

# NATIVE VILLAGE OF KANATAK



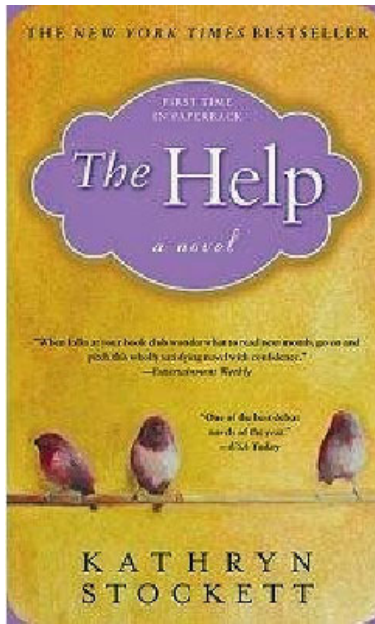
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## News from the Kanatak Tribal Council

President Henry Forshey was in Alaska in late March. From March 20-22, he was in Dillingham for the full-board meetings; these meetings encompass all the villages and tribes within the BBNA compact. Once back in the Anchorage/Wasilla area, Henry's efforts focused on selling the tribal boat, *Little Star*, as it is not being used—simply depreciating in value. Both the possibility of selling to an independent buyer and listing with a boat broker are being explored.

Executive director Tess McGowan will also travel to Alaska in late April; she and tribal administrator Shawn Shanigan will be working on tribal business, such as membership/ enrollment, in the tribal office in Wasilla, Alaska. In connection with Tess' trip to Alaska, there has been a change in the Kanatak book club meeting time. The book club will meet on a Monday this time. **\*\*\*Book Club Meeting Night is Monday, April 29th at 4pm AKDT / 8pm EDT\*\*\*** If you live in the Wasilla area, stop by the office for coffee, tea & light snacks while sharing thoughts about The Help. Or please call to join in at **1-866-895-5510 Passcode: 868521#** Remember The Help by Kathryn Stockett is a



New York Times bestseller novel about African-American maids working in the 1960's. It describes the prejudicial behavior these women were subjected to while trying to make a living.

At the quarterly council meeting on April 7, 2013, there was discussion of the BIA roads grant, including new contracts, computer system changes and a variety of other issues. Henry Forshey reported that the prospective buyer for the *Little Star* has indicated that he should be ready to purchase by April 22, 2013. There was also discussion of selling the river boat through a broker and replacing it with one more practical for the tribe's needs. To enhance tribal unity, the council approved investigation of costs and availability of monogrammed gear for tribal members. In addition, the council approved a gathering of the entire council in Pennsylvania in late June 2013.

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Spring!

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President Henry Forshey will be in Alaska again in late April, as he and Shawn Shanigan will attend the BBNA presidents-administrators meetings in Dillingham, Alaska on April 22-25, 2013.

According to the March report, Kanatak's Own Biggest Loser group of 13 has now lost nearly 190 pounds!! Congrats to them—keep on losing, folks! The competition ends on May 31, 2013.

Thanks to those folks who supported the *Choose Respect* initiative on March 28! Photos still accepted! See some below.

Additional details regarding council meetings can always be found on the Kanatak website (<http://www.kanatak.com>); previous newsletters and program applications are there, too. Check it out!

# CHOOSE RESPECT

ALASKANS ENDING THE EPIDEMIC OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT



Elder Alex (Tiny) Stailey and pre-teen Savannah Shanigan enjoy some piraq (fish pie) on March 28 in support of the *Choose Respect* initiative. Regardless of age or location, we know *Choose Respect* is the appropriate behavior, right?



