



# Qik'rtarmiut Asiitmen Kodiak Native Wellness News

## Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



WINTER - UKSUQ 2009

## KANA's Founders & Early Contributors Set & Achieved Ambitious Goals

KANA's origins reach back nearly 50 years, prior to the passage of ANCSA. Development of Native affairs in the Koniag region was strongly influenced by KANA's seven founding members: Karl Armstrong, Bill Berestoff, Harry Carter, Mary Gallagher, Roy Madsen, Dolores Padilla and Ted Velanis. The organization of KANA, to represent the interests of the Koniag people, was a significant factor in the eventual passage of the Alaska Native Claims Settlement Act (ANCSA) in 1971. KANA has since continually strived to better the lives of tribes on Kodiak Island.



Hank Eaton, former KANA Vice President with Roy Madsen, founding KANA Board Member.

Julie Knagin, born in Karluk in 1928, recently celebrated her 80th birthday and took time to reflect on the growth of the Kodiak Area Native Association over the past fifty years. Knagin was elected to the KANA board as a representative from Kodiak in the mid-70s. Raised in Karluk, Kodiak and Seattle, Knagin married her husband, Dennis Knagin, in Kodiak. They moved to Afognak shortly thereafter, eventually raising eight children together and returned to Kodiak in 1960. By the mid-70s, with her children in school,

Knagin dedicated her spare time to assisting in the development of KANA. She is quick to acknowledge the contributions of many local people, and to point out the fact that KANA was already established and running when she joined the Board. Notwithstanding, Knagin played an essential role in KANA's development.

At that time, she recalls, there were approximately 19 board members, each representing a village from ANCSA, including what were referred to as "ghost villages," (villages or seasonal camps that were eventually left uninhabited). The large board made reaching a quorum challenging; it was reduced several times until it reached its current size of eleven members.



First Place KIBSD Spelling Bee Champion Danielle Christiansen stands proud with Old Harbor Principal Corrina Eaton.

The KANA board of the mid-70s set and achieved several lofty goals: increased village communication, the establishment of a health clinic in Kodiak, an expanded Education department and the creation of a museum to house Alutiiq artifacts.

Village communication was the Board's first priority, because at the time reliable communication was not available. Although health aides lived in the villages, there was only radio communication and that happened once a day. The health of the villagers and their ability to access assistance was a significant concern.

**Continued to page 6...**

## Iluani Inside

KANA's Founding Years	1 & 6-7
President's Letter	2
Patient Rights & Responsibilities	2
Diabetes & Dental Health	3
Board Profile: Christofferson	3
Provider Profiles: Dr. Melissa Wages	3
Community Development Dept.	4
Provider Profile: Jennifer Swanberg	5
Provider Profile: Dr. Bob Onders	6
Small Business Training	7
HS Cama'i Club at AFN	8
Calendar	8



# President's Letter



Camai,

Happy New Year! I hope you enjoy reading in this newsletter about KANA's formative years. We're now entering our 43rd year of service delivery. Much has changed in those 43 years, though one thing is certain and unchanged: our commitment to providing the best possible service to our Beneficiaries. As we strive to better our service, it is imperative to seek input from our stakeholders; it is only with your help that we can improve as an organization.

In this spirit, KANA would like to host a Community Health Summit in Kodiak this May. The purpose of this event is to discuss and shape the future of healthcare delivery in Kodiak.

We would like to invite our Beneficiaries, along with health professionals from here in Kodiak and also from within the Alaska Native Health System, to join us in this important discussion. We would like to have a combination of open forums, presentations and workgroups in an attempt to cover the spectrum of healthcare delivery on the island.

Discussion topics will include treatment and services offered in the villages, at the Kodiak Alutiiq Enwia Health Clinic and at the Alaska Native Medical Center. We also intend to discuss Urgent and Emergent Care delivered at Providence Kodiak Island Medical Center, Medevacs, and Obstetrics. We seek the input of our beneficiaries on KANA's existing services as well as those services that are currently unavailable here in Kodiak.

The most important contribution to this forum will come from you, KANA's Beneficiary. Please contact me with ideas, suggestions, or topics you would like to see addressed at the Health Summit.

