



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

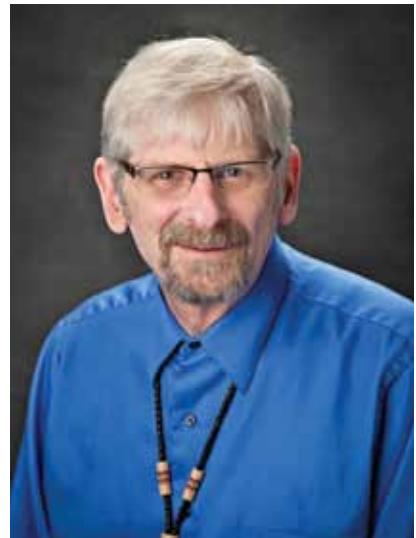
Promoting wellness & knowledge for Kodiak's Native People



SUMMER - KIAK 2012

Quyanasinaq! Thank You to Our Board Members

Photo courtesy of Patrick Saltonstall.



Gary Watson Sun'aq Tribe of Kodiak

Gary has served on the KANA board since 2011. He is active in his tribal community, and has served on the Sun'aq Tribal Council for 10 years. The Sun'aq Tribe saw many changes and enjoyed great progress during his tenure, which included Gary's service on all of the Sun'aq Tribal Committees, on the Alaska Inter-Tribal Council and the National Congress of American Indians. Currently, Gary serves as the gaming manager for Sun'aq Tribal Bingo. Gary has extensive knowledge of Kodiak's natural resources, State gaming regulations, and experience working with diverse constituencies. He has a passion for finding solutions to Kodiak Native healthcare challenges. Gary is the son of Myrtle Olsen Watson and Elwood "Pye" Watson, and is very proud of his Alutiiq heritage.



Arnold Kewan Native Village of Port Lions

Arnold has served on the KANA Board for five years. He also devotes his time in service to a variety of community endeavors. He serves on the Native Village of Port Lions Traditional Tribal Council, the Port Lions Advisory School Board, the Kizhuyak Oil Sales Board and the Port Lions City Council, as well as coaches Port Lions' basketball teams, from Little Dribblers to high school—girls', boys' and co-ed teams. A fisherman and Kodiak Island Borough School District custodian, he was raised in Port Lions by his parents, Charlene and Peter Kewan, and has lived in Port Lions for 39 years with his wife, Dorinda, raising four children.



Al Cratty, Jr. Native Village of Old Harbor

Al has served two terms on the KANA Board, for a total of six years. He also serves on the Old Harbor Native Corporation Board, the Old Harbor Tribal Council and the Kodiak Island Housing Authority Board. Improving and expanding the health services offered to Beneficiaries and meeting the needs of the residents and tribal members of Old Harbor, motivate Al's service commitments. A lifelong fisherman, Al owns the Markayla Dawn and fishes year-round for salmon, cod, crab, and herring. The son of Al Cratty, Sr. and Emily Christiansen, he and his wife, Jonetta King Cratty, live in Old Harbor and are the proud parents of two children.



Phyllis Amodo Native Village of Kaguyak

Phyllis has served on the KANA Board since 2004 as a representative of Akhiok, where she has lived and contributed to the community since 1993. The daughter of Edward and Barbara Panamaroff, Phyllis has served as president of the Kaguyak Tribal Council and Vice Chairperson of the Akhiok Native Corporation, as well as served on a variety of local boards, including the Akhiok Sable Fish Commission, Akhiok School Advisory Board, Akhiok Tribal Council, and Akhiok City Council, all the while working as a Community Health Aide, where she works with youth and organizes health fairs and student activities. She and her spouse, Rolin Amodo, are raising a family of five children.

KANA Governance and Leadership

KANA is governed by a Board of Directors comprised of (10) ten representatives, who are entrusted to promote and uphold KANA's mission to elevate the quality of life of the people we serve. The three-year terms of office are staggered so that in any given year, KANA's membership elects either three or four directors for a new term. The Directors are entrusted to guide the organization in response to and in anticipation of the needs of our members.

Over the last three years, under the direction of our current Board of Directors, KANA has enjoyed great success and growth. We have increased access to health services by incorporating expanded clinic hours with early and late appointments; we've added lunch-hour appointments, increased the frequency of village visits by our providers and we've added weekend hours on Saturday. We were the first and only organization in Alaska to meet or exceed all treatment and prevention measures of the Government Performance Results Act (GPRA) in 2010; we met all GPRA measures again in both 2011 and 2012 as one of only a handful of organizations in the county to accomplish this task.

We have created new and expanded programs and services, including the opening of our Child Advocacy Center and our new Child and Family Services program to assist children and families who have experienced traumatic events. We have increased patient satisfaction scores across the board for our health services by incorporating KANA members into the planning and evaluation of KANA's services. We have expanded our contract health services funding to accommodate the cost of patient travel from villages to specialty clinics, and to provide added coverage for eye glasses and substance abuse treatment.