## Kanatak, Historically Speaking...



It may be surprising to some folks, but there is yet another governmental entity with an impact on Kanatak, namely the **Kodiak Island Borough**, which was founded on September 24, 1963. This is evidence of the long relationship between Kanatak and Kodiak. The **Kodiak Island Borough** is a borough located in the U.S. state of Alaska. As of the 2010 census, the population was 13,592. The borough seat is the city of Kodiak. The borough has a total area of 12,024 square miles, of which 6,560 square miles is land and 5,464 square miles (45.44%) is water. Most of the land area belongs to Kodiak Island, but a thin strip of coastal area on the western part of the Alaska Peninsula (including Kanatak) and other nearby islands (Afognak Island, Shuyak Island, Marmot Island, Raspberry Island, Little Raspberry Island, Whale Island, Spruce Island, Woody Island, Uganik Island, Sitkalidak Island, Tugidak Island, Sitkinak Island, Chirikof Island, and the Semidi Islands) are also included in the borough. The waterway between the island and mainland is known as the Shelikof Strait. South of the island are the open waters of the Pacific Ocean. Adjacent boroughs include the Kenai Peninsula Borough to the north and the Lake and Peninsula Borough to the northwest. By the way, there are two types of governing, political units in Alaska: the borough and the census district aka unorganized borough. The U.S. state of Alaska is **not** divided into counties, as 48 other states are (Louisiana having parishes instead), but it is divided into eighteen boroughs, which function somewhat similarly to counties in other states. However, unlike county-equivalents in the other 49 states, the organized boroughs do not cover the entire land area of the state of Alaska. The area not part of any organized borough is referred to as the *unorganized borough* or census district.

## Alaska Native History or How Did We Get Here?

**Early Military in Alaska:** For most of the 1930s Alaska's non-voting delegate to Congress, Anthony Dimond, argued without success that spending money to fortify Pearl Harbor in Hawaii without taking any precautions to defend Alaska was like locking one door of a house and leaving another wide open. He said the territory could be taken "almost overnight by a hostile force," and any effort to recapture Alaska would come at a cost of millions of dollars and thousands of lives.

A future five-star general and commander of the Army Air Forces in World War II Lt. Col. Henry H. "Hap" Arnold, became one of the most strongest supporters of the need to defend Alaska. It wasn't until the late 1930s that Congress finally acted, approving funds to defend Alaska.

Two years before the attack on Pearl Harbor in 1941, the only military installation in the Alaska territory was the Chilkoot Barracks in Haines, an old Gold Rush facility where the troops had ancient Springfield rifles. Their only transportation was a 52-year-old tug boat with so little power that it couldn't move against a 30-knot headwind on Lynn Canal.



The fortification of Alaska became an urgent national priority after the attack on Pearl Harbor on December 7, 1941. People were afraid that Alaska would be used as a stepping stone to attack the mainland. From then on, military issues were a priority for the federal government. The war brought the building of major military bases in Anchorage, Fairbanks and across the territory, along with many civilian airfields and other facilities. The building of the Alaska Highway along with other new roads and docks, wharves and facilities also contributed to the greatest period of sudden change in Alaska history. The government spent more than \$1 billion in Alaska during World War II, a time that was both an economic and political turning point.

Military and other government spending replaced fishing and mining as the major Alaska industries. From a high of 153,000 military personnel in 1943, the number dropped to less than 20,000 at the end of the war.

In the early 1950s, the government spent an average of \$350 million per year on defense. In the 1940s, the civilian population climbed from 74,000 to 112,000. Because of the military, Anchorage became the economic capital of Alaska. The new immigrants joined with civic leaders from various towns in a campaign for political equality.

(Note: More information about the Alaska Territorial Guard appeared in the July 2011 Kanatak Newsletter, p. 11.)



## Alutiiq Sewing

### ***Mingqun kakiwigmi.* = The needle is in my sewing bag.**

With a thimble made from a thick piece of hide, a sharply pointed bone awl and a slender needle, sewing began. First, a seamstress used her awl to pierce a hole in her hide. Then she used a slender bird bone or ivory needle to pull the thread through the hole. Some needles had tiny eyes. Others had a small knob for attaching the thread. Still others were unmodified. A sewer simply wrapped strands of sinew around these needles.