Sincerely,

Andy Teuber

## Board of Directors

Alex Panamaroff, Jr., Chairperson  
Alicia Lynn Reft, Vice Chairperson  
Olga M. Malutin, Secretary  
Margaret Roberts, Treasurer  
Phyllis Amodo, Member  
Jill Boskofsky, Member

Dee Dee Christofferson, Member  
Al Cratty, Member  
Arnold Kewan, Member  
Loretta Nelson, Member  
Speridon M. Simeonoff, Sr., Member

## KANA's Mission

The Mission of this tribal organization is to promote pride and self determination on the part of the sovereign and indigenous people of the Kodiak Island area in their cultural heritage and traditions:

- to preserve and promote their language, customs, folklore and arts;
- to promote the educational, health, physical, and economic community;
- to prevent and overcome racial prejudice and its inequities;
- and to restore effective self-government, reminding those who govern and those who are governed by their mutual and joint responsibilities.

*(upper right) Granite rocks near summit of Crown Mountain.*

*Photo by Patrick Saltonstall. (cover) Akhiok Dancers.*

*Photo by Sven Haakanson, Jr. Both photos courtesy of the Alutiiq Museum.*



## Patient Rights & Responsibilities

### Patient Rights

KANA is committed to providing patients with the highest quality care. You have the right to:

- considerate, respectful care.
- a reasonable response to requests for care.
- information from your doctor to decide about treatment and procedures, except in emergencies.
- assessment and prompt treatment of symptoms.
- refuse treatment as allowed by law. Your doctor will tell you the effects of refusing treatment.
- involvement in decisions related to your care.
- make decisions about future care should you become unable to communicate. You may choose someone to make health care decisions for you and protect your rights, as allowed by law.
- privacy. Your history, exams, and treatment are confidential.
- review your medical records and have them explained, unless restricted by law.
- a safe and secure environment.
- an explanation of clinic rules.
- voice your concerns about the quality of your care with your doctor, nurse, other health care workers.

### Patient Responsibilities

To help us provide you with the safest care, your responsibilities are to:

- provide correct information about your past and present health.
- report any unexpected change in your condition and any apparent risks in your care.
- tell staff if you do not understand your diagnosis, care, or treatment.
- ask questions when you do not understand explanations of the staff or what you are expected to do.
- tell the staff if you cannot follow instructions, proposed treatment, or care plan. If your treatment cannot be changed and you decide not to follow the plan, you are responsible for the outcome.
- follow clinic rules and regulations. Clinic rules protect the rights and comfort of all patients.
- show respect and consideration of other patients, staff, and property.
- keep appointments, or call to cancel if you are unable to keep your appointment. ■

# Living with Diabetes: Diabetes & Dental Health

Living with diabetes can be overwhelming. Blood sugar testing, carbohydrate counting, exercising, medications, appointments, and lab work are just a few of the things people living with diabetes have to manage. It is not surprising with so many things to juggle, people living with diabetes often have trouble finding time for dental health and care.

Unfortunately, they are at higher risk for gum disease and its complications. Regular dental exams and hygiene are as important to people living with diabetes as medications, nutrition, and exercise; it can help delay or prevent gum disease.

Gum disease (gingivitis and periodontitis) are infections that can lead to tooth loss. Gingivitis, the first stage of gum disease, causes the gums to become red, swollen, and bleed easily with little or no pain. Gingivitis is reversible with treatment. Periodontitis, a more serious form of gum disease, causes your gums to pull away from your teeth forming pockets that can fill with germs and pus. These “pus” pockets, if left untreated, kill the bone around your teeth leading to tooth loss.

To decrease your chances of developing gum disease do the following:

- Good sugar control: Poor sugar control can increase the amount of sugar in your

saliva. Germs and bacteria love sugar filled environments. This sugar environment increases your chances of developing infections. Good sugar control goals for most people are:

- Fasting 90-130 mg/dl
- 2 hours after a meal < 180 mg/dl
- Hemoglobin A1c < 7.0%
- Brush and floss your teeth:
  - Brush your teeth at least twice a day.
  - Floss your teeth every day.
- Visit your dentist at least twice a year...  
**Even if you have dentures!**
- Don't smoke.
- Know the early warning signs of gum disease: bad breath, loose or moving teeth, changes in the fit of dentures, and bleeding/red/swollen/tender gums.
- Schedule an appointment with your dentist if you have any of the signs of gum disease as soon as possible.

Managing diabetes can be hard work, but taking the time to care for your teeth is essential for good health. Remember you can prevent gum disease. Your teeth will thank you for it!