We are proud of the accomplishments of the organization and thankful to our Board of Directors for the strategic direction they provide. We are pleased to serve and represent the Alaska Native people within our region, including the communities of Akhiok, Karluk, Kodiak, Larsen Bay, Old Harbor, Ouzinkie and Port Lions. We'd like to recognize and thank KANA's Board of Directors, especially the four directors whose terms expire in 2012 who have played such a great role in promoting and advancing our organization: Phyllis Amodo, Al Cratty, Jr., Arnold Kewan, and Gary Watson. Their leadership of our organization and stewardship of your resources has been tremendous. ■

President's Letter



Greetings,

I invite you to join KANA staff and membership at our 2012 Annual Meeting. The date will be October 6th, the time will be 10:00 AM, and the place will be the Kodiak High School. Refreshments will be served beginning at 9:00 AM. In addition to program updates, a brief summary of our financial and service performance will be shared. Finally, as we do each year, our Board will conduct its annual election; this year, four Directors will stand for

election. In this, my 7th year at KANA, I have never been more appreciative of the commitment and professionalism exhibited by our governance and the leadership they've demonstrated through a host of challenging decisions. In my many years with the organization, first as a board member and then as an employee, I've never witnessed a more productive or cohesive Board of Directors.

This year, as in year's past, we've chosen to join with our partner, Koniag, Inc. to host this annual gathering, where information on KANA and Koniag will be provided in an informative and festive presentation. You'll learn of new and continuing programs intended to further our mission in elevating the quality of life for each of those we serve. Please join us and share your thoughts and opinions, and learn of our many successes and a few of our challenges, as we navigate the changing priorities and needs of our people.

Your attendance and voice will be important in determining the direction of our organization. As you may recall, KANA's bylaws were amended by a majority vote of its members at last year's Annual Meeting to make certain that you, as members of the Kodiak Area Native Association, retained the right to determine the composition of KANA's Board of Directors rather than defer that right to others. Exercising your right to participate in the direction of our organization is vitally important in ensuring that KANA best follows the will of our members. Please, join us at our 46th Annual Meeting on October 6th. We appreciate your participation and rely on your direction.

Respectfully,

Andy Teuber
President and CEO

Iluani Inside

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Annual Meeting Announcement

Improving Patient Care... It Takes a Team

KANA Achieves 100% of the GPRA Clinical Measure Targets for the Third Year in Row!

Government Performance and Results Act of 1993 (GPRA)

GPRA is a federal law enacted by Congress to measure performance through specific clinical measures. There are 21 measures in all ranging from preventive screens to chronic care management and control. These GPRA indicators tell us clearly whether the changes we make here at KANA are leading to improved patient care and outcomes.



This success has only been possible through team based care. First, and most important, on the team is the community, families, and beneficiaries KANA serves. Healthy communities and activated patients will be the most important force in continued health improvement at KANA. Behind each one of our beneficiaries stands the over 100 hundred KANA employees tasked with ensuring that beneficiaries are able to get the care they need and want – when they need and want it. ■

YEAR END FINAL

National GPRA Measures	KANA GY2012 June - final	Alaska / National Goal	Goal Met?	
			Yes	No
Poor Glycemic Control (should be below goal)	12.7%	18.6%	X	
Ideal Glycemic Control	48.0%	32.7%	X	
Blood Pressure Control	46.1%	38.7%	X	
Lipids Assessment	84.3%	70.3%	X	
Nephropathy Assessment	81.4%	57.8%	X	
Retinopathy Assessment	66.7%	54.8%	X	
General Dental Access	49.5%	26.9%	X	
Dental Sealants *	681	643	X	
Topical Fluoride - # of Patients *	846	339	X	
Influenza - Adults 65+	70.6%	63.4%	X	
Pneumovax - Adults 65+	95.7%	87.5%	X	
Childhood Immunizations - Active IMM pkg Pts.	87.5%	77.8%	X	
Pap Smear	70.7%	59.5%	X	
Mammogram	59.0%	51.7%	X	
Colorectal Cancer Screen	72.0%	43.2%	X	
Tobacco Cessation	37.1%	30.0%	X	
Alcohol Use Screening for Fetal Alcohol Syndrome Prevention	69.2%	58.7%	X	
Intimate Partner or Domestic Violence Screening Rate	64.5%	55.3%	X	
Depression Screen	61.6%	56.5%	X	
Comprehensive Cardiovascular Disease - All Five Assessments must be completed	64.1%	40.6%	X	
Prenatal HIV Screen	95.1%	81.8%	X	
Total Met or Not Met			21	0

Commissioned Officers Honored



The Unit Commendation Award, presented by the Department of Health and Human Services, acknowledges outstanding accomplishments by an organizational unit within the Public Health System. The award is made to commissioned officers who have demonstrated a significant level of performance well above what is normally expected.

KANA's Public Health System Unit received this award for their role in improving patient care and outcomes through increased prevention screenings, improved documentation, and fulfilling all national clinical measures established and reported under the Government Performance and Results Act (GPRA) in 2010. The individual commissioned officers honored were: CDR John Pearson, Community Health Aid Director; CDR Brian Narog, Chief Pharmacist; LCDR Nicole Webster, Director of Nursing; LCDR Mark Johnson, Pharmacist; and LT Shanna Moeder, Dietitian.

