



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



WINTER - UKSUQ 2012



Honoring 2011 KANA Employees of the Quarter

KANA would like to take this opportunity to recognize those individuals who received Employee of the Quarter honors for 2011 for both Kodiak and our rural communities.



Christian Cooke,
Health Aide for Port Lions



Irene Nelson,
Health Aide for Port Lions



Jim Cedeno,
VPSO of Old Harbor

2012 Koniag-KANA Winter Potlatch

The Koniag-KANA Winter Potlatch was held on Friday January 27, 2012 at the Kodiak Harbor Convention Center. Appetizers, a dinner buffet featuring prime rib and salmon, and a dessert assortment were catered by Chef Gil of the Chart Room Restaurant at the Best Western Kodiak Inn. The Coastals provided live music for the event. ■

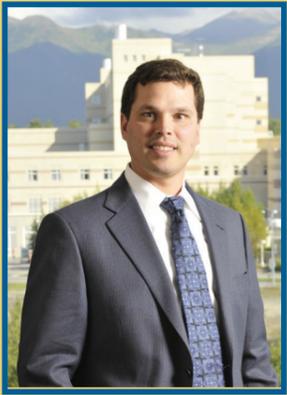


Left to right: **Nicole Webster**, Nursing Director, **Nikki Greenlee**, Executive Admin Assistant, **Hope Howell**, Patient Services Advocate, **Steve O'Brien**, KANA Fitness Staff, **Jud Brenteson**, KANA Fitness Staff. *not pictured **Kalen Pedersen**. As a group the KANA Fitness Staff was selected as Employee of the Quarter in 2011.

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President's Letter



Greetings from KANA! I hope this newsletter finds you all well as we welcome spring, following a long winter. I'm pleased to report that our "Community Connection" forums, which were developed to provide KANA's members with opportunities to become more involved in the planning and evaluation of services at KANA have shown increasing success over the past several months.

Through this process, KANA has been able to identify program accomplishments, as well as, opportunities for improvement as we strive to elevate the quality of life of the people we serve. In the coming months, KANA will focus on enhanced customer service, expanded outreach to communities to increase awareness of KANA's services and improved response to concerns or complaints.

KANA's Board of Directors have developed strategies rooted in the core principles of courtesy, respect, pride, caring, sharing and the Sugpiaq Alutiiq values to set course for the envisioned future of having the best quality care available to all people of Kodiak Island. Goals to expand access to clinic services, increased prevention and wellness activities, enhanced job training and education programs, child and Elder advocacy and an improved approach to substance abuse treatment, have been identified as priorities for the coming years.

Your continued input and involvement in developing KANA's services is instrumental to ensuring that our journey forward results in improved services and an improved quality of life for those we serve. I welcome you to contact me at any time to provide feedback or offer suggestions.

Sincerely,

Andy Teuber

Community Connection



The Kodiak Area Native Association Cordially Invites its Members to Attend a New Public Forum Series:



Purpose:

A public forum opportunity for beneficiaries and families to provide feedback, ask questions and participate in the planning and evaluation of services provided at KANA

In Attendance:

KANA staff, providers, management and tribal leaders

Date: Thursday, April 5, 2012 from 5:00 pm – 6:30 pm

Location:

KANA Health Center Conference Room
3449 Rezanof Drive East, Kodiak

Light refreshments will be provided.

*Please contact Jasmine Oliver
for more information: 907-486-9833*

Tangirnaq Native Village aka Woody Island Tribal Council

The purpose of Tangirnaq Native Village is to preserve culture, identity, values and traditions. TNV upholds this purpose through the programs they offer to the community and the support of its members. The Indian General Assistance Program (IGAP) is the central grant of TNV's environmental program. IGAP promotes environmental issues and awareness in the community and seeks funding for additional environmental grants. The Brownfields Program identifies contaminated sites on Kodiak Island and addresses the steps necessary to

and utilizes the resources for clean-up of these sites. The Kodiak Island Tribal Environmental Network (KITEN) is a grant that has been utilized to form a consortium of Tribes located on Kodiak Island to identify and plan the removal of backhaul (i.e. solid waste, scrap metal) from the villages. These grants are funded through EPA Region 10.