If you have any questions/concerns related to this topic or any other diabetes related issue, please feel free to contact Nicole Webster, KANA Diabetes Nurse Educator at 486-9866. ■

# Board Profile: Dee Dee Christofferson

KANA Board Member Cheryl “Dee Dee” Christofferson, the daughter of John Panamarioff and Verna (Anderson) Panamarioff, grew up with three brothers and five sisters in Ouzinkie. She and her husband Andy Christofferson have lived in Kodiak since 2001.



Photo by Jan Pennington.

Dee Dee currently works at Koniag, Inc. in Kodiak, serving as Executive Assistant to the President. Prior to her nearly eight years with Koniag, she worked for Ouzinkie Native Corporation for 14 years. She has contributed to the Alutiiq community in a number of capacities, including as a Ouzinkie Tribal Council Member and on Ouzinkie’s Indian Education Act (IEA) Committee. Elected to the KANA Board in 2008, Dee Dee also serves on KANA’s Finance and Audit Committees.

As a mother of four children, and grandmother to one grandchild, Dee Dee has a strong commitment to Native education. She recently expanded her commitment to Native youth by agreeing to serve on the Grant Evaluation Committee for the Kodiak Island Borough School District’s newly implemented Alaska Native Success Within Education & Retention (ANSWER) Project. ■

# Provider Profile: Dr. Melissa Wages

Dr. Melissa Wages, one of KANA’s dentists, and her husband were living comfortably in California when they thought to themselves, “Let’s do something crazy and move to Alaska!” Originally, it was to be a two year experiment. Two years stretched to four, and now they plan to make Kodiak their home indefinitely.

Dr. Wages decided at a young age she wanted to be in the health profession. She eliminated the idea of being a medical doctor, believing the professional lifestyle wasn’t right for her, and began considering other options. Dentistry seemed ideal. “It was a good match,” Wages explains. “I enjoy helping people, working one on one, caring about their dental needs and it’s social.” Dr. Wages believes dentistry attracts people concerned with life’s minutiae, people who are structured and detail oriented. She also describes dentistry as, “artistic. Cosmetic dentistry and orthodontics are art forms, allowing you to create art with your hands.”

Dr. Wages received a Bachelor of Science degree in Biology from the University of California, Riverside, before attending dental

school in Loma Linda, California. One of her most memorable university classes was the Biology of Fungi, where students learned to grow mushrooms and brew their own beer.

A typical day at KANA sees Dr. Wages completing routine exams, fillings, restorative work and orthodontics. She particularly enjoys the atmosphere at KANA that allows her the “time and ability to evaluate each patient’s needs thoroughly. I’m not rushed or pressured by the bottom line. I can provide comprehensive care and refer patients within the facility. All their care is within this system, allowing for a smooth follow-up. Patients get appropriate care and that is very satisfying.”

Dr. Wages and her family (husband, David, and children Genevieve, 6 and Luke, 4) enjoy Kodiak’s lifestyle as well. Wages explains, “The small town atmosphere and people are great here—it’s less stressful, with a slower pace and less traffic.” They engage in many outdoor ventures, particularly fishing on their boat in the summer, and walking and hiking outside. One of her favorite personal activities



Dr. Melissa Wages with her family. Courtesy of Dr. Melissa Wages.

is swimming—she swims three times a week. She also enjoys Kodiak’s seasons, appreciating the extended daylight and activity of summer and the “quiet solitude of winter,” along with the space for pets. The family boasts 2 dogs, 2 cats, 10 chickens and 1 rooster, Rico.

Looking back on their spontaneous decision to move to Alaska, Dr. Wages and her family have made Kodiak their home. ■

# Community Development Department Enhances Support Efforts



*Old Harbor Preschoolers show off their new winter coats, courtesy of the Warm Coat Program.*

As 2009 dawns, the Community Development Department has several exciting new or expanded offerings for our Beneficiaries. To learn more about these programs please contact one of our Community Development staff at 486-9800.

## New Library

The Community Development Department, upstairs in the 3449 East Rezanof KANA building, now has a wonderful small Library for our Beneficiaries. The Library provides a variety of reading materials: from beading and craft, to history and resource books. There are also DVDs and many types of children's books available for loan. So, if you have extra time on your hands, please stop by and check it out.

## Operation Warm Coat

This is the third year KANA has partnered with the nation-wide Operation Warm Coat project.