Thank you to these individuals for their outstanding efforts to aide in KANA's mission to elevate the quality of life of the people we serve. ■

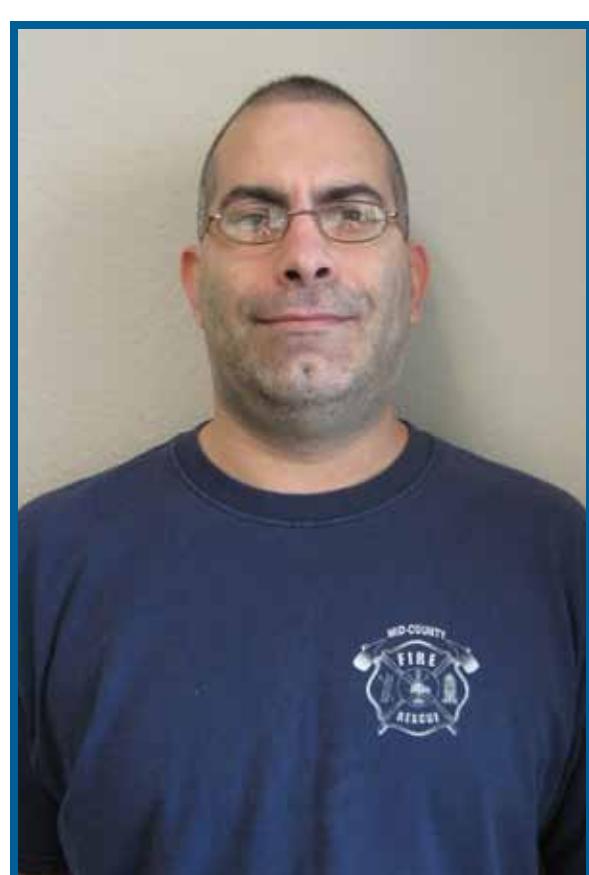
New "Roving" VPSO Position

KANA has a new Village Public Safety Officer (VPSO) position based out of Port Lions. This position, The "Roving" position, is meant to provide island wide support to the other Kodiak area VPSOs and to cover them while they are out of their villages.

We hired Roger Ouellette, a Missouri native with experience as a firefighter, EMT and Sheriff's Deputy to fill the position. VPSO Ouellette has been in the position for almost six months and has visited and assisted Larsen Bay, Old Harbor and Ouzinkie. We will work to familiarize him with each community so that he can come in and work comfortably with the locals. Our goal is to make him a familiar face in each place, and to provide each VPSO with some additional help especially in providing community training. He is currently scheduled to go to the D.A.R.E. academy in Bethel to help provide drug and alcohol prevention for our school children. While in Port Lions, VPSO Ouellette will assist local VPSO Brad Ames with day to day tasks and patrols. Roger will also work with the community volunteer fire department and will look at safety training programs he can implement to help make the community safer and better informed.

VPSO Ouellette and his three boys have settled into life in Port Lions. His sons, Jacob, Lenny and Gregory attended the Port Lions School during the spring semester and will be going back this fall. They have been enjoying the summer bounty of salmon fishing and have found odd jobs around the community. They have also had the opportunity to connect with other Kodiak area youths during visits to Ouzinkie.

If you see VPSO Ouellette around your community, feel free to introduce yourself and help fill him in on local culture and history. We want our VPSOs to know who they are serving and how they can help so we can continue to improve the quality of life of our villages. ■



New VPSO Roger Ouellette, based in Port Lions.

Provider Profile Jayme & Zach Stringham, New Ouzinkie Health Aides

Photo courtesy of Jayme and Zach Stringham.



Jayme and Zach Stringham are Ouzinkie's new Community Health Aides. Newly arrived in July, they are both enthusiastic and prepared for their new lives.

Growing up, they were both drawn to the health profession. Zach was raised in La Grande and Corvallis, Oregon. Witnessing his father change careers, from lumber to pharmaceuticals, profoundly influenced him. "My dad worked in a lumber mill until he was in a bad accident. He moved the family to Corvallis, went back to school and became a pharmacist. The life we had before was pretty humble, and now I see him with the freedom to enjoy life. He definitely influenced me to go to school, make a decent living and try to give back a little bit."

Jayme recounts an active childhood, complete with twenty-two family moves. Born in Montpelier, Idaho, she was raised throughout southeastern Idaho and Alaska, including Seldovia and St. Mary's. Her parents were both educators and their family travels taught her valuable life skills. "I learned to interact with all sorts of people. Moving frequently makes you come out of your shell. You don't have a choice!" Throughout her childhood, she wanted to help others and initially planned on becoming a heart surgeon. She found being a surgical technologist more to her liking. "I like the hands-on interaction with human anatomy. The slight changes in individual anatomy are really cool. Not everybody is the same on the inside." Jayme completed her education at the College of South Idaho and moved to Pocatello, Idaho, where she worked at the Portneuf Medical Center and met her future spouse, Zach, who had completed a biology degree at Idaho State University and was working as a phlebotomist at the same hospital.

Zach explains, "When I finished my degree, I shadowed surgeons, physician's assistants

(PAs), and dentists. Dentistry was not for me. I thought I'd like it a lot, but it turns out I don't like mouths." Zach decided to focus on becoming a PA and completing the 2,000 clinic hours required to enter a program. At the suggestion of Jayme's parents, he began searching for available PA positions and found KANA and Ouzinkie, with two PA openings listed. Jayme finds she enjoys the change. "Being a PA is a lot different than surgery—a side of health care I've never seen. I always saw people in surgery; it's good to see how it works on the other side."