Seamstresses stored their tools in beautifully decorated bags or *kakiwik*. Men carried similar bags, with tools for repairing boats and clothing.



In the above photo, museum curators examine a traditional *kakiwik* from the Etholén Collection in Finland. This collection holds roughly 700 nineteenth century ethnographic items collected in Alaska by Arvid Adolf Etholén. Many pieces originated from the Alutiiq region and offer a rare glimpse into the intricate stitches and durable materials that people utilized in their clothing.

## Keeping Body and Soul Together, the Native Way

If alcoholism seems like a lot to handle, imagine growing up with addicted parents. The alcoholic family is one of chaos, inconsistency, unclear roles, and illogical thinking. Arguments are pervasive, and violence or even incest may play a role. Children in alcoholic families suffer trauma as acute as soldiers in combat; they also carry the trauma like an albatross throughout their lives.

Not only is the experience devastating, it's common, says Stephanie Brown, founder of the Alcohol Clinic at Stanford Medical Center, where she formulated the developmental model of alcohol recovery. Seventy-six million Americans (about 45 percent of the U.S. population) have been exposed to alcoholism in the family in one way or another, and an estimated 26.8 million of them are children. "These children are more at risk for alcoholism and other drug abuse than are children of non-alcoholics, and more at risk of marrying an alcoholic as well." Overcoming the legacy of a parent's alcoholism may be difficult in part because there is a long history of denial. "The family is dominated by the presence and denial of alcoholism, which becomes a major family secret," says Brown, today director of the Addictions Institute in Menlo Park, California. The secret becomes a governing principle required to hold the family together, the scaffolding for coping strategies and shared beliefs, without which the family might fall apart.

Claudia Black, a leading expert on adult children of alcoholics and author of *It Will Never Happen to Me*, says these children grow up with three dangerous rules: don't trust, don't feel, and don't talk. Since alcoholic parents are so self-absorbed, they forget birthdays and other important events, leaving their children with the sense that they can have faith in no one. Since the parents inflict so much pain on their families, they teach their children to suppress their emotions just to survive. Indeed, alcoholic parents are prone to angry or violent outbursts that (along with the drinking itself) they end up denying, and children in such a home may buy the delusion, themselves. Since the children are inculcated to deny the reality around them, they develop a resistance to talking about urgent, important, or meaningful aspects of life.

Brown adds that children of alcoholics may suffer depression, anxiety, and compulsions, all related to the grueling experience of growing up in such a home. Dealing with the legacy of disturbance means treating the traumatic stress, she says. First and foremost, adult children of alcoholics "have issues with control." That means they are afraid of others and have problems with intimacy; they harbor anxiety that if they lose control, they may become addicts themselves.

The most important emotional leap for such a survivor: Separating the past from the present. They must learn to realize that when they overreact to something now, "they are really feeling pain from the past." Once they have that skill, they can start to move on.

Brown recommends psychotherapy for adult children of alcoholics, and states that group therapy may work extremely well. "When family distortion is the problem, groups are ideal for bringing that out." Brown especially recommends seeking support from Adult Children of Alcoholics World Service Organization or Co-Dependents Anonymous, which offer 12-step programs.

### The Signs—Thirteen characteristics of adult children of alcoholics:

1. Can only guess what normal behavior is
2. Have difficulty following a project from beginning to end
3. Lie when it would be just as easy to tell the truth
4. Judge themselves without mercy
5. Have difficulty having fun
6. Take themselves very seriously
7. Have difficulty with intimate relationships
8. Overreact to changes over which they have no control
9. Constantly seek approval and affirmation
10. Usually feel that they are different from other people
11. Are either super responsible or super irresponsible—there's no middle ground
12. Are extremely loyal, even in the face of evidence that the loyalty is undeserved
13. Are impulsive. They tend to lock themselves into a course of action without giving serious consideration to alternative behaviors or possible consequences. This impulsively leads to confusion, self-loathing and loss of control over their environment. In addition, they spend an excessive amount of energy cleaning up the mess.



