

Sun'aq Tribe of Kodiak

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Sun'aq Tribal Council

- Chris Helms, Chair
- John Reft, Vice-Chair
- Heather Parker, Secretary/Treasurer
- Gary Watson, Member
- Olga M. Malutin, Member
- Iver Malutin, Member
- Thomas Johnson, Jr., Member

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Chairman's Message

During the past few months there has been a great collaboration between the recognized Tribes and the greater Kodiak community population, in organizing and presenting how we still practice gathering of resources; based on our traditional/cultural values. I would like to thank all of those who participated in this effort.

We are in danger of losing some of the areas used for centuries to provide these resources. I invite each of you to become engaged in the process. There is still time to help reverse the decision to designate Kodiak as a Non-rural community. It is my hope that there will be an information center at the Tribal Office, with the current status of this decision, timelines and what YOU can do to help reverse this course of events.

Renovation plans still continue at a very slow pace. I

am quite pleased at Tribal Administrator Bob Polasky's due diligence in this project. I hope that in the very near future you will be seeing "Pardon our Dust" signs hanging in the Tribal Offices!

The continued growth of Sun'aq Tribe of Kodiak has brought many benefits and many challenges to the Tribal Staff. They continue to work at insuring each and every Member is served; and examine if there are any other ways to meet the needs of the Members of the Sun'aq Tribe.

Sun'aq Tribal Council also is working at a feverish pace in so many areas it is difficult to cite them here. They continue to be out in front on issues that affect the Sun'aq Members. It is a great pleasure to serve with such dedicated people!

In closing, I would ask that



Chris Helms, Chairman of the Sun'aq Tribal Council

each and every one of the Sun'aq Tribal Members do what you can; to respond to the Non-rural designation decision. It is so important that we stand together now; to protect those things we hold so closely. Our Traditional use of resources, our Culturally significant areas that we pursue gathering of these resources and the ability to sustain these things; to assist our Elders today, our young people tomorrow and the generations to come.

Attention All High School Seniors

If you are interested in going to college in the fall of "2006-2007" you need to get your Free Application for Federal Student Aid (FAFSA) done as early

as you can in "2007". It is great if a person already knows what major they would like to pursue, but even if you have not decided you should start the

process of preparing for attending college. If you have any questions please call Kippy at 486-4449



Bob Polasky,
Tribal Administrator

*Times change,
and we change
with them.*

*Attributed to the
Emperor Lothar
(795—855)*



Dave Monture,
Economic Development
Planner

Administrator's Corner

I'm sure many of you are wondering when building renovations will start. We recently solicited bids from local general contractors to do the work. Only one contractor returned a bid. We are in the process of analyzing the bid and making some decisions on how to move forward. Unfortunately the cost of doing construction continues to rise dramatically each month that goes by. While we've raised additional funds since our projects inception, over the past two years costs have gone up nearly 40% and we've had to reassess the amount of work we can expect to get done. I'm hoping we can proceed with the bid submitted and have work commence this early fall.

In addition to the renovation project we've been busy trying to keep up with our rapid growth over the past three years. Growth creates its own

set of issues and at this point we are working to stabilize our administrative capacity, the capacity to support our many programs. I feel fortunate to have a very active Tribal Council providing direction. They have spent countless hours in committee meetings and other tribal gatherings to keep the tribe moving forward. As volunteers, it's important to note their significant contributions to the membership.

In other news I am very pleased with the direction the non-profit Kodiak Tribal Council has taken. As you know KTC operated tribal programs while fighting for Sun'aq's federal recognition. That goal was accomplished when the tribe was given federal recognition in December 2000 and assumed all tribal programs. Since then KTC has continued as a 501C 3 non profit corporation supporting the Kodiak Alutiiq Danc-

ers and other native groups while reassessing its mission. Recently a successful Board election was held and a new board of directors selected by KTC members. KTC is committed to supporting the dancers, Native Youth Olympics and elder's advisory committee. Sun'aq looks forward to working with KTC in the future and I'm pleased to have had the opportunity to work with KTC the past three years to help bring it to this point.

I hope you're all having a great summer. I want to thank my friend and tribal Vice-chairman John Reft for showing me how to gill net and set halibut hooks this summer. Learning the local customs and methods means a lot to me and reinforces my deep respect for the subsistence way of life and the skills necessary to practice it.

Drop by and say hello anytime folks.

Tools for the Small Business Entrepreneur

The Sun'aq Tribe of Kodiak now provides free access to a small business computer and the internet. We have tribal members who are currently taking The Federal Deposit Insurance Corporation's **Money Smart** adult education program and the Small Business

Administration's accredited **My Own Business** internet course. Even first aid course credits, required for certain jobs and licenses are available over the internet. A simple phone call is all it takes to reserve your time on the computer and discuss your

interest in a small business enterprise. A small business "tool box" of literature and CD's is also available to all. Feel free to stop by anytime during the business day for a cup of coffee.

Congratulations to all Graduates

The Sun'aq Tribe of Kodiak would like to recognize everyone that graduated from Head Start, Junior High School, High School, Vocational School, and College. We understand that much hard work and sacrifice goes into education. Thank you to all of you for making us proud of you and thank you to the families that supported your efforts.

If you or anyone who is a member of the Sun'aq Tribe has graduated this year or has been recognized for a job well done at either academics,

athletics, or arts of any kind we would like to show them off in the news letter. Please send the information to the Sun'aq Tribal of Kodiak, 312 West Marine Way, Kodiak Alaska 99615.

The following Sun'aq Tribal Members graduated from Kodiak High School in "2006" The best of luck goes out to them as they venture out into the world.

1. Jared R. Sundberg
2. Kelvin L. Mahle
3. Karena L. Rounsaville
4. Candace M. Branson
5. Kelly R. Englund

6. Eric J. Englund
7. Christopher D. Kalmakoff
8. Jessica M. Anderson
9. Benjamin J. Chichenoff
10. Valen L. Bishop
11. Jaron S. Nixon
12. Alexandria D. Mahle
13. Craig J. Carlson
14. Paul D. McFarland

If you have any questions about Higher Education or Adult Vocational Training please contact Kippy at 907-486-4449 or come by the office at 312 W. Marine Way, Kodiak Alaska 99615.