TNV provides scholarships to enrolled members who are eligible and who provide an application on

time with all necessary supporting documentation. Scholarship applications can be picked up at the TNV office and are due by May 15, 2012. All scholarships are funded through the BIA.

For more information on any of the programs, please contact the TNV office at 486-2821 or visit the office at 3248 Mill Bay Road. ■

*Photo at Woody Island
by Patrick Saltonstall.*



Provider Profile

Kathy Nussbaum, Director of Adult Behavioral Health Services

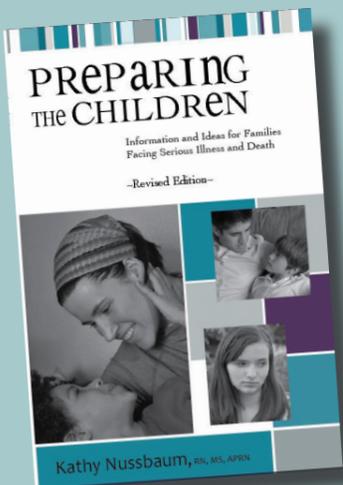
Kathy Nussbaum is KANA's new Director of Adult Behavioral Health Services, beginning just last month. She brings a wealth of experience to the position.

Originally from Indiana, where she received her BS in Nursing from Goshen College in northern Indiana, she spent her childhood in several locations across the United States. After graduating from college, she worked as a nurse in a variety of situations and found she enjoyed hospice work the most. "I've always been attracted to mental health and the emotional care of people. Within the field of nursing there are a variety of areas to focus on, such as mental health or working with babies, and I've always leaned toward nursing jobs involving mental health. I particularly enjoyed hospice work—assisting people in the last six months of their lives and helping them die well."

While working at the Sacred Heart Hospice in Oregon, Nussbaum found herself gravitating toward working with bereaved children. "When someone dies, everyone thinks of the spouse or parent and children can be forgotten. I wanted to develop a creative way to help children understand grief and how to cope." She initiated a new grief support program for children at the hospice, called Courageous Kids. The program is still thriving today; over 1200 children have been through the program. "It's heartwarming to think they got help. Youth can get in trouble if not taught to grieve in healthy ways."

As a result of her work with children, Nussbaum decided to go back to school to support her new interest, earning an MS in Psychology from the University of Oregon in Eugene, with a focus in

children's grief. She also published a book on the topic in 1998, *Preparing the Children: Information for Families Facing Death and Serious Illness*. The revised edition of the book will be published this year.



Nussbaum moved to Kodiak shortly after and began working in the medical field, with time spent at Providence Hospital as a nurse, four years with the Kodiak Island School District as a school nurse and six years at Providence Counseling Center before joining the KANA team.

Her interests also expanded to include disaster relief and counseling. She started the Red Cross Disaster Team in Kodiak in 2000 and has traveled throughout the world to assist at disaster sites, including New Jersey after 9/11 and Louisiana after Hurricane Katrina. She traveled with Medical Teams International to Indonesia a month after the 2004 earthquake and tsunami, teaching the nurses there about providing mental health services to their many patients affected by the disaster. She found the work so gratifying and important, that she took a year's leave to volunteer with the program. While Medical Teams International is primarily a medical organization, Nussbaum initiated a mental health arm to their program. She travelled to Uganda for two four to six week stays, teaching the medical providers about trauma and emotional health and helping to develop psychosocial services in refugee camps. She also spent time in Honduras, doing mental health work alongside the medical team. Due to the recent economic downturn and subsequent decrease in charitable donations, Medical Teams International had to suspend their burgeoning mental health program so Nussbaum decided to return to school to become a Mental Health Nurse Practitioner. She began her work at KANA in 2009 while earning a Psychiatric Mental Health Nurse Practitioner degree from the University of Alaska, Anchorage.