## Tribal Happenings *Celebrating those special moments in our lives....*



Happy birthday to these Kanatak tribal members who are celebrating birthdays during the month of **April**:

- April 2: Nathan Forshey (2)
- April 7: Destin Yovino (7)
- April 15: Patrick Lind (52)
- April 18: James Baehm (22)
- April 20: Samantha Shanigan (34)
- April 25: Daniel Forshey (52)
- April 25: Maria Yovino (28)
- April 28: Tony Forshey (60)
- April 28: Bonnie Forshey (60)
- April 29: Gage Wagner (21)
- April 30: Misty Apalone (31)

\*\*\*"If you wait until you can do everything for everybody, instead of something for somebody, you'll end up doing nothing for nobody."

~ Malcom Bane



### **Twenty-Three Things a Father Should Tell His Daughter:**

1. Never, ever condone disrespectful, abusive behavior, whether emotional, psychological, physical or sexual.
2. Be honest with your feelings. If a man is wasting his time with you, let him down gently, but do let him down. He will get over it. But toying with his affections just because it builds your ego is just cruel.
3. Never turn someone down when he asks you to dance. You have no idea how long he struggled with mustering up the courage to ask you. And after all, it's

only a dance. See #2 to avoid leading him on.

4. Get an education and learn to take care of yourself. Get a job as soon as you can and save money, so you will never be totally dependent on someone else. Unplanned, unexpected events happen in life; your well-being is your responsibility.

5. Smart is the new cool. Never be ashamed of being smart or nerdy, having freckles or glasses, or loving science and math. Smart never goes out of style, it stays with you as you grow, and it will lead you down the most successful paths. Nothing is more attractive than intelligence.

6. Help out around the house, learn to cook and clean, but also learn to change your own oil, put air in your tires and even change a flat. Get comfortable with power tools. You can do anything a man can do, including organic chemistry, unclogging toilets and assembling IKEA furniture.

7. Be a lady. Don't use foul language unless you really, really hurt yourself or are under extreme emotional distress. Always close the door when going to the bathroom. And never allow someone in there with you. Some things just should never be shared.

8. Be kind at all times, in big and little ways. Don't expect anything in return. When in a relationship, never speak unkindly, with blame or accusation. Jealousy is a waste of energy. Just don't go there.

9. Communication (talking and really listening) is essential in any relationship.

10. Take pride in your appearance, but strive to be low-maintenance. True beauty is created through health and happiness, not makeup and designer clothing. Older women wear makeup so THEY can look like YOU. Less is more. A lot less is a lot more.

11. People will judge you by the way you look. It isn't fair, but it's the way the world works. Keep that in mind as you pick your outfit in the morning.

12. Be confident, but never be afraid to admit when you are wrong.

13. Never underestimate your power to emasculate. Take the high road in an argument. The fastest way to strain a relationship with a man is to bring up old drama. We can't remember to hang up the bath towel or put down the toilet seat. What makes you think we remember that stupid thing we did 6 months ago?

14. Remember that 'forgiveness' is for the giver. Because no matter how much negative energy you spend on resenting someone for the wrongs they have done to you, they won't feel it, but you will. Let it go.

15. Pay attention to the way a man loves his mother.





## Kanatak Kids

# 2013 Native Youth Olympic Games of Alaska

Each year, more than 2,000 students from more than 50 communities across the state of Alaska participate in the NYO and JNYO Games. Youth strive for their personal best while competing in traditional contests including the Alaskan High Kick, Seal Hop and many more. NYO is open to youth from all backgrounds, and fosters important values including teamwork, leadership, respect, and healthy lifestyles.

### **April 25 – April 27, Dena’ina Civic and Convention Center, Anchorage**

The Senior Games are open to all Alaska students in grades 7–12. Participation is limited to one boy and one girl athlete per event, per school. **ADMISSION IS FREE** for all NYO events.

