

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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October 13, 2006

Chairman's Message

Election season is upon us! During the next few months it is important that each member participate in the elections that are upcoming; at the Tribal level, local, State and Federal level government—governing bodies need your voice to give direction to their tasks.

It is hard to believe that it has been 2 years since the re-organization of the KANA Board. The Sun'aq Tribal Council is supporting Olga M. Malutin to return to the KANA Board. In the past 2 years she has done a fantastic job representing Sun'aq Tribe's interests in this very important organization. Her desire to represent our Tribe is only second to the energy she generates when talking about Tribal issues. Olga is a proven Tribal Leader in the greatest sense of the title. She is driven to promote Sun'aq Tribe of Kodiak members best interests in all she does. She has a ringing endorsement from Sun'aq Tribal Council and I personally

can't think of a better candidate for this important position.

At long last, our big project to renovate our building is here! My hat is off to Tribal Administrator, Bob Polasky for pulling this all together. With so many diverse groups playing part in this project, it is amazing that he has been able to communicate and coordinate all the players into the kick-off of such a large undertaking.

Your Tribal Staff is working to insure that there is little or no interruption of services; but there may be some delays as the office is under construction. Again, they are showing what they are made of by working above and beyond to help keep the office open.

I would like to thank all of those people that participated in the hearings regarding the Rural/Non-rural status of Kodiak. Now we can only wait and hope that our concerns have been heard.



Chris Helms, Tribal Council Chairman

This time of year usually means a great deal of travel for the Tribal Council, this year is no exception. I wish thank each Council Member and their families for time spent away from town representing the Sun'aq Tribal interests.

It is a great pleasure to serve with such dedicated people. The members of the Tribal Council and Tribal Staff are an energetic group of people; working to provide you with best possible representation and services that can be obtained.

Remember to cast your ballots! It is important that you let the governing bodies know what you are thinking.



Bob Polasky,
Tribal Administrator

“The renovations of the Tribal Building will greatly enhance the aesthetic appeal of the downtown mall area.”

Tribal Center Renovations

Major renovations of the Sun'aq Tribal Center began in earnest in late September following final contract negotiations with local Kodiak contractor Brechan Enterprises, Inc., according to tribal administrator, Bob Polasky. The contract calls for completion of the project by the end of January 2007.

The project, following two years of fundraising and sharp construction cost increases, will significantly upgrade the 12,800 square foot two story building inside and out according to Polasky. The electrical system will be completely replaced along with the lighting system throughout the building. Nineteen windows will be placed around the upstairs

exterior, and a new stairwell and separate entry to the upstairs will be installed along with an elevator. In addition, a much needed 'warming' kitchen will support the tribal hall downstairs. New carpeting and a large conference/training room upstairs are also in the plans. New fiber cement siding will cover the exterior of the building located on the mall downtown.

The renovations will provide office space upstairs for up to 25 employees for future growth according to Polasky. Currently 12 tribal and 3 bingo employees occupy the space. Original renovation estimates were \$420,000, but, according to Polasky, with dramatic cost increases in the

construction trade and additional structural issues uncovered, the project is now at \$800,000 including architectural and engineering fees along side the construction contract. Along with tribal dollars, funds came from grants awarded to the tribe from the Rasmussen Foundation, the M.J. Murdock Charitable Trust and the United States Department of Agriculture's Rural Development Program. The Sun'aq Tribe purchased the old 'Wodlinger Drug Store' in April 2004 for \$700,000.

Polasky said renovations will extend the life of the building several decades, increase its value significantly and enhance the aesthetic appeal of the downtown mall area.

ELDERS NEED HELP AT HOME



Iver Malutin,
KANA Elder Public
Relations

Iver Malutin is working a lot with Elders Health Care. Right now, to get started, he is trying to get all elders who qualify for Medicaid or who are on Medicaid to call if you need any kind of assisted living services. Needs could be: cooking, house cleaning, bathing, figuring out medications, shop-

ping, rides to clinic(s) or other appointments, just to name a few.

Please call Iver Malutin at 486-9800 and he will give you more information. If you know of anyone in the villages or in Kodiak that needs assisted living services please let Iver know.

Also, any elder that may have problems or issues and need someone to talk to, please call Iver as there is help available.

Tribal Council nominates Malutin for Re-election

In a unanimous vote of confidence, the Sun'aq Tribal Council nominated Council-woman Olga Malutin to be placed on the KANA board of director's election ballot. Malutin is running for a second term on the KANA Board. Tribal Council members offered praise of Malutin when making the nomination.