Kippy Robbins,
Tribal Programs

"Education is learning what you didn't even know you didn't know"

Daniel J. Boorstin

OPERATION WARM

Sun'aq Tribal members have a wonderful opportunity to participate in a nation-wide program called OPERATION WARM. This is an organization that distributes a new winter coat to each child whose family has trouble making ends meet. Children grow so fast and with rising costs, buying a coat can be a financial burden for many. Operation Warm was founded by Richard Sanford and has been in existence

since 1990. You can go to www.operationwarm.org for more information about this program.

If you would like to request a coat for your child(ren) please feel free to call the office with the name, age, gender, phone number, and size of the coat your child will need. Coats sizes from 12 month to 14/16 youth should be available. 500 coats were

requested, so please provide us the information by **July 15, 2006**. We will gather the information and send it on to KANA. The coats will be distributed by KANA, their staff will let you know when the coats are in and ready to pick up.

Please call Kippy at 486-4449 or Linda Resoff at 486-9800 for further information.





Rebecca Skinner,
Natural Resources

If regulations change and you live in Kodiak, you are not eligible to participate in Federal subsistence at all.

Kodiak's Status—Rural or Non-Rural

The Federal Subsistence Board proposed changing Kodiak's status to Nonrural for Federal subsistence purposes at its meeting on June 22, 2006. The Board proposed the following changes for the Kodiak road-system area:

"The **Kodiak** area, including the City of Kodiak, the Mill Bay area, the Coast Guard Station, Women's Bay and Bells Flats, would be grouped and would change from rural to nonrural. The population of this area is approximately 12,000, well above the population threshold in Federal subsistence regulations of 7,000 at which a community or area is presumed to be nonrural. (Places excluded from this nonrural grouping are Chiniak, Pasagshak, Anton Larsen, Kalsin Bay and Middle Bay, as well as villages and communities on the Kodiak Archipelago not connected by road to the

Kodiak area. These places would remain rural.)"

The Alaska National Interest Lands Conservation Act, or ANILCA, establishes a priority for rural Alaskans for subsistence uses of fish and wildlife on Federal public lands. Only residents of rural communities and areas are eligible for this subsistence priority. This means that if the regulations change and you live in Kodiak, you are not eligible to participate in Federal subsistence at all.

You can read the analysis used by the Board at the "Issues in Depth" section of the Federal Subsistence Management Program website at <http://alaska.fws.gov/asm/home.html>.

The Board will make a decision on a final rule in December 2006, and will be accepting public comment from now until October 27,

2006. Send comments by e-mail to subsistence@fws.gov, by fax at (907) 786-3898, or by mail to:

Federal Subsistence Board
Attn: Theo Matuskowitz
Office of Subsistence Management
3601 C Street, Suite 1030
Anchorage, AK 99503

You can also call the Office of Subsistence Management and let them know what you think about the proposed changes. Contact Larry Buklis or Maureen Clark with the Federal Office of Subsistence Management at (800) 478-1456 or (907) 786-3888.

If you would like assistance with preparing your written comments please contact Rebecca Skinner at the tribal office at 486-4449.

Benefits of a College Education



Some people ask why earn a college degree? There are many reasons why a person would want to attain a college education. Following are a few reasons:

- To expand your level of knowledge and skill
- Grasp concepts and theories
- Express your thoughts clearly in speech and in writing

- Increase your understanding of the world around you
- Earn more money- According to the US Census a person with a Bachelor Degree earns \$51,206.00 and the person who earns a High School diploma earns \$27,915.00 annually.
- More job opportunities- More and more jobs are requiring college

degrees. The world and technology are changing more rapidly now than in the past. A person with a college degree will have more jobs to choose from. Even if you decide to pursue a career other than your degree, you have provided yourself with more options. In addition, there is more flexibility in the work you choose and where you can live.

KTC PRESS RELEASE

Kodiak Tribal Council, Inc., a non-profit corporation supporting Native culture and traditions, held and annual meeting and election on Sunday, June 11, 2006.

The new Board of Directors consists of the following:

Olga M. Malutin, President

Geraldine Watson, Vice-President

Dave Monture, Secretary/ Treasurer

Nancy Anderson, Director

Chris Helms, Director

John Reft, Director

Rebecca Skinner, Director

The KTC Board

of Directors would like to thank Bob Polasky, Sun'aq Tribal Administrator, and his staff who worked above and beyond to host the meeting.



Olga M. Malutin,
KTC President

Sun'aq Tribe Summer Program for Youth

I am working on a summer program that will be for ages 7-12 which will include camping at Camp Mueller at Island Lake and arts and crafts workshops, games, BBQ's held here at the Sun'aq Tribal Hall. I have sent out a letter

to all the Sun'aq Tribal members who are in that age range telling them about the program. July 19th from 12 noon -3 PM we will meet at the Sun'aq Tribal Hall for games and a barbeque. Also on August 18th Friday is an overnight camp-out

at Camp Mueller. We will be looking for chaperones which could include parents/legal guardians. Contact person is Teresa Stutes (youth specialist) office # 486-4449 or cell# 539-5654 at anytime.

Submitted by Teresa Stutes

“The greatest gifts you can give to your children are the roots of responsibility and the wings of independence.”
-Denis Waitley

Native Youth Group—Together as One

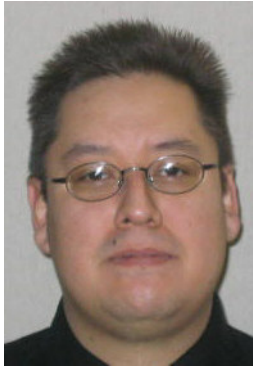
The native youth group (Together as One) had a float in the Crab Festival Parade. The float was sponsored by Koniag, Inc. Their float came in as

Mayor's choice for second place. The group worked hard to put it together. They made all the props and banners and also some of the outfits that they wore.

The Together as One group also helped out selling tickets for the Buoy Toss event which was sponsored by Koniag, Inc.

