



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



Fall - Uksuaq 2013



Photo courtesy of Patrick Saltonstall

Jill Boskofsky

Native Village of Ouzinkie

Jill has served on the KANA Board for 3 years. She serves as Tribal Vice President and Environmental Director for the Native Village of Ouzinkie, and on the Spruce Island Development Corporation board. She worked with the AmeriCorps Program for 2 years, supporting healthy community activities, and has been involved in the KIHA Rural Leadership Forum for the past five years. Jill is a licensed hairdresser and mother of two. Born in Kodiak to Barbara Boskofsky (Agnot) and Raymond Kelly, raised in Old Harbor, Jill moved to Ouzinkie in 1972. She greatly enjoys working on behalf of KANA Beneficiaries.

Cheryl "Dee Dee" Christofferson

Gwangkuta Suuget (At-Large)

Dee Dee has served on the KANA Board since 2008, including KANA's Finance and Bylaws Committees. She is the daughter of John and Verna Panamarioff and grew up with three brothers and five sisters in Ouzinkie. She now lives in Kodiak and works for Koniag, Inc. as Executive Assistant to the President. Prior to Koniag, she worked for 14 years for Ouzinkie Native Corporation. Dee Dee also serves on the Kodiak Island Housing Authority board and the KIBSD Alaska Native Education Grant Evaluation Committee. Her strong commitment to KANA Beneficiaries and region-wide unity are appreciated.

Quyanaasinaq!



Photos courtesy of Jan Pennington

Margaret Roberts

Tangirnaq Native Village

Margaret is the daughter of Ronald Fadaoff and Martha Dunlap (Patarochin) of Woody Island. She served the Kodiak Alutiiq people as former President of Sun'aq Tribe of Kodiak for 13 years; founder of the Kodiak Alutiiq Dancers; cofounder and chair of the Alaska Sea Otter Commission; KANA Health Committee Member for 15 years; Alaska Native Health Board Member for 14 years; and as cofounder of the Alaska Inter-Tribal Council for which she is currently Secretary of the AITC Executive Council. Margaret's extensive service on behalf of the Kodiak region and her knowledge of Federal Indian Law are a great benefit to the KANA Board and staff.

Alex Panamaroff, Jr.

Native Village of Larsen Bay

Alex has served on the KANA Board for several decades, starting in 1967. Born in Karluk to Olga and Alex Panamaroff, Sr., Alex moved to Larsen Bay in 1971 where he raised 4 children. After 38 years working for the Postal Service, he retired began work for Native Village of Larsen Bay. He currently serves as their Environmental Coordinator. Alex has also served on the Kodiak Island Housing Authority board for nearly two decades; as past Mayor of Larsen Bay; as former Tribal Council President for Karluk; and as a past Tribal Council member for Native Village of Larsen Bay. His knowledge and commitment to KANA Beneficiaries has been a great asset. ■

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Caribou parka at the National Museum of Finland, photo courtesy of Sven Haakanson, Jr. and the Alutiiq Museum



President's Letter



Greetings! I hope this newsletter finds you well as we transition from summer into autumn and winter. As you all prepare for the winter season, I'd like to remind you of the approaching provisions of the Affordable Health Care Act that will become effective in 2014. In 2014, all citizens will be required to keep their current insurance plan, purchase an insurance plan, or face a tax penalty. That coverage can be supplied through your job, public programs such as Medicare

or Medicaid, or an individual policy that you purchase. The health law is setting up online health insurance marketplaces, also known as exchanges, to help you shop for plans.

Included as a provision within the Affordable Care Act, that specifically affects our Native community, is the available exemption for American Indians and Alaska Natives who can provide proof of enrollment with a Federally Recognized Tribe, ANCSA shareholder status or Indian Health Service beneficiary status. The following is an excerpt from an article distributed by ANTHC that explains how the individual mandate to provide proof of health insurance coverage affects Alaska Native people. To receive the exemption, you must apply at: www.healthcare.gov.