"Olga Malutin has served well as the Sun'aq representative to KANA. She works hard to inform and stay informed on the issues, reporting on a regular basis to the Tribal Council and tribal membership," said Council Chairman Chris Helms, adding "through our nomination we encourage the membership to

re-elect Olga to the board".

KANA's election is scheduled for October 21st, 2006. The annual meeting will be held that day at the American Legion Hall downtown beginning with registration at 9:00a.m. and Call to Order at 10:00a.m.

Remember to vote!



Olga M. Malutin

The Importance of Your Vote

The Sun'aq Tribal Elections are coming soon. Look for postings regarding the Elections and the Call for Candidacy.

Don't ever think your vote doesn't count, because in.....

1845 - ONE vote brought Texas into the Union

1868 - ONE vote saved President Andrew Johnson from impeachment

1876 - ONE vote gave Rutherford Hayes the presidency of the United States

1939 - ONE vote passed the selective service act

1960 - ONE vote per precinct elected John F. Kennedy President

1978 - in Fullerton, California, a Democratic candidate for the State of California's legislature lost by TEN votes in a primary election where 32,000 votes were cast

... AND IN ALASKA ...

1978 - Jay Hammond won the nomination for Governor over Walter Hickel in the Primary Election by just 98 votes state-

wide. That's less than 1/4 vote per precinct!

1978 - ONE vote elected Tim Kelly to his Senate seat in District F

1982 - TWO votes gave the nomination for State Senate in District J to David McCracken in the Primary Election

1984 - ONE vote gave Mary Ratcliff the nomination for State Representative of House District 12 in the Primary Election

1986 - 17 votes (less than one vote per precinct) elected Rick Uehling Senator from District H, Seat B, out of 14,389 votes cast

1992 - 5 votes gave Al Vezey the nomination for State Representative of House District 32 in the Primary Election (less than one vote per precinct)

1994 - 1.1 votes per precinct elected Tony Knowles as Governor and Fran Ulmer as Lt. Governor out of 216,668 votes cast in the General Elec-

tion

1996 - ONE vote gave Ann Spohnholz the nomination for State Representative of House District 21 in the Primary Election

1998 - A TIE was broken by a flip of the coin to elect Wayne Morgan after a runoff election for a school board seat in the Kuspuk School District

1999 - A TIE was broken by a flip of the coin to elect Larry Wilson to a school board seat in the Bering Strait School District

2006 - The Democratic Primary race between incumbent Representative Carl Moses and challenger Bryce Edgmon was settled by a coin toss on Monday, September 25, 2006.

You can make a difference by voting in the upcoming elections. There is the KANA election on October 21, 2006. The General Election is November 7th, 2006. The Sun'aq Tribal Elections will be held on December 1st, 2006.

***"Be curious
always! For
knowledge will
not acquire
you; you must
acquire it."
-Sudie Back***





Chris Polasky

***The will to win,
the desire to
succeed, the urge
to reach your full
potential...these
are the keys that
will unlock the
door to personal
excellence.
-Confucius***

Kippy Robbins,
Director of Program

Healthy Families Survey

Included in your newsletter is a survey from Sun'aq Tribe's Healthy Families Initiative. Please take a little time to fill out this survey, include any comments or suggestions that you would like to add and place in the mail with the return addressed envelope or drop it by our Tribal office (and stop in for a chat if you like).

Our survey is being conducted to find out what kind

of activities that you, our Tribal Families, would like to engage in as part of our Healthy Families Initiative. We hope to hear back from every Tribal household in our community, and we are looking forward to your participation in our program. This survey will help shape our programs future. Everyone involved will have a say in our activities and program development. We want to do many family fun

things in the coming year, however we need your help.

Winter is closing in on us and those long winter nights need to be filled with healthy activities for our families and children. What should we do together? Where can we come together for fun, support, and family centered activities? Help us answer these questions by completing our survey.

Chris Polasky

Annual Tribal Picnic

The 2nd annual Tribal Picnic was held on Saturday, September 2nd at the Buskin Beach House. The weather was warm, the day was bright and the food was great. A good time was had by all that attended. There were many

other things going on that same day – the State Fair and Rodeo for one, and so less than 100 people were in attendance at the picnic. The staff worked hard and put on a great event. Carolyn and the Alutiiq Dancers gave another

outstanding performance. Bob manned the grill and we served hot dogs, hamburgers, grilled salmon, baked salmon, many salads and deserts. There were games organized and most every child won a prize.