They are both enjoying their new home of Ouzinkie, appreciating the close knit community, warm welcome and willingness of neighbors to help them settle in. They also enjoy a level of notoriety for having a unique boat for Ouzinkie. "Living in Ouzinkie, I thought I'd need a boat and I wanted to get one I could also eventually use in rivers around Idaho," Zach explains. They purchased a jet boat with a 302 Ford engine, which has become a claim to fame among Ouzinkie's youngsters. "Little kids walk by our house and point and say, 'Those are the new health aides. They have a fast boat.'"

Ouzinkie also affords the Stringhams the opportunity to indulge in many of their favorite pastimes. They are both avid athletes; Jayme played softball, basketball and volleyball in high school, while Zach participated in basketball and football and attended the University of Idaho on a track pole vaulting scholarship. They both enjoy archery, hiking and fishing and are embracing the Ouzinkie experience professionally and personally. Zach thanks the KANA Beneficiaries for the unique opportunity "you've given me to help you with your health care needs. It will be of value for the rest of my life." Jayme agrees, adding, "I have cold hands and a warm heart and am excited for this experience." ■

Spotlight on the Alutiiq Culture

New Opportunities for Learning the Alutiiq Language



Several Kodiak area organizations are working together to expand access to Alutiiq language learning opportunities on Kodiak Island and off, via the Internet and a series of Kodiak-based classes. These recent opportunities grew from over a decade of grassroots language revitalization efforts by many organizations and individuals.

Community members can get involved in revitalization efforts and learn the Alutiiq language through several opportunities right now. With only 44 known fluent speakers of Kodiak Alutiiq, it is important that people with interest in learning and speaking Alutiiq make time for it now while we still have first language speakers. In addition to the following formal classes, there are also several informal learning opportunities such as Language Club at Sun'aq Tribe on Wednesdays at noon, Immersion Lunch at Afognak Tribe on Tuesdays at noon, and a two-hour Elders Session at Afognak Tribe on Fridays at 3:00. Active learners and Elders encourage interested community members to take advantage of opportunities within their own families as well, as there are many who grew up hearing Alutiiq spoken but are not confident as speakers themselves. There are many ways to contribute to revitalization efforts as we strive to reverse over a century of language oppression.

Kodiak College (KoC) Alutiiq Language Courses

UAA-Kodiak College offered introductory Alutiiq Language courses in years past, but is now developing a series of Alutiiq Language courses that can lead to a Certificate or AA Degree in Alaska Native Studies. Alutiiq Museum Language Manager April Counciller now also serves as a professor at Kodiak College, leading program development.

This Fall 2012, Kodiak College is offering two sections of Alutiiq Language I (AKNS 101) and is proposing an Alutiiq Dance course as part of a five-year Department of Education grant to develop an Alutiiq Studies Program. These adult language instruction opportunities are in partnership with Kodiak's tribal organizations and the Alutiiq Museum, with involvement from local fluent Elders. The AKNS 101 course is also available dual credit for rural and town high school students. Classes started August 27. Contact April Counciller at Kodiak College at 907-486-1276 or agcounciller@kodiak.alaska.edu.

Kodiak High School (KHS) Alutiiq Language Class

Piloted in January 2011 as a semester course four days a week, the KHS Alutiiq Language I class expanded to a full year course in August 2011, and starts its second full school year now.

This class is offered for World Languages high school credit and dual credit as a college course. Alisha Drabek and Candace Branson co-teach the course with support and class involvement from a group of fluent Alutiiq Elders and team of other adult learners. The Kodiak Island Borough School District received funding for the course through Department of Education Alaska Native Education grants, with additional support for class resources from Kodiak Area Native Association, and Koniaq, Inc.

This Fall, in partnership with the Native Village of Afognak, Drabek and Branson are now developing the Alutiiq Language II course so students can acquire a full two years of World Language credit and build fluency as both speakers and future teachers of Alutiiq. Six students are enrolled in this course. Contact Alisha Drabek at 907-539-5015 or alisha@nunaworks.com with questions about the classes or resources shared via www.alutiiqlanguage.org.

Afognak After School Program

Scheduled for each fall and spring, local Native students ages 7-10 years old can participate in an After School Alutiiq Language Program called "Uswillraraat Qipayaat" or "Children's Corner." Students learn about the Alutiiq culture and practice speaking Alutiiq. Local Alutiiq language apprentice and artist Susan Malutin serves as teacher. The next eight week session starts September 19th, ending November 7th. Contact Denise Malutin at 486-6357 for information to sign up at Native Village of Afognak.