Tribal member Nathan Shanigan, a 7th-grader, is participating in NYO again this year.



# Right-Clicked

*Photos of tribal members*



McGowan Family: Pierce, Mason, Tess, Don, Jeremy and Darion.



Jeanette Shanigan and doll-maker Ursula Paniyak pose for a photo with the Chevak doll for which Jeanette traded one of her beaded necklaces.



Alex Stailey, Ranae Booher & husband Joe, Henry Forshey

Jessica and Dustin Lukitsch



Cousins Savannah and Nichole Shanigan had their first lemonade stand of the season on April 5. Then it snowed for a week again! Oh, the joys of spring weather in Alaska.





## Beading 1.3 with Jeanette

### Lesson 3: Stringing for Kids

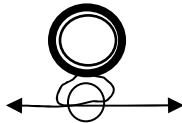
#### Mother's or Father's Day Key Chain

This technique is often used by children to make beaded animals, also known as beady babies. As I recall I taught my grandkids how to do this technique as early as age three; of course, my grandkids have been around beads their entire lives. But I also used to volunteer at their grade schools and teach this design as well; I believe I started with the kindergarten level, so ages 5-6. The pony beads are available in many colors at your local Wal-Mart.

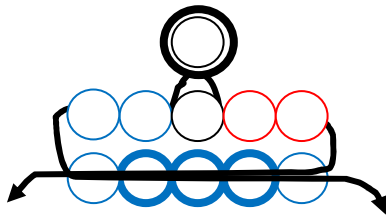
#### Materials:

- 1 key ring
- 1 yard of artificial sinew or waxed linen string
- 44 color A pony beads (background)
- 29 color B pony beads (letters)

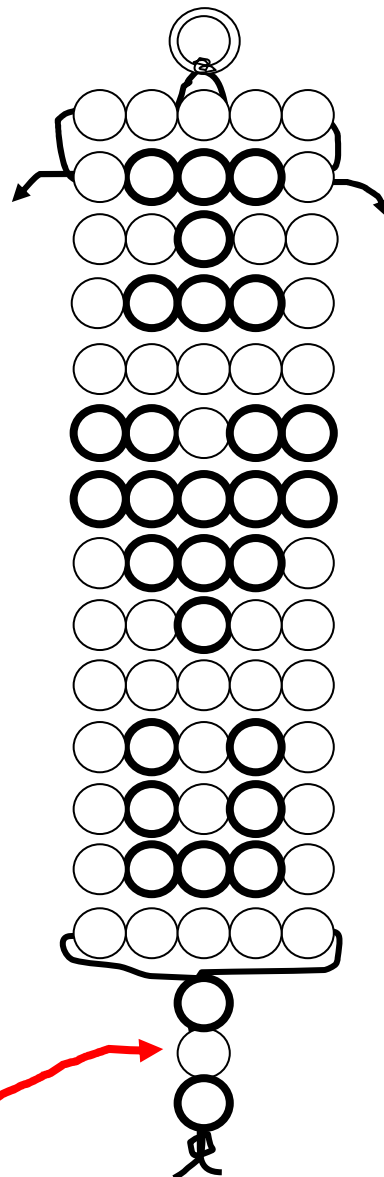
1. Color the graph your colors.
2. Center and tie the sinew on the key ring.
3. Put one color A bead centered below the key, as illustrated.



4. String 2 color A on one thread (red). String 2 color A and all the beads for the second row on the other thread (blue). Pass the thread with 2 beads on it through the beads of the second row, as illustrated.



5. String the beads of the third row on a thread. Pass the other thread through the beads.
6. Continue in this manner until the entire piece is done.
7. Center the two threads, String three beads for the fringe and tie a large knot. Finished!