Through this project, KANA receives and distributes free coats for kids around Kodiak Island, ranging in sizes 18 months through Child 16. Coats are available to all children in need of a new coat on a first-come first-serve basis. Coats have been distributed through elementary schools, Tribal Councils, and other service organizations. To find out more about the project or check if your child's size is still available, you can email [coats@kanaweb.org](mailto:coats@kanaweb.org), or contact the attendant at the upstairs reception desk or visit the KANA Gym to pick up a coat. The project is helping families around the island keep their kids warm during the winter.

## Job Club

Our Job Club offers all participants online access to work searches, and computer software with tutorials to assist in learning office skills. Job Club hours are Monday and Wednesday 9:00 a.m. - 11:00 a.m. and

Tuesday and Thursday 1:00 p.m. - 3:00 p.m. Job Club services are available to all KANA Beneficiaries.

Childcare assistance is also available to qualifying families in order to provide the child(ren) of Tribal TANF families the supervision required, while their parent(s) are working. Arrangements to access childcare services must be made in advance.

## WIA & Voc Rehab

The Workforce Investment Act (WIA) Program and Vocational Rehabilitation Program continue to be available at KANA to assist individuals attain self-sufficiency with educational opportunities. KANA strives to be supportive to the ongoing success of our Native families.

Within these programs, Beneficiaries remain in direct control of their long-term success. Self-sufficiency is the ultimate goal for all KANA Beneficiaries, as helping families become financially self-sufficient will only enhance quality of life.

## Temporary Assistance to Needy Families

Also new to KANA is the Native Temporary Assistance to Needy Families (TANF)



*Daniel Woitel,  
New TANF  
Case Manager.  
Photo by Heather  
Johnson.*

# Provider Profile: Jennifer Swanberg, Behavioral Health Clinician

Program. This program will provide many Beneficiaries the tools to become self-sufficient. With TANF in place, the Community Development Department can better facilitate the use of a variety of services KANA offers.

TANF is a need-based program that offers cash assistance to qualifying Beneficiary families. TANF is designed to create a financial safety net in times of need. Tribal TANF encourages its participants to be involved in work activities weekly, such as work search, apprenticeship, and volunteer work in several areas within Kodiak and surrounding villages.

## Welcome Our New Staff

KANA would like to introduce TANF Case Managers Cherie Skonberg and Daniel Woitel, pictured below and on page 4. They will be working together to maintain the highest level of Customer Service while implementing the Tribal Temporary Assistance to Needy Family Program. ■



Cherie Skonberg,  
New TANF Case  
Manager. Photo by  
Heather Johnson.



Photo by  
Heather Johnson.

Jennifer Swanberg is KANA's new Behavioral Health Clinician, responsible for providing individual, family and group counseling for adults and children, in the areas of mental health and substance abuse. Swanberg recently arrived in Kodiak on Election Day, November 4. Though KANA initially envisioned an earlier start date, Swanberg didn't want to leave Kotzebue until she'd had the opportunity to cast her vote in this historic election.

Swanberg jests that she came to Kodiak for its "balmy, tropical weather," then confides that Kodiak is very much like Moscow, Idaho, where she lived and practiced for many years, before working in Kotzebue at the Maniilaq Association. "The mountains, trees, temperature and weather are very similar." Swanberg received her BS in Science Education and MA in Counseling and Human Services from the University of Idaho, Moscow.

Swanberg is originally from Framingham, Massachusetts, the middle of five children, and was raised primarily in Claremont, California. When she was four years old an older cousin brought her to her office Christmas party. "She was in social services and I thought that was just great." However, Swanberg's mother contends her interest in social services may have begun even sooner: when she was six weeks old she was evacuated with her family from a flood, due to a severe Northeastern storm. "My mother tells me I was imprinted by disaster relief responders—

and even as a teenager I was fascinated with the Peace Corps and disaster relief."

Swanberg is now a specialist in disaster mental health; she is part of a national response team called in to serve at disaster sites. She has travelled to Ground Zero, in response to 9/11, and provided services in the aftermath of Hurricanes Katrina and Rita, flooding in Mississippi, a typhoon in Guam and forest fires in Arizona and Colorado.

She is also a member of the National Association of Poetry Therapy and is trained in expressive therapies. She explains, "Art, writing and journaling can help people begin to put words to feelings, solve problems, learn new communication, relieve stress and play. Often we don't play as much as is necessary."