Have you ever thought about being a FBI Agent

If you have ever thought about being a FBI agent, now is the time to gather the information to make that happen. The U.S. Department of Justice,

Federal Bureau of Investigation is looking for FBI Special Agents. There are currently five Special Agent Entry Programs: Law, Accounting, Lan-

guage, Computer Science/Information Technology, and Diversified. For information go to www.FBIjobs.gov

Nautical Training

Alaska's Nautical Training School is offering U.S. Coast Guard Licenses 6-pack up to 100 G.T. Masters

course in Kodiak. The class is scheduled for December 13th to the 22nd, 2006. **You may be eligible to receive**

funding for the course. If you are interested, please come by the office or call Kippy at 486-4449.

Keep Your Line Taut

In my first fishing article I described foibles and attributes of serious anglers.

I will now tell some of what I have seen and heard serious anglers accomplish.

Far out of sight of shore out in Great Bear Lake, Northwest Territories, Canada with a friend and Dene Indian guide, I landed a couple of Lake Trout in the 14 lb. range with 6 lb. ultra-light gear. I was rather pleased with myself. The Dene guide was only amused at my naivety about Great Bear Lake fishing. We boated to another area to look for grayling. Fishing was slow. Patiently, the Dene guide then proceeded

to tell us about how an American angler in his boat two weeks before - had calmly taken 11 hours to land a 53 lb. lake trout with the same tackle I was using! Plenty of light in June on Great Bear Lake – and humbling fishing experiences.

Saw a Kodiak local, I will call him Joe, hunt and stalk his limit of two nice silvers out of two fishing holes on the Roslyn River with pinks outnumbering silvers at least a hundred to one. He then spotted a big male pink with a nice lure in him that caught his fancy. Yes, he came back with that lure and two others from two other pinks he caught and released. Now here is the kicker – he managed to do

this with avoiding all but two other pinks!

Fishing early one Sunday on the Kathleen River, Kluane National Park, Yukon, I caught some nice grayling to take home. I moved further down the river and encountered a lone fly fisherman. He was experiencing the peace and serenity of the Kathleen, which is like a river of sparkling Perrier water. I waited for the fly angler to speak first. “You know, I work perhaps too hard and too many hours in the Chicago Commodities Market. But it is worth it all to return to this river every year for two weeks of this awesome alone”. In his own way, he was accomplished at life.

Dave Monture



Dave Monture,
Director of Economic
Development

“The difference between the impossible and the possible lies in a person’s determination.”

**-Tommy
Lasorda**

Native Youth Services

The **Summer Youth Program (ages 7-12)** consisted of **Arts and Crafts** for the month of June, **Pizza and Games** for the Month of July, and in August an over night **Camp Out** at Camp Mueller. During the camp out, we had a couple of teens from the Native Youth Group (Together As One) take part in the activities. This event was enjoyed by the youth as well as their parents who attended as

chaperones. It was a great time for everyone and yes, they are already talking about the next one.

For the **fundraisers** to help with travel costs to go to AFN the **Native Youth Group (Together as One)** put on a **Spaghetti Feed** and a **Teen Dance** at the teen center and also are selling **Soy Candles and Natural Soaps**. We will continue to sell the candles and soaps

through out the rest of the year as they have been a very popular item.

The Native Youth Group will also be doing another fundraising effort. You will see these youth involved in a community cleanup project in conjunction with the Chamber of Commerce.

The group will continue to meet twice a week.

Teresa Stutes



Teresa Stutes,
Youth Specialist

Annual Picnic



Elders Potluck

“That some achieve great success is proof that others can achieve it as well.”

-Abraham Lincoln



Youth Activities



Youth Group Spaghetti Feed



Pizza and Game Day



*“Treat a child as though he already is the person he’s capable of becoming.”
-Haim Ginott*

Camp Out at Camp Mueller



Criteria for Rural Status:

- 1) A community with a population of more than 7,000 shall be presumed nonrural, unless such a community or area possesses significant characteristics of a rural nature.
- 2) Community or area characteristics considered in evaluating a community's rural or nonrural status include, but are not limited to:

Community Characteristics	Rural/non-rural Indicators
Use of fish and wildlife a) variety of species used b) pounds per capita harvested c) percent of population participating in subsistence	Rural Communities: - use a greater number of species - harvest more pounds per capita - have a greater participation than non-rural
Development and diversity of economy a) employment (high/moderate/low, seasonal/year-round) b) unemployment rate c) taxable income d) food costs	Rural Communities: - have lower and more seasonal employment - have higher unemployment - have lower taxable income - have a higher food cost
Community Infrastructure (measured by cost of electricity)	Rural communities have higher electric rates
Transportation a) variety and means b) dominate method c) miles of road system	Rural communities - have less variety and means of transportation linking them to distribution centers - have limited methods (e.g., plane, snow machine, 4-wheeler)
Educational Institutions a) level of education provided	Rural communities have a lower level of educational services provided locally
<i>New for Decennial Review:</i>	
Number of national retail stores (Wal-Mart, Sam's Club, Lowes, etc)	Rural communities have fewer national retail stores
Per capita harvest of only salmon and large land mammals	Rural communities harvest higher amounts of salmon and large land mammals

Criteria for Grouping: Communities or areas which are economically, socially, and communally integrated shall be considered in the aggregate.