The Affordable Care Act and Alaska Native People
By ANTHC and SCF Public Relations

Beginning January 1, 2014, every American must demonstrate health care coverage under the Affordable Care Act. This means if you do not already have coverage you will be required to purchase health insurance or face a penalty when filing your taxes. The tax penalty could be as much as \$695 per adult and \$347.50 per child.

Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of:

a) Enrollment in a federally recognized Tribe

b) Alaska Native Claims Settlement Act (ANCSA) shareholder status, or

c) Eligible to receive services from an Indian Health Service (IHS) facility/Tribal health care provider.

To qualify for this exemption, Alaska Native and American Indian people will have to apply for the exemption at www.healthcare.gov or through a paper application process. There may be a requirement to send a copy of your tribal enrollment card or other supporting documents. Please do not send the original as it will not be returned to you.

Even with this exemption, Alaska Native and American Indian people may choose to purchase insurance. Alaskans will have a new option of purchasing health insurance through the federal marketplace as early as October 2013 for plan coverage effective January 1, 2014. Some Alaskans will qualify for premium subsidies based on income. For instance, an individual earning up to \$57,400 or a family of four earning up to \$117,760 may receive financial assistance when purchasing insurance. For more information on the Affordable Care Act, please visit www.healthcare.gov. Email: healthreform@anthc.org

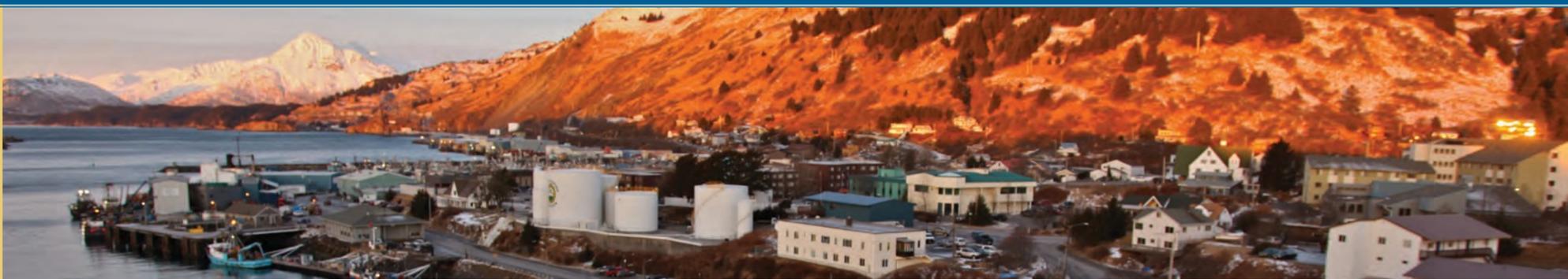
KANA staff are available to assist in the application process for those who need help. There is also a paper application for those who prefer a non-electronic process. Please contact KANA if you have any questions.

Respectfully,

Andy Teuber
President and CEO

*Fireweed near American River,
photo courtesy of © iStockphoto.com and Wild Revelation Photography*





Staff Profile Robert Stauffer, Director of Community Services



Photo courtesy of Robert Stauffer

Kodiak photo above, courtesy of Patrick Saltonstall.

KANA welcomes Robert Stauffer as the new Director of Community Services. Robert's personal background and professional experience uniquely qualify him for this position.

Though he was born in Ephrata, Pennsylvania, Robert moved with his parents, Bob and Theresa Stauffer, to Kodiak when he was six years old. Growing up as a child in Kodiak, and living as an adult in the community, have more than adequately prepared him for his profession. As the Director of Community Services, Robert oversees all the programs offered by KANA's community services division, including tribal operations, beneficiary workforce and training programs (such as education and job training), child services, temporary assistance for families in need, the Women, Infant and Children (WIC) program, as well as Infant Learning and the Village Public Safety Officers (VPSO) program.