Island-wide Alutiiq Language Teacher Mentorship Project

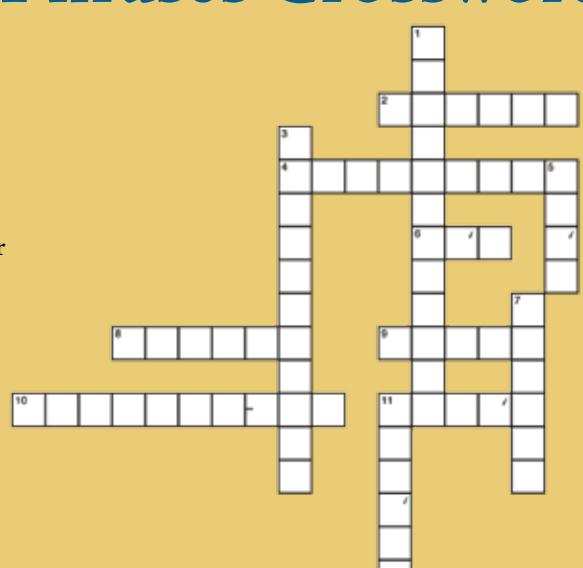
An island-wide consortium led by Native Village of Afognak, in partnership with the Native Village of Port Lions and the Alutiiq Museum, also began an Alutiiq Language Teacher Mentorship Project through Administration for Native Americans (ANA) funding. Participating learner-teachers are also offering outreach into several elementary schools and preschools around the island. The Teacher Mentorship Project is developing preschool immersion lessons, building participant fluency through regular Elder sessions, and producing a number of educational resources to be available on the www.alutiiqlanguage.org. Contact Language Manager Kari Sherod at Native Village of Afognak at 907-486-6357 or kari@afognak.org for more information or to get involved.

Community members can access learning resources that support these efforts at the Alutiiq Museum's Alutiiq Language section, www.alutiiqmuseum.org, or at the new NVA-led website www.alutiiqlanguage.org, including an online audio-enhanced dictionary, slides and flashcards, videos, song recordings, games, and books with read-aloud audio recordings. ■

Alutiiq Phrases 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



AKITMEN (across)

2. Maybe
4. Help me
6. Yes
8. Good job
9. No
10. Is it good?
11. Hello

ACITMEN (down)

1. I forgot it
3. Say it again
5. Enough, huh?
7. What am I doing?
11. What are you doing?

Vocabulary found in this puzzle:

A'a — Yes, Allrak — Maybe, Asirtuq-qaa? — Is it good?, Atagua — Good job, Awa'i? — Enough, huh?, Cama'i — Hello, Calisa? — What am I doing? (demonstrating), Cali'it? — What are you doing?, Ikayugnga — Help me, Nalluyaautaqa — I forget it, Niusgna cali — Say it again, Qanga — No.

New Additions at the Fitness Center

The KANA Fitness Center has several wonderful new additions recently—from new staff, to new equipment, and even a new pilot project.

Andrea Knowles, who recently took a course to become a certified Zumba instructor in order to teach classes at the fitness center, started in May and is currently working toward her personal trainer certification. Joseph Glasheen, former medical doctor at the KANA Medical Clinic, took a part time job at the fitness center to cover Saturday and Sunday from 10:00 AM to 4:00 PM and bring his vast knowledge to gym users. We plan to use our volunteers to extend evening hours and have the gym remain open from 7:00 to 9:00 PM during weekdays.

In addition to Zumba, the fitness center also offers CrossFit style classes three times a week. Jud Brenteson received his CrossFit Level 1 coaching certificate in May. The class so far has had a good turnout, in addition to his MMA style “Fight Night” class on Fridays.

If you have not been in the gym recently, just looking around you can see some notable additions. A chin/dip assist machine was installed which utilizes a counterweight to help people complete chin ups, pull ups, and dips, who otherwise would not be able to do so. A leg press (also referred to as a hack sled) was added which is great for lower body strength training. A Louie Simmons combo cage was also added, giving gym users another lifting station which uses safety rails for people to perform safe lifts at higher weights. With additional space for lifting, we also acquired more weights and universal bars.

Outside the weight area, we see even more changes and additions. The number of medicine balls in the fitness center recently doubled, and we acquired more agility type exercise equipment such as hurdles, agility ladders, and TRX bands. We have also added foam rollers to help improve your mobility and assist in exercise recovery. We encourage everyone to stop by and have a look around. ■

Job Club Offers New Workshops

KANA's Job Club is located downstairs at 194 Alimaq Drive on Near Island. The Job Club computer lab has four computers available for employment-related activities Monday through Friday during normal business hours.

Held throughout the month, Job Club is now offering employment-related workshops. These workshops occur on different days and at different times to better accommodate participants' busy schedules. Recently KANA partnered with the Kodiak Island Housing Authority to offer workshops at the Woody Way location. These important and relevant workshops aid participants in obtaining and sustaining employment in the Kodiak community.

One workshop is *Employment Resources*, which identifies barriers people face in seeking employment and provides links to available resources in the community to help overcome these barriers. These resources include: obtaining a GED, job search, volunteer opportunities, starting your own business, housing, child care assistance and purchasing business attire.

Resume Writing is a great workshop for people who are just getting started. The *Resume Writing*

Home Fitness Kits for Rural Beneficiaries



Village Wellness Surveys were down throughout the rural communities and one of the needs identified by the communities and members of the Health Committee was that beneficiaries wanted more ways to empower themselves to have more control over their health. A team of KANA employees including Dr. Kristen Frank, Registered Dietitian Shanna Moeder, Personal Trainer Steve O'Brien and Wellness Program Coordinator Jasmine Oliver collaborated to create the Home Fitness Kits Pilot Project. With help from KANA's HRSA (Health Resources and Services Administration) Rural Quality Improvement Grant and Diabetes Grant, funding was available to help get this project off the ground.

The Home Fitness Kits pilot project is based on one simple idea: If you were asked if you thought it was important for your health and wellbeing to exercise regularly, we believe, everyone would answer "YES". It is not a surprise; we all know we need to stay active, yet there are some barriers that exist for many.