Submitted by Teresa Stutes





Chris Polasky,
Social Services

“Keep away from people who belittle your ambitions. Small people do that, but the really great make you feel that you too, can become great.”
-Mark Twain

Summer is in full swing. We at the Sun'aq Tribe hope you are taking the time to enjoy our beautiful Island and the great outdoors with family, friends, tribal and community members. Please keep our Island clean and beautiful. Remember to pack out what you packed in.

Our General Assistance program is currently under the 50% seasonal reduction rate. We are accepting applications for assistance, however, all calculations will be reduced by half. BIA guidelines mandate a seasonal reduction for the months of July, August, and September. All applicants for General Assistance be aware of this seasonal reduction.

Let us take a moment to

Social Services

introduce you to the Sun'aq Tribes Healthy Families Initiative. This is a program that is designed to assist married couples, couples with children, and young adults by offering relationship counseling, relationship planning, and supporting healthy marriages and families. Funding for this program is provided by the Administration for Children and Families, through the Administration for Native Americans.

Services to be offered are:

- Marriage and relationship Counseling
- Marriage and relationship Education
- Healthy family activities to support community health

and draw interest in our program services

- Outpatient drug and alcohol counseling for qualified family participants

These services are provided by referral and are free for qualified native families living in the Kodiak Island Borough area

If you are interested in the Healthy Families Initiative, and would like to know more about our new program please call or stop by the Sun'aq Tribal Center (907) 486-4449, or email me cpolasky@ak.net and we would be happy to answer your questions and provide you with further information about this program and other programs offered by the Tribe.

Applying for Financial Aid is as easy as 1, 2, 3



1. Before beginning a FAFSA....

- Apply for a PIN at www.pin.ed.gov. If you are a dependent student, your parents should also apply for a PIN now so that they can electronically sign your FAFSA

- Assemble all documentation, including tax forms
- Check college or university deadlines

2. When filling out a FAFSA....

- Review your answers carefully –

FAFSA on the web will also edit your information to prevent errors

- Call 1-800-4-FED-AID to speak to a Department of Education customer service representative

- Submit your

Youth Diversionary Activities

The Sun'aq Tribal Court, in an effort to provide extended family support systems for tribal membership has begun the process of developing and presenting culturally appropriate activities for tribal youth. These activities will include culturally appropriate opportunities that allow youth to spend free time learning about their culture and to give them the skills necessary to make healthy leisure-time choices.

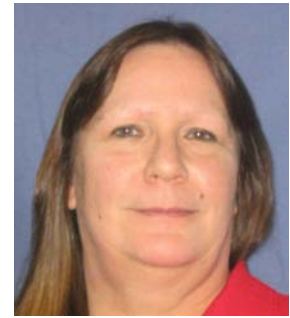
Tribal Court Administrator, JoAnn Holmes, worked with the Alutiiq Dancers to

teach them how to design and construct masks using polymer clay and feathers as part of developing youth diversionary activities for the Sun'aq Tribal Court Program.

“I have always loved mask artwork. I taught myself to make masks using polymer clay many years ago. After mastering my technique with clay, I moved on to carving wooden masks and have shown and sold many pieces for several years. Mask-making is a very personal journey. I make masks to honor my ancestors. It is my wish to capture and

share our rich cultural history, instill cultural respect and to provide a source of cultural pride in the young and coming generations of Alaskan Native children.” JoAnn hopes to expand to carving wooden masks as students develop their skills with form and content.

These activities are open to all tribal youth and sessions will be held during the summer months. Class size is limited so please contact JoAnn Holmes at 486-4449 or by email at joholmes@ak.net for dates and times.



JoAnn Holmes,
Tribal Administrator

“Believing in yourself, is an endless destination. Believing you have failed, is the end of your journey.”

-Sarah Meredith

Applying for Financial Aid is as easy as 1, 2, 3 Cont.

- application using your PIN
- After submission, you will see a confirmation page and your Expected Family Contribution (EFC)
 - If you don't hear from the Department of Education within two weeks, return to the website and select “Check the Status of a Submitted FAFSA”
 - You can check, correct, and print your processed information at any time on the FAFSA web site, using your PIN
- 3. After completing your FAFSA....**
- If you listed your
- www.fafsa.ed.gov – apply online for faster results!



Esgarlluku Taquka'aq—Awakening Bear



Tribal members enjoying a multi-cultural event

“The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible.”

-Richard M. DeVos

Sun'aq Tribe of Kodiak participated in the 7th annual Esgarlluku Taquka'aq – Awakening Bear event May 7, 2006. Sun'aq honored 3 people at this year's event.

The Awakening Bear celebration is part of a development of an initiative to unite our communities as we develop our shared goals for the Kodiak Alutiiq people and find a way, together to attain the greatest positive impact on our communities through our culture. This event promotes wellness, empower-

ment, unity and addresses bridging both worlds.

In the past Awakening Bear was held over a three day period. This year, it has been combined into a one evening Celebration, Dinner and Dance which was held at the Kodiak High School Commons.

The Tribal Council chose three people to be honored this year. Carolyn Kelly was honored as the Culture Bearer. Brandon Cox and Delisa Michener were the youth honorees

selected.

The Culture Bearer nominee is one who the Council “appreciates their effort to honor and sustain the culture and education of the Alutiiq People of the Kodiak Archipelago.”

The youth honorees are selected as someone who has been a positive influence in the community whether by helping elders, doing volunteer work, being a model Alutiiq Dancer, or any other thing that shows the youth has leadership qualities.

Youth Honoree—Brandon Cox



Brandon Cox,
Youth Honoree

Brandon Cox is a youth to be admired. Brandon prefers the traditional way of living, in fact so much so that he persuaded his mother and father, Trish and Dennis Cox, to let him live in Ouzinkie with his uncle Roger Johnson, to live a subsistence lifestyle. When Brandon hunts or fishes he always shares his harvest. He is not selfish and loves his tribal family. Brandon is no

stranger to the fishing bank, his dad started taking him to the fishing bank when he was 7 months old.

When he was younger, Brandon regularly visited the nursing home with his great-grandmother, Ann Spracher. Brandon enjoyed visiting with the elders and they especially enjoyed the hugs he would give them.

When Brandon

was 9 years old he went to place a flower on his great-grandmother's grave for Mother's Day and he realized that no other graves had flowers on them. So he single handedly persuaded the local florists to donate flowers so that he could place a flower on every grave.