- 1) **Are the communities in proximity and road-accessible to one another?** See OSM analysis that one community was not grouped even though there is no break in development between it and the larger community, and compare with Base and town.
- 2) **Do they share a common high school attendance area?** See OSM analysis where all children from small community attend school in larger community and yet they are not grouped.
- 3) **Do 30% or more of the working people commute from one community to another?** See OSM 2006 Report that only 10% of working-age people commute from base CDP to town.

Send Comments to: subsistence@fws.gov
 Office of Subsistence Management
 3601 C Street, Suite 1030
 Anchorage, Alaska 99503

Questions? Contact Rebecca Skinner (486-4449)

Rural Status is Important—You Can Still Make A Difference

Deadline October 27, 2006! The deadline for written public comment regarding designating Kodiak as a Non-Rural community is due October 27, 2006.

Comments can be e-mailed to: subsistence@fws.gov, or mailed to the Office of Subsistence Management, 3601 C Street, Suite 1030, Anchorage, Alaska 99503.

Subsistence Priority. Kodiak residents currently enjoy federal subsistence priority for hunting and fishing on federal lands and waters, and can subsistence hunt under federal regulations as well as state regulations. Differences between state and federal subsistence regulations include the Designated Deer Hunter program, extended hours for gillnetting, and increased bag limits for deer. The subsistence priority was created by Congress through the Alaska National Interest Lands Conservation Act of 1980, and implemented in the early 1990s by the Federal Subsistence Board.

10-Year Review. According to the Alaska National Interest Lands Conservation Act (ANILCA) the Federal Subsistence Board is charged with conducting a Decennial Review of Alaskan communities' rural status, starting with the first 10 year review based on 2000 Census data. Federal Regulations provide that the Board will review rural determinations every ten years and determine if a community has changed from a rural to non-rural status. Following a closed executive session meeting on June 22, 2006, the Board proposed that Kodiak should be changed from a Rural to Non-Rural community. For those of us living in Kodiak we know that Kodiak has not suddenly become "urban!"

Final decision December 12-13, 2006. If the Federal Subsistence Board decides to change Kodiak to Non-Rural status at its December 12—13, 2006, meeting Kodiak residents will no longer have a federal priority for subsistence. In addition, changes to the federal system could lead to big changes in state subsistence and subsistence halibut. If the State of Alaska sees a federal decision that Kodiak is Non-Rural it will closely consider its own decision that Kodiak is a rural area with access to subsistence resources. In addition, our access to subsistence halibut will probably disappear when the North Pacific Fisheries Management Council considers Kodiak is no longer considered a rural area by the Federal Subsistence Board.

Please comment if you care! If subsistence is a part of your life that you don't want to lose, please let the Federal Subsistence Board know. Send e-mail comments to subsistence@fws.gov, or written comments to Office of Subsistence Management, 3601 C Street, Suite 1030, Anchorage, Alaska 99503.



Developing Effective Study Skills

As Inspired by 7 Habits of Highly Effective People



Thomas Edison
once said:
“Opportunity is
missed by most
people because
it is dressed in
overalls and
looks like
work.”



Developing effective study skills is a personal journey. You must take a proactive stance and commit to incorporating the following habits:

1. Take responsibility for yourself. A sense of responsibility is a sign of maturity; it indicates your readiness to face the consequences of your decisions, and your confidence in mapping out your priorities.

2. Stand by your own hierarchy of values. The opinions of friends and people we admire are important; but you should be able to stand up for what you think is right.

3. Stick to your goals. You have priorities to live up to; follow up on the priorities you have set for yourself, do not give in to

the temptation of adapting the goals of your peers to assure yourself that you belong.

4. Identify your key productivity periods and places. Some people are morning people; some are afternoon people, while others are evening or nocturnal people. Figure out which time of the day you are most productive and maximize these periods by studying the most challenging subjects at these times.