Among Swanberg's hobbies are camping, hiking, photography and playing the dulcimer. Swanberg taught herself to play the stringed instrument as a teenager and references the saying that, when playing the dulcimer, "there ain't no notes, you just play it." She enjoys putting her own songs to music.

Swanberg is also an avid photographer; her love of photography may have led to her career path. Both her grandfather and father were amateur photographers; her uncle was a professional photographer—Swanberg began taking pictures as a teenager. Her father was also an inventor at Xerox, combining his love of photography with his work, and bringing home lenses, lasers and holograms for Swanberg to play with. She believes this exposure nurtured her own scientific bent, particularly her interest in chemistry, and coalesced into her studies in human brain chemistry and current career.

Her favorite part of her career is "helping people find their own solutions and identify their strengths, and watching them learn and practice new skills." She finds it important to have a good working team, and believes she's found an excellent one at KANA. ■

Sunrise near Ski Chalet.  
Photo by Patrick Saltonstall,  
courtesy of the Alutiiq Museum.

## Attention Tax-Payers!

The Alaska Business Development Center's Volunteer Tax & Loan Program will visit Kodiak Island again to provide tax preparation assistance for FREE! We will travel to:

- Karluk March 18
- Larsen Bay March 17
- Old Harbor March 15 & 16
- Ouzinkie March 19
- Port Lions March 18 & 19

Please note that these dates may change, so check their website for updates ([www.abdc.org](http://www.abdc.org)) or call toll-free number 1 (800) 478-3474 for the most up-to-date information.

To ensure accuracy, please remember to bring all of your tax documents (W-2's, 1099's, etc.), photo I.D. and Social Security Card to the tax team. Also, if you received the IRS Stimulus Payment you need to know the **exact** amount received, which can be found by calling the Stimulus Hotline 1 (866) 234-2942, or visit the tax team while they are in your community. Please contact your local city office, village office, or you may call our toll-free number for more information. ■

# Provider Profile: Dr. Bob Onders

Robert “Bob” Onders is the newest doctor to join the KANA team, having been in Kodiak for only a few weeks. Dr. Onders recently moved from Cody, Wyoming—a town with a population of approximately 9,000, located at the east entrance to Yellowstone Park, with a feel very similar to Kodiak.



*Dr. Bob Onders with his wife Heather and their son.  
Courtesy of Dr. Bob Onders.*

Dr. Onders spent the past nine years as an ER doctor in Wyoming, a position he enjoyed for both the challenge and the shift work schedule. However, he and his wife, Heather, felt that now was an ideal time to try something new, as their son is still young. They agreed on Alaska, and settled on Kodiak after visiting Kodiak and Anchorage. They are both looking forward to Kodiak’s recreational activities; Dr. Onders is an avid biker, skier, hunter and hiker.

Dr. Onders is the ninth of ten children, born in Ohio. His older brother by ten years was in the middle of his medical residency while Dr. Onders was still in high school, a circumstance influential in his own decision to become a doctor. His lifelong interest in the biological sciences was leading him towards the health services; he briefly considered a career in physical therapy before settling on medicine late in his high school years.

He attended Kent State University in Ohio, which has a combined program with Northwestern Ohio University College of Medicine. The program allows students to receive both their bachelor degree and medical degree in six years by attending classes year round.

Dr. Onders completed his residency at the University of Wyoming Family Practice Residency Program in Casper, Wyoming. He especially enjoys family practice because it encompasses “the whole spectrum of health care. The good thing about family practice is that it is never routine.”

Despite enjoying the “incredible variety of ER work,” Dr. Onders’ original intention was to engage in rural, family practice. He enjoys practicing holistic medicine and teaching both through wellness and illness, describing himself as “an advocate for wellness, not just treating illness.” His favorite aspect of his work is the physician-patient interaction; taking care of patients is his first priority. ■



*Moon from Barometer Mt.  
Photo by Patrick Saltonstall,  
courtesy of the Alutiiq Museum.*

## KANA’s Early Years... Continued from page 1

Jerome Selby, KANA’s Health Department Director at the time, worked with the Board to put one telephone in each village. This was an enormous help to the health aides and villagers, and led directly to their next priority: increasing access to medical care.