Kathy Nussbaum with her husband Ted, daughter Krista, and son Tyler. Photo courtesy of Kathy Nussbaum.



Kathy Nussbaum in Uganda.

When not working, Nussbaum enjoys a wealth of hobbies, from building furniture out of driftwood, especially lamps, to quilting, hiking and kayaking. Herring fishing is a favorite activity, "because you can catch so many at a time." She and her husband enjoy entertaining, particularly international guests visiting Kodiak. They have hosted people from all over the world, often cannery workers, including travelers from Turkey, Peru and Chile.

Nussbaum is passionate about her work and the resources KANA provides, which she hopes beneficiaries are aware of. "There are amazing resources at KANA—a lot of behavioral health resources. We like to help people wherever they're at. Don't be afraid to come in and talk to us about your goals and how you'd like to meet them. We love helping people accomplish their goals. ■"

Senior Center Announcement

On the 4th Thursday of every month, Senior Citizens of Kodiak offers a Caregiver Information Exchange where you can discuss your caregiving experience in a confidential manner. The group meets at 12:30 PM in the lounge area. For more information, contact Rio Demers at 486-6181. ■

Photo from O'Malley Peak, and Kodiak photo at top of page 2, courtesy of Patrick Saltonstall.

Spotlight on the Alutiiq Culture

Celebrating harvest traditions & healthy eating: Neq'rkak — Alutiiq Wild Foods Project



Herman Squartsoff demonstrates cleaning the meat off an octopus beak. Photos courtesy of the Alutiiq Museum.



Close-up of Iver Malutin preparing a duck.



The Alutiiq Museum began a yearlong community project in September 2011 to celebrate and promote traditional Alutiiq wild foods. Each month they are featuring a different food (see sidebar at right) to help preserve traditional knowledge about how wild foods are harvested, processed and prepared in the Alutiiq region. They are interviewing local harvesters and hosting community events to share knowledge and samples of the featured food of the month. So far they have hosted five events on the harvest and preparation of deer, silver salmon, duck, octopus and chiton.

Once food items are gathered, dates for the next event can be set. Next up in March will be ptarmigan (qateriuq) — an event which will invite community members to try homemade bird jerky. Event times have varied from weekday luncheons or evenings, to weekend afternoons. The Museum staff is open to suggestions on which days of the week or times are better than others to encourage greater community participation. They also plan to host at least one group harvesting event this spring or summer. The largest events so far included the silver salmon event, when the Museum co-hosted the Perok-Luk with the Kodiak Alutiiq Dancers in October and a January octopus event at the Alutiiq Museum Lab with over 60 people.

“Many people enjoy eating Kodiak’s wild foods,” says Alutiiq Language Program Manager April Laktonen Counciller, “but not everyone knows how to prepare them. One of our major goals is to help the younger

generation learn how their parents and grandparents clean and cook locally harvested foods. This will not only help to preserve cultural information, but we think it will promote a lot of fun, healthy eating.”

Many wonderful recipes have been shared at the events already, including a popular recipe for Mexican-Alutiiq Octopus made by Herman Squartsoff as passed on to him from Sven Haakanson, Sr. Look for this recipe in the upcoming Alutiiq Museum newsletter.

Museum staff want to hear from community members who harvest and cook wild foods. “The biggest challenge of the project is that no one wants to call themselves an expert,” says Public Outreach Coordinator Danielle Ringer. “This concern has kept some people from contributing.” She explains that they understand that traditional harvesting is a lifestyle passed down from family and that agreeing to be interviewed, or to serve as a demonstrator, only means that the contributor is willing to share what they have learned from others. “We really want to focus on getting more community involvement and sharing the information with youth. If you see one of the foods that you harvest and prepare, please give us a call so we can share this knowledge with the younger generation.” Community members can choose to be a demonstrator, contribute recipes and prepared dishes, be interviewed, or just visit informally about their experiences with traditional harvest of wild foods.

