D. (Better Understanding Involves Learning & Doing). I teach my clients skills by actually doing things. That way, they can learn and retain the skills needed to

live a happy and independent life. I can better help my clients reach their goals of a healthy lifestyle if I have a healthy lifestyle, and I model how to get in shape. If I can do it, so can they!”

Embracing Culture: One With the Land

Subsistence is our traditional way of life, and the way we rely on our environment for food and materials for daily living.

One way in which we celebrate our culture and connect with our heritage is by maintaining our livelihood in ways similar to how generations before us did.

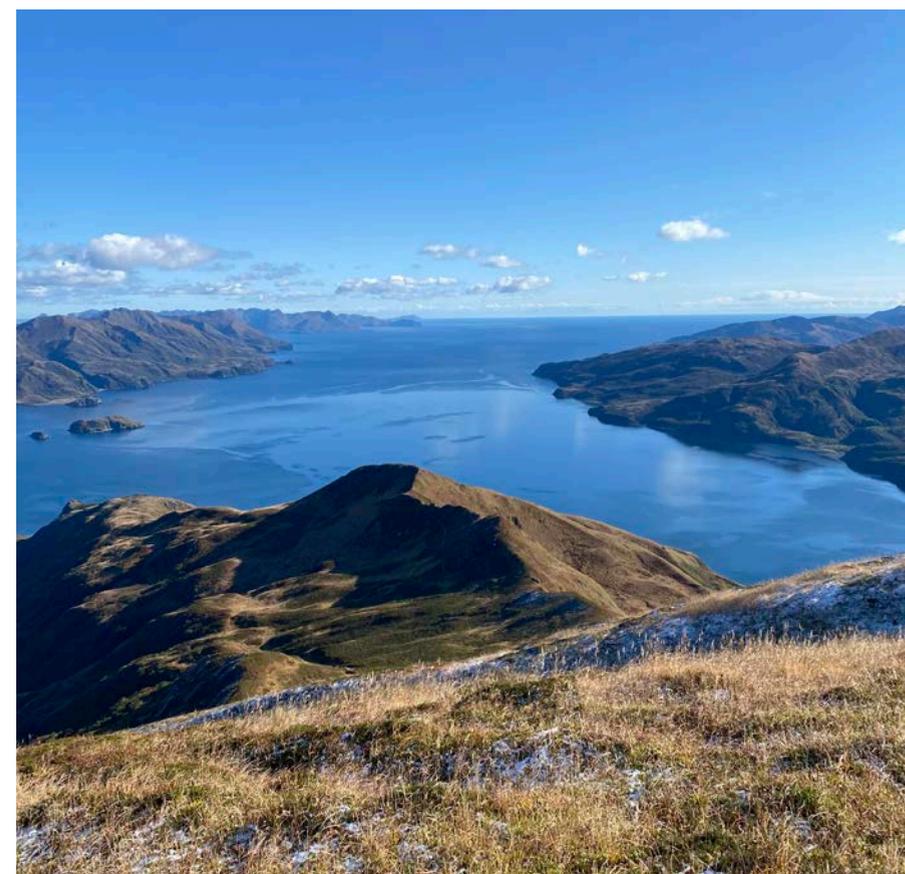
Caden Peterson grew up in Old Harbor. He was taught from an early age to appreciate the land and sea and the bounty that both provide. He learned how to hunt from his dad and uncle, and he spent summers on his dad's guide boat as a deckhand. Today, he enjoys harvesting deer and clams, and he works as a sport fish guide in the summer. He also does a little duck hunting, as well as hunts seals, otters, and mountain goats.

According to Caden, subsistence living also includes giving back, and connecting to each other and to the land. "Instead of going out as a game hunt, you take just enough to put food on the

table," he says. "You share with Elders and others in the community. It isn't to conquer, or just about yourself."

"I also feel connected to the land when I'm out there [hunting and fishing]. I think it's the peace and quiet that a lot of us go out there for—and sometimes to also connect with one another. For me, it's the peace and quiet; it's just you and the land. Being out there, you learn to observe and understand what's going on. You also feel a responsibility to keep the land preserved and pristine."