## Programs Available through Kanatak



### Do you need help with housing?

If you are a member in good standing with the Native Tribe of Kanatak and meet certain income requirements, you may be eligible for assistance from the Bristol Bay Housing Authority. The income requirements are established by HUD and vary depending on the place of residence and the number of family members. For example, to meet the income eligibility standards in the Mat-Su borough, where Wasilla is located, the yearly income for a family of three can be no more than \$54,450; yet, if that same family of three resided in the Anchorage area, that maximum would be \$58,000.

Through BBHA, there are currently programs for rental assistance, utility vouchers, home repairs, down-payment assistance for home purchase and crime prevention/youth or cultural activities. There is also the option for the Kanatak tribal council to assess the memberships' housing needs and create other programs in the future, subject to federal guidelines and BBHA approval.

To apply, you **must** fill out an 18-page application which includes supplying proof of income, such as yearly income tax forms. The application is available at the BBHA website: <http://www.bbha.org/apply.htm> Phone numbers for contact with either the King Salmon or Dillingham offices are also available at the above-listed website.

Once your application is complete, mail it to this address:

*Bristol Bay Housing Authority*

*PO Box 50*

*Dillingham, Alaska 99576*

**Do NOT mail your application to the Kanatak**

**tribal office!**

**Find applications on the Kanatak website: <http://www.Kanatak.com>**

**Have you completed the tribal enrollment process for your children, too?**



### Native Village of Kanatak

The following programs are available for the membership:

**Education Program:** Funds to be awarded to eligible tribal members seeking higher education and/or specific job-skill training required for employment/certification.

**Tribal Youth Activity Program:** Funds to be awarded to non-adult, eligible tribal members for extracurricular activities, such as school sports, boy/girl scouts, summer or sports camps, music lessons, art lessons, dance lessons, etc.

**Emergency Assistance Program:** Funds for tribal members' unexpected emergencies that threaten basic quality of life, such as fire damage, leaking roof, non-functioning furnace, water heater, etc. (Low-income members should seek this assistance through BBHA.)

**Wellness Program:** Funds for *Kanatak's Own Biggest Loser* program; also provides educational materials and promotion of healthy living, including weight-loss, suicide prevention, alcohol/drug prevention, domestic violence, and tobacco-use prevention. Promotes and supports *Choose Respect* program.

**Tribal Burial Assistance Program:** Funds to be awarded to help with final expenses of tribal members who were in good standing with the tribe at the time of passing.

**Culture Program:** Funds to promote culture and communication among tribal members; for example, book club, AFN & the Fur Rondy Craft Show.

**Bicycle Safety Program:** Program completed this year.

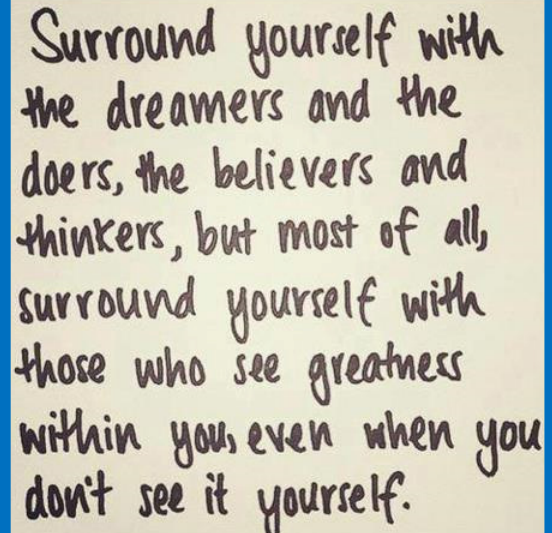
*These programs generally require the following:*

- *completed tribal membership/enrollment (member in good-standing)*
- *completed application for program*
- *documentation of need/amount, bids where requested, and proof/receipts of expenditures*
- *name/address of 3rd party to whom checks will be issued; as a rule, checks are not issued directly to tribal members.*

**Contact the executive director, tribal administrator or Kanatak tribal council for additional information about these programs.**

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Surround yourself with the dreamers and the doers, the believers and thinkers, but most of all, surround yourself with those who see greatness within you, even when you don't see it yourself.

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