Robert has accumulated impressive professional experience on his career path. After graduating from Kodiak High School in 1996, he joined the National Guard and served for eight years, including a deployment to Iraq in 2005. "I cannot describe, after growing up in Kodiak,

how hot that part of the world is," Robert explains. His military experience benefitted KANA when he joined the organization as the VPSO Coordinator in 2011.

He was recently promoted to Director of Community Services. "One of my favorite aspects of this job is the variety. I especially love that our programs are all designed around improving the quality of people's lives. We assist people in becoming self-sufficient and moving forward. We are able to help Beneficiaries not only get jobs, but get better jobs. I like that our goals are all community oriented." He is quick to add, "One of the best parts about this job is working with a really good staff. They make it a lot easier."

Outside of work, Robert enjoys spending time with his two children, Monica and Eric, who are fifteen and sixteen years old, as well as sports fishing, long distance running and skiing. "I enjoyed a trip to ski in Canada at Banff National Park, but mostly I'm in Kodiak, skiing Pyramid."

Robert looks forward to his new expanded role for KANA Beneficiaries and the chance to make a difference within the community. ■



Larsen Bay Cannery, photo courtesy of © iStockphoto.com and Wild Revelation Photography

Spotlight on the Alutiiq Culture

Nuta'at Mingqusqat - The New Sewers' Club



Embroidery on the chest of a cormorant skin parka collected in 1846. Red and green woolen fringes and hair are attached to the decorated seam. (Item VK 81 in the Etholén collection)

The Alutiiq Museum began an Alutiiq skin sewing project in February 2013 when six Kodiak community representatives traveled to Helsinki, Finland to visit the National Museum of Finland. The group included Cathy Cordry, former Executive Director Dr. Sven Haakanson, Jr., Marya Halvorsen, Susan Malutin, Teri Schneider, and Hanna Palmer Sholl. Five days in Finland allowed the developing skin sewers to study ancestral clothing under the guidance of expert skin sewer Susan Malutin. The team

examined parkas, gut skin jackets, hats, boots and even blankets, sewn from bird and animal skins at the National Museum of Finland.

Why travel half way around the world to study an Alaska Native art form? In the 1840s, Finnish seafarer Arvid Adolf Etholén collected an impressive array of traditional items from the Native societies of the Alaska Gulf Coast. During his six years of service as Chief Manager of the Russian-America Company

this included items from Kodiak. His collections are now part of the National Museum of Finland, and contain some of the best preserved Kodiak Alutiiq clothing.

The sewers studied the clothing to deepen their knowledge of design, manufacture, and decoration techniques. The chance to examine garments in person allowed the group to look inside to study the cut and proportions of materials and the fine, even stitching techniques that ancestral sewers used, all of which is not easily accessed through photographs alone. Notes, drawings, detailed photos, and discussions helped to reveal Alutiiq sewing techniques and to create a record for use at home. Prior to this research visit, the Etholén collection was only known on Kodiak through photos in the now out-of-print Etholén Collection book.

Following the research trip, Malutin, Haakanson, and the sewers shared their knowledge around Kodiak Island during village school Alutiiq Weeks, guiding groups of students to complete a different section of a child's caribou skin parka. Each village workshop lasted five days, with students learning basic stitching and embroidery techniques. They also made their own leather bags, styled after Alutiiq sewing bags.

Since last spring, the collaborative caribou skin parka, a main product of the project, has been assembled into a full garment. The group is now leading interns in Kodiak to add embroidered embellishments. Starting on September 25th at 7:00 p.m., the New Sewer's Club will meet at the Alutiiq Museum every other Wednesday at 7:00 p.m., until December 11th to complete the parka for the museum's



Alutiiq Week in Akhiok School



Susie Malutin demonstrates stitches at an Alutiiq Week workshop in Akhiok

Alutiiq Sewing Crossword Puzzle

To complete this puzzle, find keyword answers in Alutiiq for each clue at right. See word translations and correct spellings under the puzzle. Puzzle solutions on page 7.