Subsistence can involve entire communities, with every person having a job or responsibility in the process—from hunting and gathering, to cleaning and prepping, to cooking and storage. Caden says he learned a tremendous amount from his community, particularly the Elders. "I've learned a lot from the Elders over the years. One of the seiners in Old Harbor showed

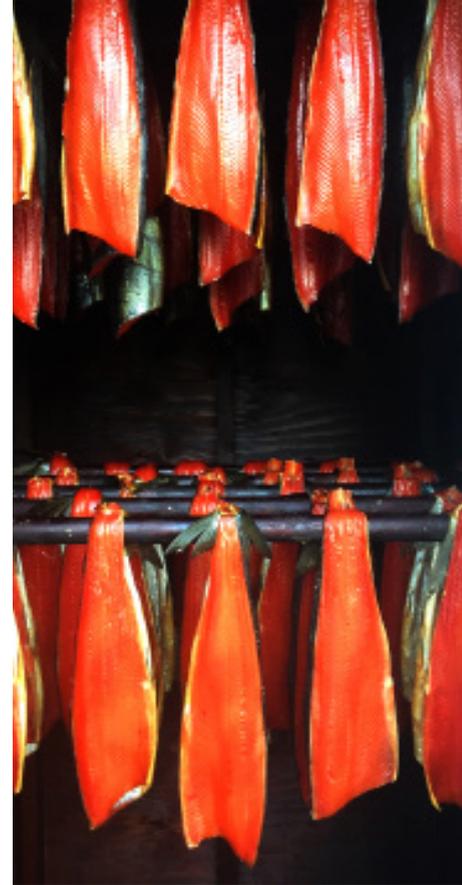


me a lot about how to catch fish—long lining halibut, like how the old-timers used to do it. We'd have competitions hand line jigging, and he'd beat us all because of his experience."

"It also keeps everyone connected. You have an opportunity to drop in on an elder or a neighbor to check in on them and see if they are okay, as well as if maybe they need something you have. It keeps us self-sufficient. When I go out hunting for the first time of the year, I make a habit of giving most of it away every year. I think it's important because there are a lot of people in the village that can't go out to do that, for any variety of reasons. I can help them out. It's a great way to give back to my community."

Caden also views a traditional way of living as a way to stay connected to his ancestors. "When out on a hunt or fishing, you get lost out there looking at nature and star gazing, and you think about people in the past—how they did it [lived], kayaking everywhere, remaining very quiet." And while he admits that modern subsistence living is on a different scale, with better firearms and mobility, he feels a true connection to the past. "This way of life keeps us connected [to our ancestors] and helps us appreciate what we have now."

Photos courtesy of Caden Peterson



Celebrating Alutiiq foods as healthy foods

Every spring, the Academy of Nutrition and Dietetics celebrates National Nutrition Month (March). This year, the Academy celebrated *A World of Flavors*, focusing on healthful eating while embracing different cultures, cuisines, and inclusion. What better way to honor our health and our heritage than to celebrate the healthy foods Alutiiq people have been eating for generations.

The traditional Alutiiq diet consisted of fish, sea mammals, octopus, shellfish, berries, and greens gathered from the land. Many of these traditional foods are rich in nutrients like protein, healthy fats, carbohydrates, vitamins, and minerals, as well as have enormous health benefits.

This spring, we recognize the cultural importance of our traditional foods as healthy foods.

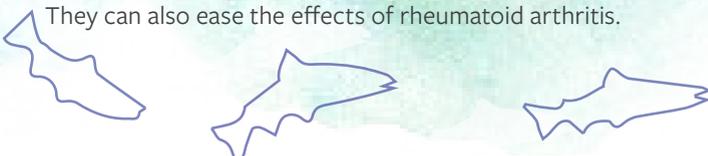
Salmon

A serving of salmon (4 ounces) is about 200 calories, is very low in saturated fat, and is an excellent source of protein (20 grams!). It's also one of the best sources of vitamin B12, an essential nutrient, important in red blood cell formation, central nervous system and brain function, and helps you make DNA. It's bursting in potassium and other nutrients, like iron and vitamin D.

The true beauty of salmon is its wealth of omega-3 fatty acids. Most omega-3s are "essential" fatty acids. Your body can't make them, but they play critical roles in your body. They can lower the chance that you'll have:

- Cardiovascular disease (including heart attack and stroke)
- Some types of cancer
- Dementia
- Alzheimer's and other cognitive diseases

They can also ease the effects of rheumatoid arthritis.



Kapuustaq: Sea Lettuce

Seaweeds, like sea lettuce, contain ten times as many minerals as plants that grow in soil. People who eat seaweed seldom have mineral deficiencies. It contains high amounts of Vitamin B12, which plays a strong role in maintaining homeostasis in the brain and nervous system, as well as in the formation of blood. Like other edible green seaweeds, sea lettuce's protein concentration can represent up to 33% of the plant's dry mass. Nutritionally, it has 87 mg of iron and 700 mg of calcium per 100 gram serving. It is also high in sodium, potassium, magnesium, iodine, aluminum, manganese, and nickel, and contains vitamin A, vitamin B1, vitamin C, calcium, soluble nitrogen, phosphorous, and numerous trace elements.