For being such a young fellow, Brandon exhibits honorable citizenship and is a shining light for many.

Culture Bearer—Carolyn Kelly

Carolyn Kelly was unanimously selected by the Sun'aq Tribal Council to be honored as this year's culture bearer. Carolyn is an Old Harbor Tribal member but she is a vital member of the Sun'aq Tribal staff.

Carolyn learned the Alutiiq language and traditional style of dance from her parents and elders while growing up in the village. She was the director of the Alutiiq Dancers from 2001 to 2002. In 2005, Carolyn came back to the Sun'aq Tribe when the Kodiak Alutiiq Dancers program was dwindling. She has brought the dancers group from 6 members to 30. She has infused the group with enthusiasm and energy which is apparent at every practice and performance.

Carolyn has taught Alutiiq dance at various summer heritage and cul-

ture camps and strives to learn more herself. She continues to visit and talk with the Alutiiq elders to learn more about Alutiiq dance and song and language.

Carolyn has a strong commitment to her Alutiiq culture and is proud to share it with her children. Her older children still continue to dance and teach with her at various venues and her younger daughters are a part of the current dancers. Carolyn's granddaughter is also beginning to learn the dances and songs as she attends practices with her grandma and aunts.

The Sun'aq Tribal Council is proud to honor Carolyn as she continues to strive to promote and preserve the Alutiiq culture and language. She is also instilling respect and responsibility in the youth by demand-

ing that they show respect for themselves, each other and especially for the elders. The dancers are learning and showing responsibility by making it to each practice and performance, by learning and practicing on their own and by sharing with and teaching each other.

Carolyn is proud of and works hard to showcase the Dancers. She spends countless hours working on beaded head-dresses, fur hats and regalia for the group. The group does wear and try Carolyn when they want to keep dancing or want to learn more Alutiiq words and phrases and keep her beyond their practice times.

Carolyn is a great asset to the staff of Sun'aq, the Kodiak Alutiiq Dancers, the community of Kodiak and the Koniag region as a whole.



Carolyn Kelly,
Alutiiq Dancer
Coordinator

“The highest reward for a person's toil is not what they get for it, but what they become by it.”

-John Ruskin

Youth Honoree—Delisa Michener

Delisa Michener has been an Alutiiq Dancer since she was a young girl. She is the daughter of Judy Michener. Delisa thoroughly loves to dance and sing as her native ancestors did. She is proud of being native and projects that attitude among her community. She has also traveled to AFN to

perform.

Delisa currently serves as the Secretary of the Native American Youth Group (Together As One). She has been attending meetings since the group started in 2004.

She has volunteered to help organize and execute a Christmas party for Native American youth

in the community, to read during 'story time' at the NextPage book store on the weekends and she volunteers her time for the Native Youth Group's fund raisers.

Delisa is dedicated to working hard to make the tribal community stronger; she is a great asset to our community.



Clay Mask crafted by
Carolyn Kelly



Candace Branson

“Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.”
- Sandra Carey



Every year at the Alaskan Federation Of Natives Elders and Youth Leadership Conference (AFN), the elders tell us how much the world has changed and that no matter how much it changes, we must keep our heritage alive through language, subsistence, and pride. They remind me what it would have been like to grow up when they did, and how lucky I am. When they tell us stories about when they were younger and about their hardships, I am proud to be part of such strong people.

In November of 2004 I started a Native youth group called Together as One. The group was started to raise money for traveling to the annual Alaska Federation Of Natives Elders and Youth Leadership conference so that more youth can experience the confidence and empowerment that AFN gave me.

In the past, the kids were selected to attend AFN and the Tribal Council paid all of the expenses. In the first year of operation, we made twice what we had set as a goal! I had thought if the students had to help raise the

A Winning Essay

money they were spending, the group would be more like a team with a close bond, and be proud of themselves for creating the opportunity to travel. As the AFN Koniag Regional Representative and founder of the group, I went to the Tribal Council to ask for support and the group was immediately approved. With their blessings and my optimistic attitude, I told the group that we could do anything we wanted to do, and as the group came together, it rapidly evolved into a volunteer organization with many goals. These goals included learning about their Alutiiq heritage, raising their grades, staying drug-free, and contributing to the community. Creating the group has paid dividends I had never expected. I have made friends, built strong bonds with community members, and learned of many opportunities to better myself and the community. The group members always supported each other, and sometimes we would spend a while just talking about local or personal issues and ways we could over-

come them. I also enjoyed the feeling I got when we accomplished a task, and I know that I was an integral part of our success. By becoming a leader, I assumed many responsibilities. I had no officers such as a vice president, or secretary to help me during meetings or for planning of the events, so I dealt with a lot. My duties included setting the agendas, trying to maintain control over a group of my giggly peers, finding the activities and opportunities around the community that met the goals of the organization, and getting high school kids to commit to their own responsibilities. I also kept track of all of the records and attendance. In starting the group, I became a role model and quickly found out that you don't have to be older than someone to be the one they look up to for help or advice. I had to be diligent and persistent to keep up with my homework, my job, the youth group and still be a productive member of my family of six.

Together As One had its rougher times, with criticism and negative feedback from

A Winning Essay Continued

friends and members of the community. Not all Native Alaskans take pride in their culture. When I initially came up with the plan to start the group, I had a friend, that was native, and he thought it was the dumbest idea. This was only because he did not want to bring more attention to the fact that he was native. He didn't see the importance of taking pride in who he was because he didn't realize how impressive his culture used to be. These are people that found a way to survive year round on an island in the Gulf of Alaska. To me that is impressive. He didn't want to deal with the negative comments and discrimination from other cultures. Though I understand his position, I still believe people should brush off the negative attitudes and comments and use them to discuss diversity or use it as fuel to show the discriminators that people are more than their culture's nicknames. They will become people of pride, as the elders that influenced me are, who embrace their rich heritage and meet their goals.