Puzzle by Alisha
Susana Drabek ---
Englartaq

Vocabulary found in this puzzle:

agasuq --- cormorant, amiq --- fur or skin, atkuq --- coat, culut --- feathers, kakiwik --- sewing kit bag, kelugkaq --- thread, mingquteq --- needle, Mingquq. --- He is sewing, siit'saaq --- bolt of cloth, taqmaq --- dress, tuntuq --- deer, Wisiiwa'igtug. --- She is embroidering.

AKITMEN (across)

2. needle
4. fur or skin
5. dress
7. thread
11. deer
12. bolt of cloth

ACITMEN (down)

1. She is embroidering.
3. sewing kit bag
6. He is sewing.
8. cormorant
9. feathers
10. coat

permanent collection. Local Kodiak youth Samantha Heglin and Sadie Coyle applied and were selected to serve as project interns. Community members are welcome to observe the sewing circle and possibly participate. Segments of the process will be videotaped to create a DVD about Alutiiq skin sewing practices and the cultural value of historic collections. The group presented a lecture on their experiences on September 19th at the Alutiiq Museum, which will be posted on the museum's website for those unable to attend.

Funding for the New Sewer's club was provided by a \$49,988 grant from the Institute for Museum and Library Services in partnership with Koniag, Inc. "This project is a way to help the growing number of skin sewers advance their skills," said Haakanson. "It will also build ties between a group of developing artists and create a sense of unity among our communities. Exploring our culture is a great way to consider the bonds that unite us." ■

Skin Sewers Circle Meetings at the Alutiiq Museum Wednesdays from 7:00 - 9:00 p.m.

- October 9
- October 23
- November 6
- November 23
- December 4
- December 11



Photos courtesy of Sven Haakanson, Jr. and the Alutiiq Museum

Teri Schneider, Susan Malutin, and Hanna Palmer Sholl with Minna Lampinen, collections conservator of the National Museum of Finland in Helsinki



NOTICE OF ANNUAL MEMBERSHIP MEETING
of the
Kodiak Area Native Association



"To Elevate the Quality of Life of the People We Serve"

If you are an eligible voting member of one of the tribes electing a representative to the KANA Board of Directors and you have not yet received a voting ballot in the mail, please contact:

Allison Walker at 486-9803 or feel free to contact her via email at allison.walker@kanaweb.org

SATURDAY, October 12, 2013

Kodiak Harbor Convention Center

211 Rezanof Drive East, Kodiak, Alaska

Directors for the following tribal chapters will be elected:

Gwangkuta Suuget (At-Large)

Tangirnaq Native Village

Native Village of Ouzinkie

Native Village of Larsen Bay

Registration begins at 9:00 a.m. / Call to order at 10:00 a.m.

Hearty Halibut Chowder

Recipe makes 16 servings

Ingredients

1 tablespoon unsalted butter
1 large onion, finely diced
2 large potatoes, peeled and cubed
2 cloves garlic, minced
6 cups chicken stock
1 (8 ounce) can stewed tomatoes, diced
2 large carrots, shredded
1 1/2 cups milk
1/2 cup heavy cream
salt and pepper to taste

2 pounds halibut, cut into 1-inch cubes
1/2 cup shredded Cheddar cheese
1 pinch red pepper flakes, or to taste

Directions

Melt the butter in a large pot over medium heat. Add the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Add the potatoes and garlic, and continue cooking until the potatoes have softened slightly, about 10 minutes.

Pour in the chicken stock, tomatoes, and carrots. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes. Add the milk and cream, season to taste with salt and pepper, then stir in the halibut. Continue simmering uncovered until the halibut is flaky and no longer translucent in the center, about 10 minutes. Gently stir in the Cheddar cheese and red pepper flakes until the cheese has melted. Serve immediately.

PREP 35 mins
COOK 40 mins
READY IN 1 hr, 15 mins

Something the whole family can make together

Photo above courtesy of © iStockphoto.com and CDWick

Provider Profile

Dr. Elise Pletnikoff, Physician



Photo courtesy of Elise Pletnikoff

KANA's newest doctor, Dr. Elise Pletnikoff, is happy to be practicing medicine in her home town. Born in Sand Point, she and her family moved to Kodiak when she was four years old, spending summers fishing in Sand Point and Chignik. Her father's family is from Korovin Island and her mother is from Michigan.