The twelve month project will end in August 2012 with the publication of a recipe booklet,

Month Featured Wild Food

September	Deer — <i>Tuntuq</i>
October	Silver Salmon — <i>Qakiiyaq</i>
November	Duck — <i>Saqu'aaq</i>
January	Octopus — <i>Amikuq (N); Utguiq (S)</i>
February	Chitons — <i>Uriitat</i>

upcoming wild foods to be featured...

March	Ptarmigan — <i>Qateriuq</i>
March	Kelp — <i>Nasqulut</i>
April	Cod — <i>Amutaq</i>
May	Red Salmon — <i>Niklliq</i>
June	Assorted Greens — <i>Naut'staat</i>
July	Assorted Berries — <i>Alagnat</i>
August	Halibut — <i>Sagiq</i>

short DVD, and a large community wild foods potluck. The Alutiiq Wild Foods Project is funded through a National Park Service’s Tribal Historic Preservation Program Grant.

If you would like to contribute information, recipes or foods to the project, or if you wish to be added to their email list to receive event announcements, contact Danielle Ringer at the Alutiiq Museum at 907-486-7004 or danielle@alutiiqmuseum.org. Or, watch for community announcements in the Kodiak Daily Mirror, Facebook, and flyers around Kodiak on when the next event is scheduled. ■

Fitness Reminder Just get up!

Abercrombie Park Trail
Photo by Patrick Saltonstall.

by Steve O'Brien, Personal Trainer

What is your idea of an exercise or fitness program? We believe that how you view this idea of exercise could be a barrier to you getting started with an exercise routine.

If you think you have to be an athlete, body builder, or a marathon runner, and you envision that you have to have just the right exercise clothing, and that everyone else going to the gym is stronger or skinner than you, or you don't know what to do and you might be embarrassed, then you need to come to the Fitness Center and let us change the way you feel about exercising.

Our normal lifestyle — unless you're a construction worker or fisherman — does not challenge our bodies enough to help with our physical health. You might have heard that taking the stairs is exercise and that parking further away from the Safeway entrance and

walking an extra 50 feet is all you need to do. It's good, but not enough! We need to make time each day to get our bodies moving with meaningful movement or exercises.

At the Fitness Center we want you to just stop by and get started! The goal is to make it both fun and simple. If you have been inactive for some time, you might want to get on a treadmill, take a 5 minute walk, and get out-a-here! The next day, add a minute. As you keep coming we can add a little at a time until you get to a good exercise level and start to meet your goals. Just by coming in to our gym you can get accustomed to the environment and the people. You will soon find out that the people who use the Fitness Center are just like you, trying to be healthier. After a progressive 3 - 4 weeks your body will adjust so you can get busy with a good effort.

What can you do at home? Get involved in our developing Home Fitness Project.

We normally take better care of our cars, boats and 4-wheelers than we do our own bodies. We buy the correct marine oil for boats, check our car's tires, put the correct type of gas in the tanks so our vehicles run better and last longer. However, when we tell you that over time the blood vessels in your body that carry the oxygen and nutrients will become less flexible and clog up with stuff, what do you do about that? The answer: Come see us at the Fitness Center! Give us a call at 486-1377 or just stop on by today! We are located at 1420 Selig across from the Kodiak Daily Mirror. ■

Visit the KANA Fitness Center

Monday – Friday

6 am – 7 pm

Call 486-1377

Alutiiq Harvest Crossword Puzzle

Akitmen (Across)

1. fishing pole
3. red salmon
4. smoked salmon (S)
6. greens; plants
9. cod
12. ulu
13. chiton
15. bucket
16. octopus (S)
17. hunter
20. ptarmigan
27. I went fishing
29. duck
30. I picked berries
31. fire

Acitmen (Down)

2. berries
3. bull kelp
5. she is cooking
7. cooking pot
8. chef
10. he is hunting
11. she is cooking it
14. octopus (N)
18. halibut
19. gun
21. silver salmon
22. knife
23. deer
24. I got it
25. smoked salmon (N)
26. hunting visor
28. rubber boots

To complete this puzzle, write in the Alutiiq word for each clue above. See word translations and correct spellings in the puzzle vocabulary box. Puzzle solutions on page 7.