Although it is no longer considered a staple, the bright green sea lettuce can be harvested, dried, and added to soups and stews. Some people also fry dried sea lettuce to make seaweed chips.



Nasqulut: Bull Kelp

One of the best natural sources of iodine available, kelp is known to improve thyroid development, boost brain function, and raise energy levels. An important part of your diet, iodine does not occur naturally in many foods.

Kelp is also rich in vitamin K, vitamin C, vitamin B (most notably B-12), vitamin A, calcium, iron, magnesium, and potassium. And that's not all! It is also a great source of omega-3 fatty acids, protein and fiber, as well as beneficial elements such as nitrogen, boron, radium, rubidium, cadmium, cobalt, and nickel.

Kelp also contains enzymes, chlorophyll, beta carotene, sugars, and protein, and it is particularly rich in fucoxanthin, a substance that is believed to control blood glucose levels, promote weight loss, and fight cancer.

You could say kelp is the super-food of the sea!

Aatunaq: Wild Rhubarb, Sourdock

Sourdock, also known as wild rhubarb, is a large herb with thick, rhubarb-like stems and long leaves. It has a distinctive sour taste similar to its relative, cultivated rhubarb. Sourdock is rich in antioxidants. These antioxidants have anti-bacterial, anti-inflammatory, and anti-cancer properties, which help protect you from many health-related issues, such as heart disease, cancer, and diabetes.

Other nutrients in rhubarb include:

- Calcium
- Vitamin A
- Vitamin C
- Vitamin K
- Potassium
- Folate
- Manganese
- Magnesium

PitRuus'kaa: Beach Lovage

Beach lovage is a member of the parsley family, though it tastes more like celery. Found along Kodiak's gravel shores, it also grows in the north of Europe, North America, and Asia. Beach lovage is harvested from May through the summer months until its leaves turn yellow. Used both fresh and dried, it is often added to fish dishes or eaten like a vegetable through boiling or by being added raw to salads.

Like many other green, leafy herbs, lovage is low in calories and contains lots of vitamin C. It also happens to be high in quercetin, a bioflavonoid. Quercetin acts as an anti-inflammatory and cell-protecting antioxidant. It may also help protect heart function and prevent certain types of cancer.

Cillqaq: Fireweed

One serving of fireweed has 13% of the fiber you need in a day. Fiber can help soften stool and reduce cholesterol levels. One serving of fireweed also has 91% of the vitamin C and 63% of the vitamin A you need in a day.

Young fireweed shoots can be snapped off at the base and eaten raw in salads; they can also be boiled, like asparagus. Older plants can be snapped off at the base and the leaves removed, cleaned and eaten, similar to spinach. Adding flower buds—which can be eaten raw—can bring color to salads!

Qaataq: Fiddlehead

Fiddleheads are a nutrient-dense vegetable found around Kodiak. Fiddleheads contain 14% of your daily potassium intake, which helps you maintain a healthy blood pressure. They are also a good vegetarian source of omega-3 fatty acids. A diet high in omega-3s has been shown to improve memory and cholesterol levels. Fiddleheads have been shown to have up to twice the antioxidant capacity of blueberries, and half of a cup contains 7 grams of dietary fiber. Fiddleheads also contain over 30% of your daily requirement of niacin. Niacin raises HDL cholesterol and assists in lowering LDL cholesterol to prevent arterial build up and improve circulation. Make sure to harvest fiddleheads in the early spring when they are less than six inches tall and the fronds have yet to unfurl. Fronds should be cooked by boiling or steaming them for at least five minutes. Add them to salads for some local flare!



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KODIAK AREA NATIVE ASSOCIATION
ALUTIIQ TRIBE OF OLD HARBOR
SPECIAL ELECTION NOTICE

Following the passing of KANA Vice-Chair Alfred Cratty, Jr., the 2021-2024 term seat of the Alutiiq Tribe of Old Harbor chapter on the KANA Board of Directors is currently vacant. A Special Election of the Alutiiq Tribe of Old Harbor chapter to fill this seat will be held by mail starting in early June, with polls closing Thursday, July 7th, 2022.

Alutiiq Tribe of Old Harbor chapter voters, please check your mail for declaration of candidacy forms around April 27th, and for mail-in ballots around June 3rd.

Contact Jennifer Caskey at Kodiak Area Native Association jennifer.caskey@kodiakhealthcare.org.