Countless people are unable to go to the KANA Fitness Center to use the equipment and space we have here or to receive personal coaching, or do not have equipment or space available to them in their home villages. Therefore, we would like to bring the Gym into the home of our beneficiaries.

With the support of KANA Medical and the Diabetes program, the KANA Fitness Center has put together

a small "Gym in a Box." These Home Fitness Kits are a way to help anyone become more active at their own pace, in their own home.

In addition to educational information about flexibility and weight lifting programs, body weight exercises and abdominal strength tips, the kit contains cardio equipment such as a mini stair-stepper, mini elliptical, and strength training equipment such as the Jillian Michael's adjustable dumbbell set and Spri exercise band kits. These kits are likely to expand as interest grows, and already the team plans on adding educational DVDs for yoga and Tai Chi to the kits.

Since first implemented in Ouzinkie in February 2012, the Home Fitness Kits have since been introduced to Port Lions, Larsen Bay, and Old Harbor. The next stop for the Home Fitness Kits are Akhiok and Karluk, and the Fitness Center will eventually have some available in the city of Kodiak for those who have a harder time coming to the Fitness Center.

The KANA Fitness Center is always striving to improve the quality of service we provide for our beneficiaries. We always welcome suggestions from gym users, and from our organizing body. ■



For questions or information regarding the Job Club Computer Lab or workshops, please contact 486-1393



Berry Shortcakes

Serves 12

Use whatever summer fruits are at their peak of sweetness to make these luscious shortcakes.

Ingredients

1 cup unbleached flour
1 cup whole wheat flour
1/4 cup pure cane sugar or agave nectar
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 Tbsp Ground Flaxseed (optional: buttermilk if you don't buy buttermilk)
3 tablespoons canola or olive oil

1 tablespoon vanilla extract
1 quart strawberries, hulled and sliced or use all your local fresh picked salmonberries, blueberries
1 quart mixed berries
2 tablespoons pure maple syrup
1 cup chilled heavy cream
1 cup buttermilk (1 cup milk with 1 Tbsp white vinegar, and let set 5 mins then stir, will make buttermilk)

Method

In a (7- x 11-inch) dish, toss berries with maple syrup. Put pecans, walnuts, dates and cinnamon into a food processor and pulse until coarsely ground. Scatter nut mixture over berries and serve immediately, or chill until ready to serve.

Nutrition

Per serving (1 biscuit with 1/4-1/3 cup berries and ~ 1 Tbsp whipped cream) 187 calories, 8g total fat, 29g total carbohydrate, 3g protein.

Courtesy of www.wholefoods.com website

Summer Youth Program a Growing Success

Supplemental Youth Services, also known as the Summer Youth Program, is available to youth between the ages of 14 and 21 whose families are economically disadvantaged and who are considered at-risk. The program targets economically disadvantaged and at risk youth to assist them with securing on-the-job training and work experience. Job sites are selected with the interests of the youth in mind and employers who will provide youth with continuous job counseling and support.

This year the Summer Youth Program was very successful with thirty-six youth participating

in Kodiak, Akhiok, Karluk, Ouzinkie, Larsen Bay and Old Harbor. Participants gained a wide range of work experience from answering phones, maintaining filing, greeting customers, assisting at Dig Afognak camp, sorting clothes and ringing up sales, providing meals for Elders and assisting with hoop houses.

The Summer Youth Program is run from June to August. For more information please contact Anita Bailor at (907) 486-9806. ■