Vocabulary:

- algnarsullrianga - I picked berries
- alagnat - berries
- amikuq - octopus (N)
- amutaq - cod
- arapaq - rubber boots
- asuq - cooking pot
- caguyaq - hunting visor
- iqallugsullrianga - I went fishing
- iqsagsuuteq - fishing pole
- keneq - fire
- kenirta - chef
- kenirtuq - she is cooking
- nasquluq - bull kelp
- nautstaat - greens; plants
- nikliq - red salmon
- nuusiq - knife
- nutek - gun
- paalkaaq - smoked salmon (N)
- paliik - smoked salmon (S)
- pingua - I got it
- pisuraa - he is hunting
- pisurta - hunter
- qakiiyaq - silver salmon
- qateriuq - ptarmigan
- sagiq - halibut
- saqul'aaq - duck
- ulukaq - ulu
- uriitaq - chiton
- utguiq - octopus (S)
- wiit'ruuq - bucket

Puzzle by Alisha Susana Drabek—Englartaq
Photo by Patrick Saltonstall

KANA Job Club



Workshop Topics

Resume Building

Job Search

Interview Skills

Dressing for Success

Workplace Behavior

Monday, Wednesday & Friday

KANA Near Island Building
194 Alimaq Drive

For Specific Dates and Times
Please Contact:

Mary Marsh
(907) 486-9842

Open to the public!

Elder Profile

Robert Erickson

Photo courtesy of Patrick Saltonstall.

Robert “Bob” Erickson grew up in a time and place that developed what he considers one of his most important qualities: common sense. Erickson was born in Chignik, Alaska to Victor Erickson and Natalia Anderson Erickson. His mother believed the circumstances of his birth made him special. “When I was born, I was born with something over me, not like normal babies are born. My mom took it, wrapped it up, dried it, put in a bag.” She made the bag herself and embroidered a Russian Orthodox cross on it. “I’ve worn it ever since. My mom always said I was special.” Erickson has since heard the same story from an Elder from northern Alaska, who was ninety years old. “It’s very unusual for babies to be born like that.”

His mother was an Aleut and his father was Swedish, as were most of the fathers in the village. “The whole village was Scandinavian. Growing up was really something. We were all cousins, so we never had girlfriends! I think we had the best life—the best life anybody could ever ask for. We were all one big family, we pulled jokes on each other, we all had fun. It was the best life.”

Erickson and his siblings, Henry, Walter, Carl, Lena, Hilda, Sophie, Emily and Nora, spent their childhoods in Chignik. Erickson remembers that everybody’s dad worked at Alaska Packer’s Cannery in the summer, while the children went to school. “We would go to school in the summer with government teachers. When the summer was over, we’d all go out to the trapping grounds. Everyone went to a different place, trapping, and we never saw each other all winter.” Despite an unusual formal schooling schedule, Erickson emphasizes, “We all grew up with common sense. Every one of us—whether it came from my mother or my dad.” That common sense became business sense as Erickson matured, leading him to both successful business ventures and significant contributions to the Native community.

“We came to Kodiak in 1942. We came from Chignik to visit my sister, Lena Metrokin, when the mail boat, Expansion, brought us to Kodiak. Then it would go back to Seward, refuel, pick up the mail, and, when they came back, we’d go back to Chignik. Well, we got off here and the war broke out. They tied up the boats and we couldn’t go back. So, I finished my education here.