5. Always try to see your glass as half-full. If it's worth doing, it's worth doing well so acknowledge yourself as a winner when you do your best in your studies; if you are content with your performance; a high grade serves as mere icing on the cake. It doesn't matter if you

perform well for yourself, for your peers or for your professor; it's good to give yourself a pat on the back every once in a while.

6. Be proactive; if there is a portion of the course material you don't understand and you feel that the text you have is insufficient, go to the library and find a better reference or go online; you can also ask classmates or the professor.

7. And finally, don't slack off. If you are beginning to get the hang of things, don't give in to the temptation to be complacent -- instead find ways to make your academic routine more challenging than usual.

Your Preferred Learning Style

A learning style is a way of learning. YOUR preferred learning style is the way in which YOU learn best. Three learning styles that are often identified in students are the **Auditory Learning Style**, the **Visual Learning Style**, and the **Tactile/Kinesthetic Learning Style**. Read about each of these learning styles to identify YOUR preferred learning style.
Are you an Auditory Learner?

Auditory Learners learn best when information is presented in an auditory language format. Do you seem to learn best in classes that emphasize teacher lectures and class discussions? Does listening to audio tapes help you learn better? Do you find yourself reading aloud or talking things out to gain better understanding? If YES, you are probably an Auditory Learner.
Are you a Visual Learner?

Visual Learners learn best when information is presented in a written language format or in another visual format such as pictures or diagrams. Do you do best in classes in which teachers do a lot of writing at the chalkboard, provide clear handouts, and make extensive use of an overhead projector? Do you try to remember information by creating pictures in your mind? Do you take detailed written notes from your textbooks and in class? If YES, you are probably a Visual Learner.

Are you a Tactile/Kinesthetic Learner?

Tactile/Kinesthetic Learners learn best in hands-on learning settings in which they can physically manipulate something in order to learn about it. Do you learn best when you can move about and handle things? Do you do well in classes in which there is a lab component?

Do you learn better when you have an actual object in your hands rather than a picture of the object or a verbal or written description of it? If YES, you are probably a Tactile/Kinesthetic Learner. Your learning style is your strength. Go with it whenever you can. When you can choose a class, try to choose one that draws heaviest on your learning style. When you can choose a teacher, try to choose one whose teaching method best matches your learning style. When you choose a major and future career, keep your learning style firmly in mind.

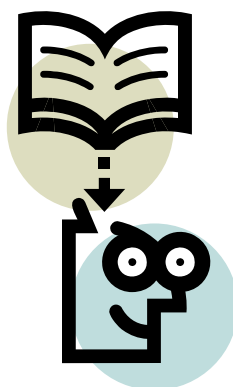
See our other study skills resources at www.how-to-study.com and don't forget to Check out the study skills programs at www.mangrum-strichart.com

Learning Styles

This chart helps you determine your learning style; read the word in the left column and then answer the questions in the successive three columns to see how you respond to each situation. Your answers may fall into all three columns, but one column will likely contain the most answers. The dominant column indicates your primary learning style.



“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



When you..	Visual	Auditory	Kinesthetic & Tactile
Spell	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
Talk	Do you sparingly but dislike listening for too long? Do you favor words such as <i>see</i> , <i>picture</i> , and <i>imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear</i> , <i>tune</i> , and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel</i> , <i>touch</i> , and <i>hold</i> ?
Concentrate	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
Meet someone again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or what you talked about?	Do you remember best what you did together?
Contact people on business	Do you prefer direct, face-to-face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
Read	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog & conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
Do something new at work	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
Put something together	Do you look at the directions and the picture?		Do you ignore the directions & figure it out as you go along?
Need help with a computer application	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor, or growl at the computer?	Do you keep trying to do it or try it on another computer?

Adapted from Colin Rose(1987). *Accelerated Learning*. Last modified: March 28, 1998 [Yannis Grammatidis](#)

Proudly representing the members of the Sun'aq Tribe of Kodiak

**SUN' AQ TRIBE OF
KODIAK**

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Kodiak, Alaska 99615

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Fax: 907-486-3361
Email: stktribe@alaska.com

We're on the Web!
www.sunaq.org

Shoonaq' Tribal Bingo

Regular Weekly Schedule: Tuesday through Thursday and Saturday:

Doors open at 6:00p.m. Bingo session starts at 7:00p.m.

Fridays:

**Doors open at 6:00p.m. First session starts at 7:00p.m.,
second session starts at 10:00p.m.**

Special sessions are held from time to time—

look for postings in local newspaper

Alutiiq Dancers Perform at Powerhouse in August for Alutiiq Museum Event




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