Rural Hoop Houses in Full Bloom

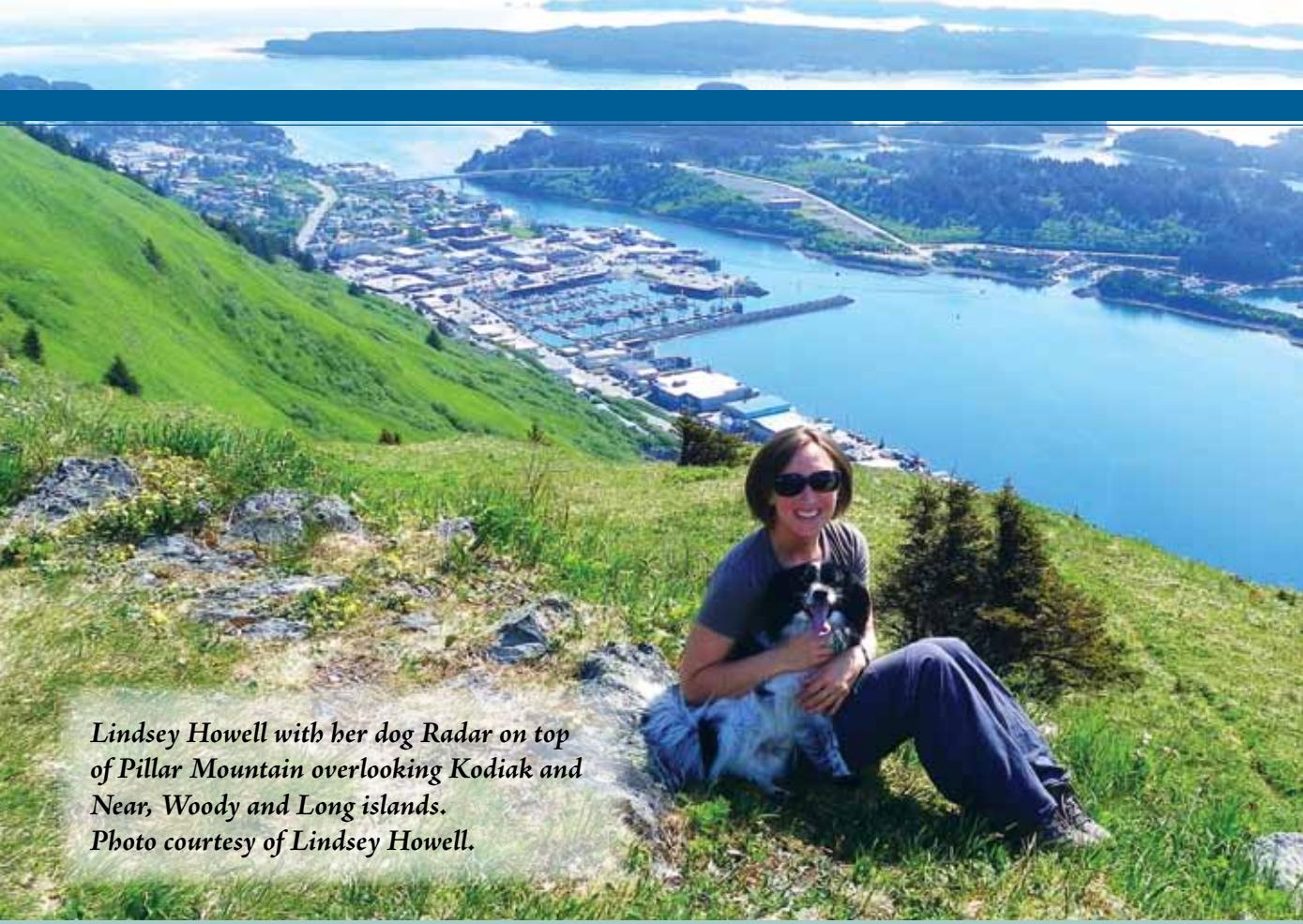
KANA's Economic Development Grant and the Summer Youth Program partnered to provide materials and some starter plans to build raised bed hoop houses in the villages of Akhiok, Larsen Bay, Ouzinkie and Old Harbor.

The goal of this project is to have village youth construct a 4' x 8' raised bed hoop house. They gained hands-on experience to complete this task, and then assist in maintaining the gardens. This project gave participating youth the essential skills to expand on subsistence living for their community, and educate them in working together, building community resources and creating sustainable food supplies. While it is at the discretion of each village to determine what to do with the vegetables produced in the hoop houses, we encouraged them to allow the

youth workers to distribute produce to elders and others in need. We believe it is valuable to educate our youth in understanding the economic opportunities that will enhance life in the rural villages.



Something the whole family can make together



Lindsey Howell with her dog Radar on top of Pillar Mountain overlooking Kodiak and Near, Woody and Long islands.
Photo courtesy of Lindsey Howell.

Staff Profile

Lindsey Howell, Human Resources Manager

Lindsey Howell is KANA's new Human Resources Manager, recently hired at the end of June. Originally from Cleveland, Ohio, Howell was born and raised in Port Clinton, Ohio, on Lake Erie, where her parents and siblings still live and operate a fruit orchard. She attended the University of Toledo, earning a BA in Business Administration, with a minor in Business Law, continuing on to Cleveland State University, where she earned a MA in Labor Relations and Human Services.

While attending undergraduate school, Howell discovered her interest in human resources. "While in the second year of my undergrad, still a general business major, I was assigned to shadow a variety of business professionals and the HR position stood out from the others. Until then, I had no idea the range of responsibilities within the HR field and the diversity of the job duties really appealed to me."

Upon completing her education, Howell worked in Cleveland, Ohio at Judson Services Incorporated for six years, a non-profit, continuing care retirement community. During those six years, she was able to experience a variety of human resources positions, including two years in benefits and recruiting, two years in employee training and development, and two years as the Assistant Director, overseeing human resources functions.

In 2010, Howell moved to Kodiak and accepted a position with the Kodiak Chamber

of Commerce as the Community Relations Director. "My position at the Chamber was perfect as a new Kodiak resident, as it allowed me the opportunity to get to know and work with many of our community businesses, nonprofits, and residents."

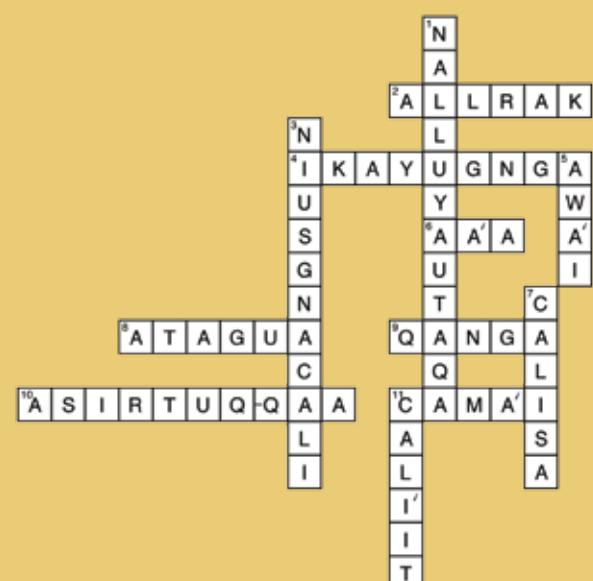
Howell especially enjoys her new position at KANA. "In the past two months at KANA, my favorite aspect has been the people. Everyone I have worked with, or simply met in passing, has been extremely welcoming and supportive. I enjoy the fact that I never know exactly what my day will look like when I walk into the office."