“When I was really young, probably fourteen years old, still going to school, no money—nobody had money—I would walk by this ice cream place, Island Fountain. I couldn’t go in there and buy ice cream, so one day I asked the lady working there if she needed help. She said yes, so I got ice cream for free and brought ice cream home!” Since Erickson’s father passed away when he was young, he helped out at home by implementing the same plan at a restaurant: he worked there and brought the extra food home.

At just eighteen years old, Erickson went into business for himself and bought his first boat, *The Sun*. “It was an old Chignik boat, not fancy like now—32 foot, wooden boat with a cover. Everything was done by hand.” Erickson recalls that, at that time,

fishermen were paid by the number of fish, not by the pound. “If you got a thousand bucks, or fifteen hundred, you were really making money.” He bought a second smaller boat shortly after, named the Robert E. His friend, Mike Sam from Chignik, ran the second boat. Eventually, Erickson worked on a third boat and hired another captain for the *The Sun*. “That was my first venture into business.”

In the meantime, he married and had three sons, Bobby, Jeff and Eddie. He has fond memories of my first wife’s spunk. “We built a house on Spruce Cape—she did all the work. I was fishing in the Bering Sea and she hired a carpenter. We even have pictures of her, pregnant, on the roof.” His first wife passed away and eventually Erickson married a second time and had a daughter, Penny.

When he quit fishing, he went to work at B&B Cannery, run by friend Bix Bonney. He started at the bottom and, within two years, became a superintendent, traveling all over Alaska buying fish. He spent ten years there and then began his own, successful, floating processor business.

Life eventually took him to Washington state, where he continued to put his business sense to use, buying and renting homes, and purchasing a bar, Hagger’s Tavern in the Ballard area of Seattle. He also initiated another business in Ballard, Northwest Seafoods, renting a small office, putting in a telephone line, and hiring fellow Kodiakan, Bernard Gallaher. “We called up all the restaurants to see if they wanted to buy fresh seafood. I didn’t even know where I would get the seafood, but I started up. I bought a van of halibut, money down, and hoped we could sell it. That van was empty in five days. Our first deliveries were done on a bicycle until we finally got a delivery truck. That company is still going.” Northwest Seafoods was located on Shilshole Bay in Ballard, near the Ballard Bridge, where, coincidentally, many Scandinavian immigrants settled between 1890 and 1910. “There was a big Leif Erikson statue. I’d go down and say hi to him. There’s one of my relatives.”

Throughout all his business ventures, Erickson paid attention to the issues affecting Native people, donating time and energy to the Native community. He was instrumental in the founding of Koniag, Inc., in 1972, as one of the five incorporators, including Karl Armstrong, Nick Anderson, Sven Haakanson, Sr. and Ted Velanis. The KANA Board of Directors appointed them. “When it all started, I wanted to be involved in it. It began with ANCSA (Alaska Native Claims Settlement Act).



Bob Erickson (on right) with Calvin Skonberg at a recent Elders Gathering.

Nobody knew much about it. Little corporations were formed, but we needed a regional corporation. It was not an easy process forming it here. The five of us had to learn. We didn’t know much about forming a corporation. Roy Madsen, as a lawyer, was really a big help. He is a great man.”

All the founding members, and the appointed interim Koniag Board, of which Erickson was also a member worked tirelessly and for no pay. “ANCSA had all these rules. We worked long hours for weeks and weeks. We had to take time off from our own jobs to figure out how we were going to do this.” He also shares how Koniag received its name, after many different suggestions and proposals. “I think Sven Haakanson proposed it. Koniag was the name of a tribe near Old Harbor.” One program he is particularly proud of is the Koniag Education Foundation. “I think it’s one of the good things, of many, that I’m proud of, what Koniag is doing for young people to help them get a good education. In my era, growing up, it was easier for a person to do business, but now, in this generation, you have to have a good education to compete in this world. It’s the most important thing.”