KANA had no health clinic; they contracted with local physicians to treat Beneficiaries. However, often the contract money would run out by the 10th of the month and, after making a long trip in to see the doctor, villagers were embarrassed to find a sign on the doctor’s office door reading, “No contract money available for Natives.” Board members and the Health Director at the time, Jerome Selby, worked tirelessly along with KANA employees and many influential Natives of Kodiak negotiating with and convincing Indian Health Services that Kodiak needed a health clinic of its own. Indian Health Services eventually agreed and KANA was able to open the doors of its first clinic in the old Post Office building by the ferry dock. (This is now the site of the new Kodiak Wildlife Refuge building.) The fruition of this goal was one of Knagin’s proudest moments.

Education was also important and the Board worked to expand educational opportunities for Kodiak Island Natives. Their goal was to assist members in furthering their education, to build their skills and make it easier for them to support their families. Knagin believes that the combination of increased communication, access to quality health care and educational opportunities, “improved self-worth among our people. In the past, our parents were punished for speaking their language, even in school, and as a result many began to feel that being Native wasn’t a good thing.”

During the 70s Board members also realized that many Alutiiq artifacts existed and had been removed from the Island. Knagin recalls a visit to the Smithsonian Museum in Washington, D.C., where they discovered artifacts from Kodiak. “We were concerned about this because we felt that any artifacts found on the Kodiak archipelago should remain in Kodiak.” With the assistance of Gordon Pullar, the Executive Director of KANA at the time, a Museum Committee was formed. Pullar and the committee travelled around Alaska and Washington, researching the idea. Knagin credits Pullar as being instrumental in both research and fundraising for the museum.



*Former KANA Board Member,  
Julie Knagin, at Dig Afognak siting in camp  
project boat I-ch-hak, courtesy of Julie Knagin.*

She also recalls that there was some community concern that Kodiak didn’t need an additional museum and could not support one. Those concerns were eventually assuaged; the new museum would not “duplicate or interfere with the Baranov Museum. The KANA museum would only enhance it.” Eventually, the Alutiiq Museum was born, a creation Knagin is proud of. “Today we have a beautiful museum, with the help of many people, past and present.”

The work of Knagin, her elders and her peers, and the passage of the Alaska Native Claims Settlement Act, “helped us get back our identity as Native people and to know our culture and language and feel good about our culture and language.” Knagin is proud and pleased with the efforts of the Alutiiq Museum in teaching the Alutiiq language to younger people and resurrecting the cultural, ancestral lifestyle, as well as the educational support and encouragement KANA and the tribes give members. “This is what I wanted to see happen and it is happening. I’m so happy to see that. Our people are capable of challenging anything life hands them.” ■



*Nick Peterson, David Eluska,  
& Walter Simeonoff of Akhiok.*

# KANA Board of Representatives & Staff, 1971



Photo courtesy of Alutiiq Museum, caption identification by David Pestrikoff.

Top Row, left to right: Bob Singyoke, Administrator for PHS; Fred Coyle, Akhiok; Bob Johnson, Auditor for Coopers Lybrand; Lars Naumoff, Larsen Bay; Arthur Haakanson, Ouzinkie; Randy Christiansen, Larsen Bay; Larry Waselie, Larsen Bay; Eli Squartsoff, Karluk; Nick Charliaga, Karluk; Wayne Marshall, RurAL CAP.

Second Row, left to right: Hank Eaton, KANA Vice President; Ronald Agnot, Old Harbor; Anita Hartman, Kodiak; Margaret Mullan, Port Lions; Dorothy Antonson, Old Harbor; Nancy Anderson, Kodiak; Thelma Morrison, Ouzinkie; Darlene Gunderson, Port Lions; Walter Simeonoff, Akhiok; Nick Peterson, Akhiok; Lydia Malutin, Karluk.

Third Row, left to right: Tina Monigold, Kodiak; Natalie Simeonoff, Kodiak; Marie Pearson, Kodiak; Vicki Sullivan, Kodiak; Marilyn Nelson, Port Lions; Jessica Ursin, Port Lions; Marydale Christiansen, Old Harbor; Mary Simeonoff, Akhiok; Annie Peterson, Akhiok; Marion Vogt, KANA Administrative Assistant; Maryann Vinberg, Kodiak.

Front Row, left to right: Fred Antonsen Sr., Larsen Bay; Nick Malutin, Jr. Larsen Bay; Les Gorsuch; Niney Agnot, Akhiok; Erik Christiansen, Old Harbor; David Pestrikoff, Kodiak; Frank Peterson, Kodiak, President of KANA.