Outside of work, Howell enjoys contributing to the community. "I am a member of Soroptimist International of Kodiak, which provides support to women in need, both in and outside of Kodiak. I volunteer with Junior Achievement for the Kodiak Island Borough School District and I serve on the KMXT Board of Directors. Some of my hobbies include hiking, biking, and skiing. My Kodiak family includes my wonderful friends and my dog, Radar."

Howell emphasizes her enthusiasm at being part of the KANA team. "I am thrilled to be a part of such a dynamic organization and I look forward to putting my background and experience to work to serve our Beneficiaries." ■

Photo courtesy of Patrick Saltonstall.

Crossword Solutions for page 4 Alutiiq Puzzle



Vocabulary found in this puzzle:

Aa'a — Yes, Allrak — Maybe, Asirtuq-qaa? — Is it good?, Atagua — Good job, Awá'i? — Enough, huh?, Cama'i — Hello, Calisa? — What am I doing? (demonstrating), Cal'i? — What are you doing?, Ikayugnga — Help me, Nalluyautaqa — I forgot it, Niugnasa cali — Say it again, Qanga — No.

For help with pronunciation of Alutiiq words, talk with a fluent speaker, or visit the Alutiiq Museum's Alutiiq Language website at www.alutiqlanguage.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.alutiqlanguage.org website dictionary for recordings of words.

We want to hear from you! Comments & Suggestions

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

Name (optional) _____

Quyanaasinaq!

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

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

2012 Women's Wellness Retreat participants enjoy canoeing Tanignak Lake on Woody Island.

Women's Wellness Retreat 2012 To Dance with Our Grandmothers

This year's Women's Wellness Retreat "To Dance with Our Grandmothers" was graciously funded by the KANA Board of Directors. Gaining momentum on the heels of the 2011 retreat, 2012 proved to be an empowering experience for the women of our island.

As women, we understand the need to occasionally separate ourselves from our everyday lives as mothers, daughters, wives, employees, employers, maintaining a household, and all the other hats we wear. This retreat gives our Kodiak and village women the opportunity to take the time to retreat from the hustle and bustle and focus on themselves.

We were very happy to return to the beautiful and serene Woody Island Camping Facility for the 2012 Retreat. This year's retreat welcomed a combination of village and town participants, both Native and non-Native. The weather mostly cooperated with us over the weekend and we would like to thank our boat operators and van drivers for getting us to and from Woody Island.

The 2012 Workshops included in this year's retreat were: ribbon pouch beading (Judy Simeonoff and Almeria Christiansen), water color painting (Tina Hoen), relaxation techniques (Anna Stevens), partner manicures and pedicures (Holly Miller), stretching for health (Laura Creighton), and baby hat crocheting (Marti Murray). Many crocheted baby hats were donated to the KANA Health Clinic to be gifted to KANA babies. Kathy Nussbaum, KANA Director of Adult Behavioral Health, led group discussions focused on "Letting Go". Several women were able to share their own personal journeys and participate in a "Letting Go" ceremony.

Participants and staff enjoyed

canoe rides (including unintended dips into Tanignak Lake), nightly banyas, long walks, and gathering in the dining hall to connect with one another. As an added bonus, we had the privilege of having Lisa Poulos and Roberta Blondin create fabulous meals in the kitchen. One of nature's gifts to our retreat was the unexpected orca gathering down by the dock. This year's Honor Quilt was presented to Alutiiq Elder, Lilly Pestrikoff.

As we returned to our towns, villages, and homes, we are grateful to have had such a relaxing and peaceful retreat experience. Many efforts will be made to continue women's wellness activities in the future. Please check the KANA website (www.kanaweb.org) or the quarterly KANA Newsletters for upcoming community and connection opportunities. ■



Marti Murray leads participants in crocheting baby hats.

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



NOTICE OF ANNUAL MEMBERSHIP MEETING



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

Registration begins at 9:00am
 Call to order at 10:00am

If you have questions regarding the election process, please contact
 Margie Bezona at (907) 486-9816.

SATURDAY
October 6, 2012

Kodiak High School
 722 Mill Bay Road, Kodiak, Alaska

Directors for the following tribal chapters will be elected:

Kaguyak Tribal Council
Native Village of Port Lions
Old Harbor Tribal Council
Sun'aq Tribe of Kodiak

Board of Directors

Loretta Nelson, Chairperson
 Al Cratty, Jr., Vice Chairperson
 Cheryl "Dee Dee" Christofferson, Secretary
 Arnold Kewan, Treasurer
 Phyllis Amodo, Member
 Jill Boskofsky, Member
 Alex Panamaroff, Jr., Member
 Margaret Roberts, Member
 Speridon M. Simeonoff, Sr., Member
 Gary Watson, Member