Erickson is pleased with the progress of Kodiak’s corporations, tribes and KANA. “KANA really takes care of people out there. There are better doctors, nurses, pharmacists. I remember when you needed to fly to Anchorage if you needed to see a doctor for medical care.” He also appreciates KANA’s monthly public meetings, where community members can share their KANA experiences and give feedback.

Erickson remains involved in the Kodiak community, including donating time and supplies, like bikes, backpacks and fish, to the KIIHA Family Center. “I’m heavily involved in helping people. I don’t care who it is; I’ll help them. If I see someone doing wrong to anybody, I’ll step in. So, that’s why just about anyplace I go now, they say, ‘Here comes trouble,’” Erickson chuckles. “A lot of people ask me why I live here. The reason is because I have so many friends. It’s like a big family. I’ve had a good life. I’m up in age, but I have fun.” ■

KANA's Dental Assistants achieve Alaska Board Sanctioned Prevention Service Certification



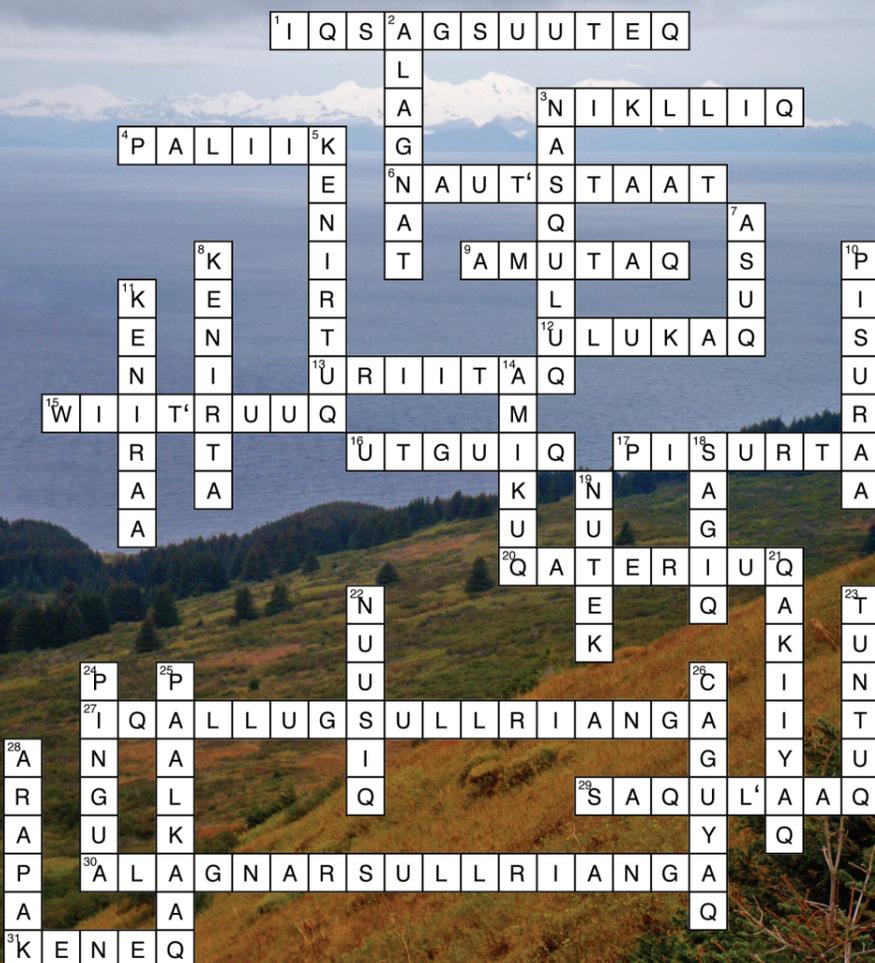
KANA's Certified Dental Assistants (back row, left to right): Martha Keegan, Tara Olson, Roberta Anderson, Katherine Gronn; (in front) Amanda Miles

KANA Dental is proud to announce that all five of our dental assistants are now certified to perform dental Coronal Polishing. Coronal Polishing is the removal of all plaque and stain from the portion of the tooth that is exposed to the oral environment (above the gumline).