I have firm plans for my future. I will go to a four-year college and double major in Business Management, and Spanish. I have chosen business because I have been inspired by my employer and past summer job to open my own business someday. In addition, I have a passion for Spanish and I want to continue learning it to become fluent. After college, I will return to Kodiak and either start my own business or manage one. And, as my town's cultural diversity continues to yield a larger number of Hispanic peoples, my background in the language will be essential to bridging those cultural differences. I will also continue to be culturally involved because it is something I value. I am currently thinking about returning to Kodiak and working with the Tribal Council or Alutiiq Museum on a program that provides youth with healthy opportunities to enrich their culture and have fun. As I grow older in the community, I will become an elder that teaches the children tolerance, the traditions of their heritage and

give them the courage to expand their own horizons.

I have also been involved in other cultural activities. I tend to jump at any opportunity to embrace the culture a little more. I am currently an intern at the Alutiiq Museum in Kodiak, which is exciting for me because I get to touch the artifacts that my ancestors used hundreds and thousands of years ago. I also work with the program that will save the dying language of the Alutiiq people. Another opportunity to get involved and have fun is Alutiiq week which happens once a year and provides a chance for people from the community to gather together and create native artwork with a local expert, learn Alutiiq words and traditions and share the company of many interesting people. On my own time, I carved a cedar mask and beaded a headdress. Although art is not one of my strong attributes, I do it to add to my knowledge of what my ancestors went through to create these masterpieces.

The many



Clay Mask
By Janice Alexanderoff

“I think that obstacles lead to growth and ultimately, the most learning I’ve done in my life is between jobs.”

-Anthony M. Hall



Native Foods
Served at Federal
Subsistence Potluck



Native foods served at a potluck

“Just as there are no little people or unimportant lives, there is no insignificant work.”

-Elena Bonner



Kodiak Alutiiq Dancers perform at the high school for multi-cultural event

A Winning Essay Continued

opportunities are inspiring, and instill a sense of wonder while they are fun and educational. Teaching people about my culture is another thing I enjoy, and one way I could learn and teach about the Alutiiq people was as an Alutiiq dancer. My favorite thing about dancing was sharing my talent and cultural tradition with people interested in seeing it. While I was dancing, I became a mentor for a young girl; she always wanted to stand by me, and she sang loud like I did. She did her best, and as she learned from me, I felt important. She gave me a

purpose and reason to be a good person. It became obvious to me that what I did affected how she saw me. I still keep this in mind when I have to make decisions involving drugs and alcohol. The girl that looked up to me made me a better person because I realized my significance in other people's lives. Dancing was also my way of expressing my pride; I got up on that stage and sang my heart out for the people that went through the suppression, slavery, and bitter winters in Alaska. I did it for the elders that carry the tradition, language and

history in their heads. I did it for the children that need to be shown what pride is and to give them hope that they will have the chances I had to learn about the Alutiiq people. I do it for myself to prove that I am not the stereotypical native. I am Candace Branson and I am a proud Alutiiq with goals for my future.

Candace graciously gave the Tribe the permission to publish her essay.

This essay won a four year full scholarship ride for Candace!!

Kodiak Alutiiq Dancers in CrabFest Parade

The Alutiiq Dancers had a float in this year's CrabFest Parade. The truck, trailer and driver were graciously donated by Carlile Transportation. We are grateful to Carlile for their interest

and support of the group.

Carolyn worked hard and had background backdrop scenes painted which were hung from the trailer. Tommy Johnson, Jr. worked hard with her to

get the trailer set up prior to the event. Tommy and Mike Kelly II were on hand the morning of the parade to make sure that the Dancers had a great presentation for the community.

Alutiiq Dancers Perform

The Kodiak Alutiiq Dancers have been performing for different functions and events in town. The group performed for the Esgarlluku Taguka'aq – Awakening Bear event on May 7th. The Dancers Coordinator and one of the female dancers were honored during the celebration and they were both surprised by

this. The Dancers also performed at the Crab-Fest Multi-Cultural Event where they were one of the many diverse groups in the community.

The next performance of the Dancers came on June 1st when they danced at the Buskin Inn for the 1st Salmon Celebration put on by Chef Joel.

June 23rd, saw the Alutiiq Dancers perform at the PowerHouse for the League of Cities. The Dancers did a number of songs and also did an encore by request.

The next scheduled performance of the Alutiiq Dancers will be on July 23rd at the Kodiak Island Winery for the SalmonBerry Festival.



Clay Mask
crafted by Daniel
Panamarioff

Violence Against Alutiiq Women is NOT Traditional

STOP Violence against Native Women Grant presents the booklet "Violence against Alutiiq Women is NOT Traditional." This booklet is offering a brief overview of Alutiiq history, women's status before colonization, possible roots of domestic violence in our families and

its effect on our well-being. You can also find here interviews with our elders who share their thoughts on family traditions, lifestyle and values of the Alutiiq culture that everyone is proud of.

Please stop by the Sun'aq Tribal Offices and ask for a copy of the booklet.

We will be happy to share it with you. Also, we will be happy to mail the booklet for those who live outside of Kodiak. To do so, just make your request by phone: 907-486-4449 or by e-mail: amather@ak.net or by mail to: 312 West Marine Way, Suite A, Kodiak, AK 99615.

"When something happens to you, you either let it defeat you, or you defeat it."

-Rosilind Russell

Native Youth Group at Assets Festival

The Native Youth Group had a table at the Assets Festival. The President and the Secretary of the Group helped out and

handed out fliers that were made telling about the group and what they are all about. We hope to see more youth join this group in the

fall when school reconvenes. It is great to see young people become involved and be a contributing part of the community.



Members of Native Youth Group work together in kitchen



Salmonberries are beginning to show

“The indispensable first step to getting the things you want out of life is this: Decide what you want.”
-Ben Stein

Alcohol and Drug Abuse Prevention

One issue that is prevalent in Alaska is drugs and alcohol abuse. As a parent I have always worried about my children becoming addicted to any substance, as many other parents do also. There are a few things parents can do to help their children become productive and successful citizens.

There have been studies done to identify any particular situation or issue that may lead to drug and/or alcohol abuse. The results were that there are risk factors in a number of domains, community, family, school, individual and peer that indicate a child may experience drug or/and alcohol abuse issues. Following are the risk factors in each of the domains.