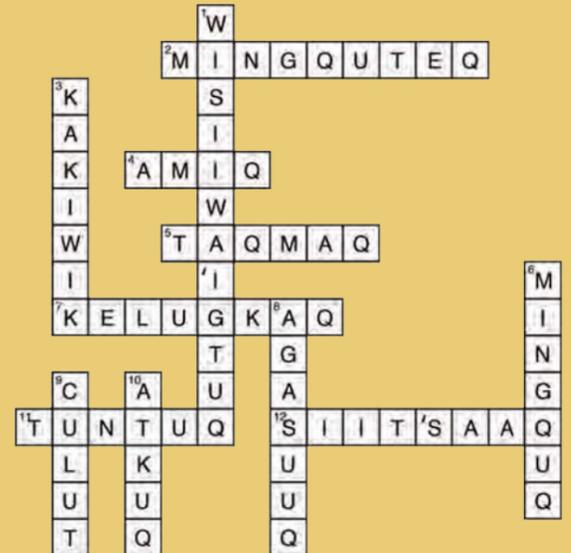
Attending Kodiak schools, she was interested in medicine early on. "I was always interested in science and school, and wanted to be a doctor since I was seven." Interactions with physicians and working at Providence Kodiak Island Medical Center (PKIMC) and the Alaska Native Medical Center (ANMC) solidified her decision. "I was sure it was the right path for me. I was lucky to have excellent support from my family and community throughout the process."

She completed her undergraduate work at Carroll College in Helena, Montana and attended medical school at the University of Washington School of Medicine. She finished a three-year family medicine residency in Seattle at Swedish Medical Center, working at the Seattle Indian Health Board clinic prior to accepting her current position at KANA.

Outside of work, Elise pursues a variety of outdoor activities, including fishing, hiking, running, skiing, bike riding, kayaking and berry picking. She also enjoys reading and spending time with family and friends. She is thrilled to be back in Kodiak. She says, "I love being home working with my community. I was excited to accept a position at KANA. I look forward to working together for the health of our community." ■

Crossword Solutions

for page 5 Alutiiq Puzzle



Vocabulary found in this puzzle:

agasuuq --- cormorant, amiq --- fur or skin, atkuq --- coat, culut --- feathers, kakiwik --- sewing kit bag, kelugkaq --- thread, mingquteq --- needle, Mingquq. --- He is sewing, siit'saaq --- bolt of cloth, taqmaq --- dress, tuntuq --- deer, Wisiwa'igtuuq. --- She is embroidering.

For help with pronunciation of Alutiiq words, talk with a fluent speaker, or visit the Alutiiq Museum's Alutiiq Language website at www.alutiiqmuseum.org (select Alutiiq Language from the side menu). You will find both an Alutiiq Alphabet page to help build Alutiiq literacy and also an archive of past Alutiiq Word of the Week publications, many of which feature audio recordings. In addition you can visit the www.alutiiqlanguage.org website dictionary for recordings of words.

We want to hear from you...

KANA Patient Satisfaction Survey

At KANA, we strive to provide the best quality of care to all of the people we serve. In doing so, we need your help to tell us what we are doing right and what we can improve upon. Our Patient Satisfaction Survey provides us with information and insight on our patients' view of the services we provide. We monitor and analyze those survey results to design and track quality improvement all around KANA.

Recently, KANA installed a new Patient Satisfaction Survey Kiosk on the first floor of the KANA Main Medical Clinic. This kiosk is located next to the pharmacy just inside the main entrance. Next time you visit KANA, for any reason, please take a minute or two to tell us how we are doing. Or, take a moment to visit www.kanaweb.org and click on the link on our homepage to fill out the survey online. ■



Photo courtesy of Heather Johnson

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

Halloween Safety Tips



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

Home Safe Home:

Turn your outside lights on for visitors.