This process may involve the use of a slow speed handpiece with a rubber cup attachment, dental floss, a toothbrush, and a disclosing agent. KANA's dental assistants are trained in oral hygiene education, which enables them to demonstrate to patients exactly where their plaque is located and proper brushing and flossing techniques. In addition to oral hygiene education, dental assistants are educated on the best methods for fluoride varnish application. A visit with the dentist is required before a patient can utilize the hygiene services now offered by our dental assistants.

For many children, the treatment rendered by the dental assistant for hygiene services will be sufficient and will not require a separate visit from the dental hygienist. With the dental assistant able to see more children for hygiene services, this will allow our hygienist time to focus on more challenging cases and utilize their excellent hygiene skills to perform deep cleanings. However, any calculus (plaque that has hardened to a mineral substance) will need to be removed by the dental hygienist. Overall, with our dental assistants gaining more education, patients will benefit from better access to care and be able to schedule appointments with greater ease at KANA. ■

Alutiig Harvest Puzzle Answers



KANA Newsletters Available Online

Past KANA Newsletters are available to read online at:
<http://www.kanaweb.org/html/events/publications.php>

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 Membership Enrollment Drive

The Kodiak Area Native Association (KANA) is conducting a membership drive through June 30, 2012. KANA is seeking current information about its members for the purpose of updating and ensuring the accuracy of the voting list that is utilized for the election of Directors and other matters that may be presented before the KANA membership to be voted upon.

It's Easy to Update Your Enrollment!

If you have already received an enrollment packet in the mail, please complete the enclosed KANA Membership Enrollment Form, and return it in the postage-paid envelope provided. Completed forms may also be returned to the reception desks at the KANA main building.

If you have not received an enrollment packet, they are available to be picked up at KANA, or you may contact the receptionist at 907-486-9800 to have one sent to you.

Win \$250.00 and Round Trip Airfare to Anchorage!

Simply complete and return the drawing ticket included in your enrollment packet with your

KANA Membership Enrollment Form and you will be entered into **\$250.00 CASH PRIZE** drawings that will be held on the last day of each month through June 30, 2012*. All tickets will also be entered into a final **GRAND PRIZE** drawing on June 30, 2012, for a chance to win **ROUND TRIP AIRFARE TO ANCHORAGE**. The sooner you update your enrollment, the more chances you have to win!

Thank You!

If you should have any questions, or require assistance with completing your enrollment form, please contact:

Nikki Greenlee
 Executive Assistant
 907-486-9803
 Nicole.Greenlee@kanaweb.org

Any information obtained through this membership drive will not be associated with the KANA Medical Clinic's registration files unless it is specifically authorized by a member on their enrollment form.

*Members may only win one (1) \$250.00 cash prize drawing. ■

Presorted Standard
 U.S. Postage PAID
 Kodiak, AK
 99615
 PERMIT NO. 41

Meet the friendly, smiling faces welcoming you to KANA

REGISTRATION

(left to right) Susy Morales, Andrea Knowles, Hope Howell, Heather Carlson, Sharon Wolkoff, Sarah Rastopoff, Joelina Panamarioff and Marie Greene. *Not pictured Valen Bishop and Jody Helms.



Reminder: KANA has expanded hours

The Kodiak Area Native Association's medical clinic will be providing expanded weekday and Saturday hours. The new hours of operation are:

MONDAY – FRIDAY
 8:00 a.m. to 7:00 p.m.

SATURDAY
 9:00 a.m. to 2:00 p.m.

3449 Rezanof Drive East
 Kodiak, Alaska 99615
 907-486-9800

Photo courtesy of Patrick Saltonstall.

Cislat Calendar

KANA Public Forum
 April 5, 2012
 5:00 pm – 6:30 pm
 Health Center Conference Room

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