## Kodiak's Sales Tax Holiday! March 7th

Shop in Kodiak on Saturday, March 7th and save on all purchases within the City limits. The City Council adopted the Chamber of Commerce's proposal for a **Sales Tax Free Day** to promote local commerce and extend savings to Kodiak shoppers. Many businesses also plan to offer additional sales beyond the 6% tax free savings.

For questions, contact the Chamber of Commerce at 486-5557.

## We want to hear from you! Comments & Suggestions

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

Name (optional) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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

**Quyanaasinaq!**

## High School Students travel to AFN Conference

The Cama'i Club traveled to Anchorage in October to participate in the Alaska Federation of Natives Conference. The nine KHS students attended the first part of AFN, known as the Youth and Elder Conference. Club members created and presented a

resolution at the conference, stating their intention to form a peer support group for youth dealing with alcoholism and drug abuse within their families.

KHS junior, Maria Elena

Santillo explains, "We caucused by region and voted on whether to pass the resolutions and then it goes to the First Alaskan Institute board, who have the final say."

They also attended a wide variety of available activities, such as the Boys and Girls club, college sessions and Native dancing demonstrations. A member of the US Olympic snowboarding team was there as well. Additionally, students had the option of listening to elders tell their stories and teach life lessons. Santillo described one such session. "There was a 100 year old man and he was talking about how things have changed so much and how kids don't listen to their elders as much now. It's so different—what he did with his elders and what we do with ours. They hunted together and were taught how to prepare hides. Another one was a Tlingit woman who wove baskets and danced—there was also a huge difference between what she did with her elders: she was taught to weave and had to help the women prepare fish."

Students considered the conference a good opportunity to learn more about their heritage.



Santillo stated, "I went to Quyanaa nights—which are a gathering of Alaska Native dancers from all over the state. It was pretty fun."

The Cama'i Club at KHS was designed to give Alaska Native students a sense of unity and belonging, according to Heather Lewis, Indian Education Aide at KHS. It gives the students a place to get to know each other and network. The club is directly tied to the local tribes.

The students volunteer their time to the tribes to organize activities such as dances, Easter egg hunts and other tribal related events. In return they receive funding to further extend the learning process. There are 20-30 KHS students who are part of the club, but Ms. Lewis states that, "Of course, pizza days are much more popular."

The club was started three years ago and was formally known as The Together as One club, but is now the Cama'i club, cama'i being a traditional greeting in Alutiiq. The students plan to work in the high school concessions stand during basketball season in order to fund various activities they have planned. They are also currently selling masks and piñatas. The club would like to send a leadership group to Washington D.C. with some of the funds they raise. Junior, Nina Gronn, an active member of the club, stated, "We need more people to come and get involved." ■

*Reprint from the Kodiak High School's newspaper, The Bear Necessities, article by Sylvia Kavanaugh. Photo by Heather Lewis.*

## Cama'i Club 2008 AFN Resolution

**To create support groups for teenagers with family members who have drug and alcohol addictions.**

*Whereas: AK Native/American Indians are a targeted minority of the alcohol distributors, and*

*Whereas: AK Native/American Indians have statistically reported disproportionately higher rates of drug and alcohol and abuse, and*

*Whereas: Due to these high rates of abuse teenagers with addicted family members are more likely to experiment with drugs and alcohol from these "learned behaviors," and*

*Whereas: As a result of the home life exposure, AK Native/American Indians teenagers face the day to day harmful effects of Drug/Alcohol Addictions that other teenagers are not exposed to, and*

*Whereas: Teenagers need a safe and nurturing atmosphere to share and learn coping mechanisms to deal with the constant struggles of living and dealing with family member addictions, and*

*Now therefore be it resolved; by the delegates to the 2008 Elders and Youth Annual Convention of the First Alaskans Institute to support the creation of culturally appropriate support groups for teenagers in families that deal with drug/alcohol addictions, and*

*Be it further resolved: that the Native Organizations of Alaska join forces to fund and administer these support groups to Alaska Native/Native American teenagers across the state of AK.*



## Cisllat Calendar

### Small Business Workshop

February 17 - 19, 2009

Cosponsored with SWAMC

### Rural Providers Conference

June 2 - 5, 2009

Cosponsored with RurAL CAP

### KANA Specialty Clinics

For a complete listing of KANA's

Speciality Clinics visit:

<http://www.kanaweb.org/events.php>

All Clinics require a referral.

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Pyramid Mountain blanketed in snow.

Photo by Patrick Saltonstall, courtesy of the Alutiiq Museum.