Community Risk Factors

- Availability of Drugs
- Availability of Firearms
- Community Laws &

Norms Favorable to Drug Use, Firearms, and Crime

- Media Portrayal of Violence
- Transitions and Mobility
- Low Neighborhood Attachment and Community Disorganizations
- Extreme Economic & Social Deprivation

School Risk Factors

- Early & Persistent Anti-Social Behavior
- Academic Failure
- Lack of Commitment to School

Family Domain

- Family History of High Risk Behavior
- Family Management Problems
- Family Conflict
- Favorable Parental Attitudes & Involvement in the Problem Behaviors

Individual/Peer Domain

- Alienation and Rebellion

- Friends Who Engage in the Problem Behavior
- Early Initiation of the Problem Behavior

As well, there are protective factors that keep our youth safe and assist them to make the right decisions. The definition of Protective Factor is: Conditions that buffer young people from the negative consequences of exposure to risk by either reducing the impact of the risk or changing the way a person responds to the risk. The protective factors are:

- Individual characteristic
- Bonding
- Healthy and Clear Standards

Ideally the individual, family, school, and community can reduce the risk factors while enhancing the protective factors.



Ladies enjoying getting together for an evening of crafting

Recruiting for Native Women's Advisory Committee

The Sun'aq Tribe of Kodiak and Kodiak Area Native Association are currently recruiting volunteers for the Native Women's Advisory Committee Against Domestic Violence. The volunteers will assist

with their experience, strength and hope.

The Advisory Committee will help to ensure cultural appropriateness with the backing and advise from the group. The committee will develop methods of outreach to

our Natives on Kodiak Island and ways to empower Women for a healthy and happy life without Violence.

Please call 486-4449 for more information.

JOIN US.

HAVE YOU SEEN THE NEW SIGN ON THE TRIBAL BLDG?

The Seven Habits of Highly Effective People (Dr. Steven Covey)

The seven habits are great for opening doors of opportunity and thinking differently. The beauties of mastering these habits are that they can lead you to a more fulfilling effective personal and interpersonal life.

The Private Victory

Habit 1 Be proactive

Be Proactive is to take responsibility. The concept is you and I have the capacity to choose our response to any situation. The question is are your actions based upon self-chosen values or upon my moods, feelings, and circumstances?

Habit 2 Begin with the End in Mind

Begin with the End in Mind basically means that all things are created twice. Habit 2 is the first creation. The question is do you have a personal mission which provides meaning, purpose and direction to your life?

Habit 3 First Things First

Put first things first is the second creation. To put first things first means you have decided what the first things were in Habit 2, now you have the discipline and the commitment to keep them first. The question is, am I able to say no to

the unimportant, no matter how urgent and say yes to the important?

Habit 4 Think Win/Win

Think Win/Win is the habit of mutual benefit. The underlying paradigm or principle is abundance, there is plenty out there to spare. The question to ask is do you seek mutual benefit in all interdependent relationships?

Habit 5 Seek To Understand and Then Be Understood

Seek First to Understand and Then Be Understood is the habit of empathic communication meaning you always seek to understand first. The doctor diagnoses before prescribing. The question is do you avoid autobiographic responses and instead faithfully reflect your understanding to the other person?

Habit 6 Synergize

Synergize is the habit of creative cooperation. Do you value different opinions, viewpoints, and perspectives of others when seeking solutions? The principle behind this habit is that one plus one can equal three, ten or one hundred.

Habit 7 Sharpen the Saw

Sharpen the Saw is the habit of renewal, the principle of continuous

learning, continuous improvement, getting better constantly. It is the principle that we have the capability of charging your own battery. The question to ask is, are you engaged in continuous improvement in the physical, mental, spiritual has social/emotional dimensions of your life?



Craft Group busy at work

“People are always blaming their circumstances for what they are. I don’t believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can’t find them, make them.”
- George Bernard Shaw



Members of the Women’s Craft group



Aksana Mather,
Women's Advocate

**“Kind words
can be short
and easy to
speak, but their
echoes are truly
endless.”
- Mother Teresa**



Tribal Elders at a
multi-cultural event

Psychology of Success or how to overcome our own fears and uncertainty An Invitation for Discussion

If we don't have enough psychological knowledge we can develop a wrong perception about our own problems and failures in every day life. Often fears for our own health, family, career, etc. are overwhelming and we can't enjoy life anymore and become focused only on the negative feelings and events in our life. It changes our beliefs and the way we manage ourselves through the path of life.

We start looking for reasons and explanations for our failures. Often we start blaming our parents, spouses, children, friends, co-workers, government, economy, politics, weather, etc. for our unhappy life. We are looking for a cause of our worries in our surroundings and by doing so putting ourselves in a victim's position. **We become victims as soon as we start to believe that other people and circumstances are determining our life and we have nothing to do with it, we can't handle it, we are choosing to be passive and miserable.**

Unfortunately, pretty soon we find it convenient. Why? Because sometimes a victim's position gives us advantages, questionable, but advantages: there is no need to do anything, no need to take charge and be responsible. And it's quite

convenient to blame someone else and manipulate others by using their feelings of guilt for ruining our life and making us miserable. A victim in us has a power over those who we are blaming for our own sufferings. Are we happy? Did it make our problems go away? Are we thriving? Hardly..... As a result we have a dysfunctional relationship.

Actually, the position of being a victim is no better or worse than other roles we play in our life. But it certainly has one distinctive characteristic: it always creates feelings of self-worthlessness, uselessness, and weakness followed by envy and hate towards other people, towards those who are stronger, smarter, better, more successful and powerful. Feelings of self-worthlessness often lead to hate, anger and rage. Awareness of having these feelings inside of us is very unpleasant and painful. Some people may slip into "different reality" by using alcohol and drugs. Numbing their souls and minds, some people receive temporary relief from that pain. What is even worse, they are passing these "coping skills" to their children, from generation to generation.

The first step for healing is to admit these feelings, acknowledge them, live through them and let them go. Everyone needs time

for grief and sorrow, time to be sorry, but learning from it and passing through it is important in keeping yourself going. To do so we have some knowledge to obtain and some efforts to make. We have to admit that our fears, failures and uncertainties are **our** feelings and **we** can and should deal with it. We have to replace old fears and self-limitations with new constructive thoughts and discover a new reality. An American dream of a newspaper boy who became a millionaire has the same base. "My happiness is in my hands"... Those who had overcome their fears and negative programming have reached their goals.