To keep homes safe for visiting trick-or-treaters, clear anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.

Carving a Niche:

Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.

Consider using a flashlight or glow stick instead of a candle to light your pumpkin. If you do use a candle, a votive candle is safest.

Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.

Keep Costumes both Creative and Safe

When selecting a costume, make sure it is the right size to prevent trips and falls and will fit over warm clothes.

Decorate costumes and bags with reflective tape or stickers.

Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.

Have kids carry glow sticks or flashlights to help them see and be seen.

Trick or Treat Safely

Children under 12 should trick-or-treat and cross streets with an adult.

Make sure you know where your kids will be and who they are with.

Choose safe neighborhoods and homes with lights on for trick-or-treating.

Double Check Candy

Instruct your children not to eat any treats until they bring them home to be examined by you.

Check treats for signs of tampering before children are allowed to eat them.

Remind children to eat only treats in their original, unopened wrappers.

Candy should be thrown away if the wrapper is faded or torn, or if the candy is unwrapped.

Drive Extra Safely on Halloween

Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.

Take extra time to look for kids at intersections.

Enter and exit driveways and alleys slowly and carefully.

Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances. ■

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KANA Provider Village Travel

For a listing of provider village travel please check out the KANA website at <http://www.kanaweb.org/html/events.php> or check out KANA's Facebook page.



Like us on Facebook

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Arnold Kewan, Secretary
Phyllis Amodo, Member
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Margaret Roberts, Member
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Gary Watson, Member



Photo above courtesy of © iStockphoto.com and Daniel Troutman Photography

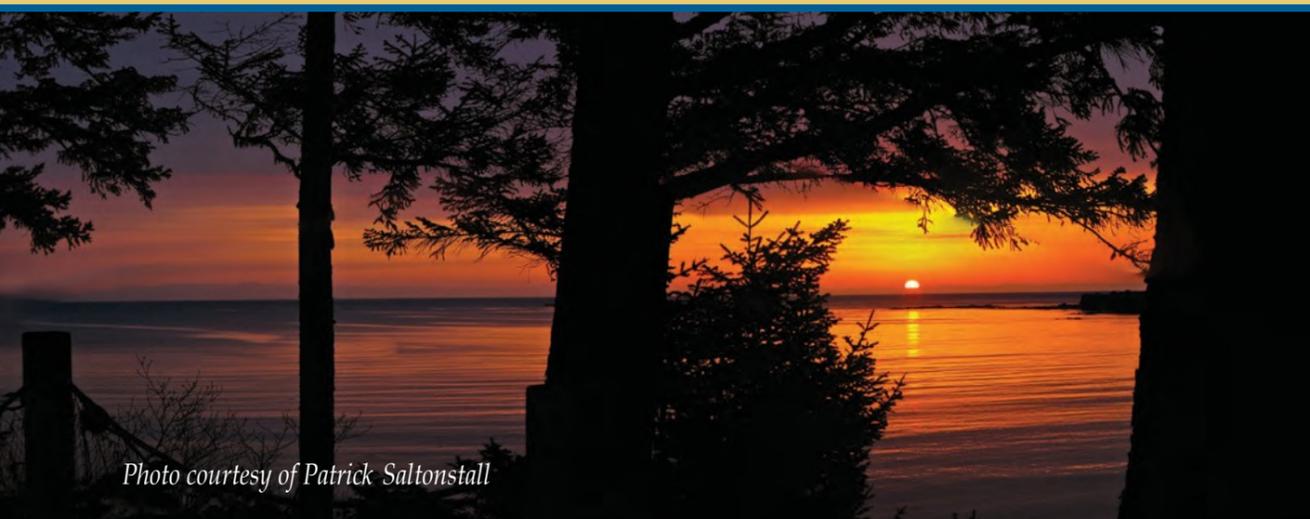


Photo courtesy of Patrick Saltonstall