It's OK to be scared or afraid, the fear is a natural sense of self-preservation, but if you are afraid to live this is unnatural. What should we know about ourselves and the surrounding world? What should we do? First of all we have to learn about the premises for success in our life, and the second, we have to learn how to work out our fears and uncertainties.

Success in life is always associated with the basic goal of human existence – the need of self-realization. If a man doesn't understand or denies this need it makes him miserable. Even if he has reached a certain level of material wellness, he can still feel unhappy because

An Invitation for Discussion Continued

the need in self-realization hasn't been satisfied.

A man can realize himself in life if he has enough psychological energy, or strong and adequate psychological health. **Our psychological health correlates to our inner peace, spiritual comfort and effective self-management.**

Some basic characteristics of psychological health can be described as following:

- 1) person has adequate self-esteem and self-respect,
- 2) person has an ability for self-adaptation in the constantly changing life circumstances,
- 3) person has an ability for effective satisfaction of own needs and compensation of those needs which can't be satisfied at this moment,
- 4) person has confidence in ability to manage own life; this person is aware of the human limitations, understands that some things can't be changed and doesn't aim to control every-
- 5) person has an ability to make own choices, own decisions, to do things their own way, has own life strategy; an ability to question someone's authority; ability to choose and follow someone's leadership,
- 6) person has an ability to go through hardships and disappointments without the use of alcohol and drugs,
- 7) person has an ability to take care of others; a selfish person, as a rule, is unhappy because he has a lot of unsatisfied and insatiable needs and demands,
- 8) person has an ability to have benevolent and trustful relationships with other people; person demonstrates the absence of envy for others (friends, relatives, co-workers, etc.) success and wellness,
- 9) person has proactive ability to perform the job and feel satisfied with its results.

If more points from this list

correlate with our real (not desirable) life-style, we get closer to being psychologically healthy. Psychological health determines our personal achievements, by forming feelings of self-respect and assertiveness needed for our life's motivation and overall success.

The road of self-development is hard, it takes a lot of work and determination, and it also takes a lot of support. This is why there are a lot of programs and support groups offered throughout the community. This is why we have organized groups of people who are willing to share their knowledge, their hearts and their time with those who are searching for the best possible self and happy life which goes with it.

Surround yourself with positively motivated, happy people and you will notice great changes in your life. Join us. We have a women's wellness support group every other Thursday night at KANA Wellness Center. Call Sun'aq Tribe at 486-4449 for more information.



Youth Craft Group

“The future belongs to those who believe in the beauty of their dreams.”

-Eleanor Roosevelt

Native Youth Group—Bear Awakening

The Native Youth Group participated in the setting up and tearing down for the Bear Awakening on Sunday May 7th. Most everyone turned out for the setting up and the ones that were not able to set up came to clean up after it was over. The staff of Koniag Inc. were very impressed to see the dedication of the group.



Youth Craft Group



Clay mask by
Daralee Skonberg

**“We don’t need
more strength
or more ability
or greater
opportunity.
What we need
is to use what
we have.”
-Basil S. Walsh**



Clay Mask
By Nina A. A. Gronn

Avian Flu—A Prospective Op-Ed

One of the surest and most welcome signs of spring in Alaska is the return of our millions of migratory birds. The honk of the goose, the croak of the crane, the ripping sound of a flock of shorebirds swooping over the mudflats all announce the arrival of the new season. But this year our welcome is a wary one.

As the Asian strain of H5N1 avian influenza (Asian H5N1), commonly known as Asian bird flu, continues its spread across Asia, Europe, and into Africa, many people are wondering if its arrival in North America will be aboard one of the birds migrating to or through Alaska.

Thus far, North America and Alaska have been spared any confirmed or suspected cases of Asian H5N1. But when you look at the aerial routes taken by migratory waterfowl and Alaska’s location at the intersection of aerial migration routes, it is easy to understand why there is growing concern that Asian H5N1 could make its way to Alaska.

Asian H5N1 is not a new virus. The first major outbreak in birds was identified in Southeast Asia nine years ago. Since then, there have been many wild bird migrations and we have yet to detect the disease here, despite rigorous testing of thousands of birds. Nevertheless, the recent march of the disease westward through Eurasia, vividly illustrated on the nightly news, has heightened awareness of wild bird migrations and the potential for Alaska to be a gateway.

So why should we be concerned? Well, besides its potential to affect some wild bird populations, the virus has proven very lethal to poultry, such as chickens, turkeys, and

domesticated ducks. The arrival of this virus in North America would be a significant threat to the poultry industry and could have serious economic impacts.

In a small number of cases, people who have had close contact with infected domesticated birds have also been infected. The fear is that the virus will mutate, as viruses are prone to do, to the point where transmission from birds to people would become much easier, or worse yet, could become transmissible from person to person – setting the stage for a global pandemic.

That hasn’t happened yet, but we need to prepare just in case it does. Accordingly, federal, state, and local resource agencies and public health organizations are working very hard to track the status of the virus and its spread. To aid in the early detection of H5N1, if it occurs, the Alaska Department of Fish and Game is working with other federal and state agencies to sample live birds, dead birds, domestic birds, hunter-killed birds, and bird habitat around the state.

But there is no instant test to tell whether a bird is infected with this strain of Asian bird flu. Samples will be processed in a network of certified laboratories around the country, including here in Alaska. If and when a confirmed positive test is found, the appropriate authorities will communicate the results to the public as soon as possible.

Even if we find Asian H5N1 in Alaska, there would be no need to panic and no immediate danger to people from wild birds. Again, the virus would need to change to the point where it is easily transmissible

to humans. It has not yet done so, even though it has been around for at least nine years.

Wild birds and migrating waterfowl are not the only way that Asian H5N1 bird flu could reach Alaska or elsewhere in North America. The shipment of uninspected poultry and poultry products, as well as the illegal trade in live birds, have been important sources of the disease in other places. Wild birds may be as likely to be victims of bird flu as carriers.

Alaskans should not be overly concerned as the annual spectacle of the northern migration resumes. Anyone who handles birds should practice good hygiene – wear gloves and wash hands frequently. Hunters should keep their birds clean and cook them thoroughly. Bird watchers and others should avoid contact with birds that are dead or obviously sick. These are common sense practices that should be used whether Asian H5N1 makes an appearance or not.

So, go ahead, scan the skies. Listen in the cool quiet of early morning and late evening. Enjoy a meal from your wild harvest. And rejoice that we live in the midst of such a wild place.

If you find sick or dead birds, and no obvious cause is apparent, please call 1-866-5-BRD-FLU (1-866-527-3358). For more information, please visit <http://www.avianflu.alaska.gov/>

Matt Robus is the Director of the Division of Wildlife Conservation at the Alaska Department of Fish and Game

Contact ADF&G Public Communications at (907) 465-6166
By Matt Robus, Alaska Department of Fish and Game.

Keep Your Line Taut

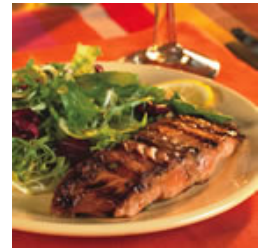
Being a freshwater Indian from southern Ontario, one fishes the creeks and rivers flowing into the Great Lakes. I have also fished in northern Saskatchewan; Great Bear Lake in the Northwest Territories; the Kathleen River in Kluane National Park in the Yukon; and the Yakoun River, Haida Gwaii, British Columbia. I must say none of these fine fishing experiences compare to Kodiak. I have beat up my pickup truck getting in and out of Saltery Cove and will do it again at the first opportunity.

I have a cousin from the Tyendinaga Mohawk Territory, not far from the Thousand Islands of Lake Ontario. He is a rabid and accomplished angler. Imagine a guy standing beside a creek in a Southern Ontario thunderstorm, in the pouring rain, untangling our little girl cousins' fishing lines with a look of serenity and extreme patience. Now that is an angler. We were introducing our daughters to fishing little rock bass. He is now a retired school principal with a fishing charter boat in Lake Ontario. He

will come to Kodiak, the moment I send him pictures of the silvers I hope to catch in September.

Imagine a huge red salmon running a light line right off the reel while the fisherman is climbing and struggling over snags in the Saltery River. He chases after his line and the fish, miraculously finds them, and then proceeds to hand over hand the line only to lose the big red in the end. The local, I will call him Joe, says he is going back for the lost red's bigger brother. Now that is an angler.

Submitted by Dave Monture



The Salmon are running

**2nd Annual
Tribal Picnic
September 2nd
at the Buskin
Beach House**

**We look
forward to
seeing you
there!**

Have an Adventurous Career as an Alaska State Trooper

The Alaska State Troopers have positions available for men and women who want to make a positive impact on Alaska's communities. To apply to be an Alaska State Trooper you must meet the minimum qualifications:

- Never been convicted of a misdemeanor crime of domestic violence,
- Be a high school graduate or possess a GED certificate,
- Be 21 years or older at the time of employment
- Must possess a valid driver's license,
- During the past 10 years (unless you were under 21 years of age at the time of use) have not used an illegal controlled substance other than marijuana,
- During the past year, have not used marijuana (unless you were under 21 years of age at the time of use),
- Have not illegally manufactured, transported, or sold a controlled substance (unless you were under 21 years of age at the time of the act AND the act occurred more than 10 years ago),
- Have never been convicted of a felony (by a civilian court of Alaska, the United States, or another state or territory, or by a military court),
- During the past 10 years, have not been convicted (by a civilian court Alaska, the United States, or another state or territory, or by a military court) of a misdemeanor crime that resulted in serious physical injury to another person,
- During the past 10 years, have not been convicted (by a civilian court of Alaska, the United States, or another state or territory, or by a military court) of two or more driving-while-intoxicated offenses or chemical test refusals,
- During the past 10 years, have not been convicted (by a civilian court of Alaska, the United States, or another state or territory, or by a military court) of a misdemeanor crime of dishonesty or moral turpitude.

If you meet these minimum qualifications and are interested in becoming an Alaska State Trooper, go to their website:

www.alaskastatetrooper.com or call 1-907-269-5976. You can also come by the office if you need assistance in the process.



Bob is in charge of the grill

SUN'AQ TRIBE OF KODIAK

312 West Marine Way
Kodiak, Alaska 99615

Phone: 907-486-4449
Fax: 907-486-3361

Email: stktribe@alaska.com

We're on the web:
www.sunaq.org

KANA August Specialty Clinic Schedule

August 17 & 18—ENT/Audio
August 22-24—Pediatrics
August 31 & Sept 1—
Orthopedics



**Tribal Council meetings
are held monthly on the 4th
Tuesday evening of every
month.
Public is welcome!**

Proudly representing the members of the Shoonaq' Tribe of Kodiak

ATTENTION LOCAL CRAFTERS

The Sun'aq Tribe of Kodiak is making tables available to the local crafters so that they have a place to display and sell their arts and crafts. Since the closure of the Cama'i Café, the Tribe is offering the space free of charge for vendors to sell their wares when the cruise ships are in port. The next dates for cruise ships are July 14th and 26th, August 15th and September 17th & 21st. If you are interested in having a table during any of these dates, please call the office for more information.

Alutiiq Dancers Practice

The Alutiiq Dancers continue to practice and learn the traditional and new Alutiiq songs. The songs are teaching the children Alutiiq language whether they realize it or not. Through dance, Carolyn is reinforcing culture and language with our children. The Dancers continue to use the old songs that they had and to honor the elders that shared these songs with them. The group is also working hard to perfect their new songs. They have two songs from Tonya Lukin and two songs from



Our littlest Alutiiq Dancer

Sperry Ash. One of the fun songs that the Dancers do is "You Are My Sunshine" in Alutiiq, which they got from the

Alutiiq Museum. This particular song is beautiful especially when the two youngest dancers are centered and highlighted.

Practice schedule is Tuesday and Thursday at 2:00p.m. and lasts for an hour until 3:00p.m. each day. Some practice sessions have been and will be used for cultural activities. The Dancers have had two sessions with JoAnn Holmes who taught them how to design and construct mask artwork.