

Native Village of Kanatak

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News from the Kanatak Tribal Council

A tribal council meeting was held on Sunday, June 13, 2014. One of the orders of business included the councils' appointment of an election committee. Four tribal members had volunteered for the task; ultimately, Nicole Forshey Breneman, Kathy Hansen and Ron Walters were named to the committee, with Nicole designated as chairwoman. The committee is tasked with getting council election materials out to the membership by mid-August. The terms of two council members, namely Henry Forshey and Tony Forshey, will expire soon. Tribal members interested in serving as a Kanatak tribal council member should watch their mail for election materials and act per instructions included within the materials. The actual election occurs in October.

In other business, council member Sophia Rane attended the BBNA Tribal Justice Conference and reported that she found the conference very informative, especially in regard to health and wellness. She hopes to attend future conferences as well.

The council also reported that the trip to the actual site of the Native Village of Kanatak was a total success. The goals of the trip were met and all six members who traveled to Kanatak did so safely and without incident. President Henry Forshey expressed hope that with lots of hard work and dedication, perhaps the tribe could secure land once again in the area, as indeed, it is a very beautiful place.

Additional information about the happenings of tribe, as well as details and applications for the various programs, can always be found at the Kanatak web site at <http://www.kanatak.com> Be sure to check it out, folks!

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Shawn Shanigan was one of the six tribal members that made the recent history-making trip to the original village site of the Native Village of Kanatak. Here are some of his thoughts and photos of the trip:

Shawn, what was the purpose of the trip? For several years, as part of the BIA Roads Program, the Kanatak leadership has been planning to create a trail inventory for the BIA. This summer that happened.

What was the best part of the trip? For me, the best part was finding the basement of the general store. My dad Gordon was born there in 1954, the last Kanatak tribal member to be born in Kanatak. I enjoyed all the hiking and walking, too.

What else did you find at the village site? We found two intact buildings and the remains/foundations of those that had been burned in the 80's. I wish we had found the cemetery where my great-grandma is buried, but we didn't.

What was the worst part of the trip? Probably the long nights and cold weather. We took turns sleeping because we didn't want any bear surprises. Plus we had to cut our visit short because of impending bad weather.

Did you see any wildlife? Yes, a mama brown bear with two cubs, eagles, hawks, whales and a ground squirrel mooching food. There were mosquitos, but I found the gnats more annoying!

What was the most unbelievable aspect of the trip? I still can't quite believe that I've actually been to Kanatak; I think my dad and grandpa would be proud. Also I can't believe how incredibly beautiful it is there—and I live in Alaska, so I know its beauty!

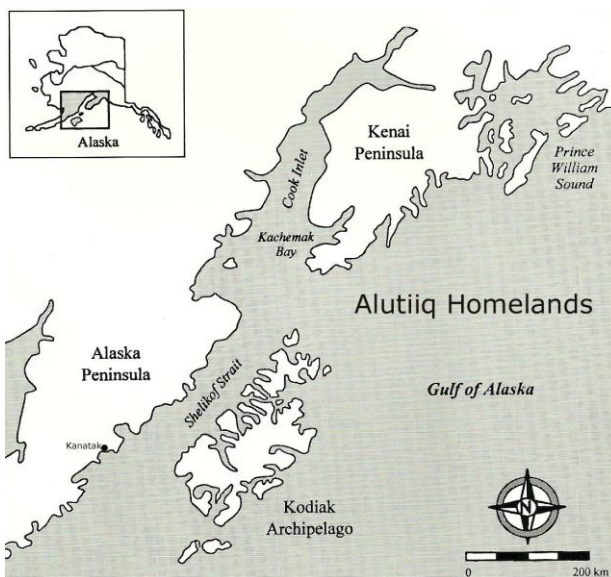
Do you have any hopes or aspirations regarding Kanatak after this trip? I sincerely hope we find a way to get back land in Kanatak; I want every interested tribal member to be able to experience Kanatak as I did.



Kanatak, Historically Speaking...

Truly, a history-making, unique event happened as far as the Native Village of Kanatak is concerned during the month of June. Six tribal members, namely Henry F Forshey, Henry M Forshey, TJ Forshey, Joe Kalmakoff, Shawn Shanigan and Ron Walters, actually visited the original Kanatak village site on the Alaska Peninsula across from Kodiak Island. Four of the tribal members who live in Pennsylvania, namely Henry F Forshey, Henry M Forshey, TJ Forshey and Ron Walters, arrived in Alaska a week before the start of the trip to Kanatak. As a cost-cutting measure, they stayed in the home of Jeanette Shanigan during her absence. In addition to preparing for the trip to Kanatak, the group did repairs to the fence around the Kanatak property in Wasilla, as well as cleaning out a storage shed there.

On June 22, the group made their way to Homer, Alaska via vehicle. From Homer, they took their vehicle by ferry to Kodiak, the city, on Kodiak Island. From Kodiak they flew by chartered float plane to Kanatak. Finally, by late night on Sunday, June 22, a site had been scouted and a camp set up in the Kanatak area.



The goal of the trip was to complete a Kanatak trail inventory for the BIA; in addition to completing this goal, the intrepid group was able to explore what remained of the original village site of the Native Village of Kanatak. Unfortunately, a bad weather front necessitated an earlier return to Kodiak than planned, but the

unexpected extra time in Kodiak was used to track down historical, as well as real estate issues in Kanatak—all with mixed results. The tribal members returned to Wasilla, Alaska on Friday, June 22. President Henry F Forshey declared the trip an overwhelming success!

Alaska Native History or How Did We Get Here?

The Legislative Branch Every state except Nebraska has a two body legislative system, made up of two chambers that act as a check and balance against each other. Alaska operates with this arrangement.

The Alaska legislature is the second smallest in the United States. It makes laws that set policy for the state. Since 1965 the members of both the 40-person House of Representatives and the 20-person Senate have been chosen from districts that formed along population lines.

The constitution called for representation in the house based on population and representation in the senate based on population and geography. That senate idea allowed more representation for rural areas, but decisions by the U.S. Supreme Court mandated "one person, one vote" districts which required that all representation be based on population.

The increasing number of residents in the Anchorage area has led to a growing concentration of political power in that part of the state.

Every ten years when the federal census is completed, the legislature is re-apportioned by a board appointed by the governor, legislature and state Supreme Court. Each house district is supposed to contain, as nearly as possible, one-fortieth of the state population. Each senate district is to include one-twentieth of the population.

The boundaries can be drawn in many ways and the process has usually sparked accusations of partisanship by opponents of the party in power. The stakes are high because the positioning of the district boundaries has an influence on what type of candidate is likely to win office in a given area.

The legislature meets every year in Juneau for a session that is limited by a 1984 constitutional amendment to no more than 120 days.

Members of the House have to be at least 21 years old and members of the Senate at least 25. All legislators must be qualified voters and residents of Alaska for at least three years and of their individual districts for at least one year. Members of the House serve two-year terms. Senators run for four-year terms. It takes a majority vote in both chambers to enact a law. The legislature also considers resolutions, which are not binding - they are statements expressing the opinion of either the House, the Senate or both.

Resolutions don't go to the governor for approval, but bills do. The governor can veto a bill or reduce or eliminate items in any bill that appropriates money for a specific purpose. The legislature can override a veto with a two-thirds vote in each chamber. If the veto is of an appropriation or tax measure, it requires a three-quarters vote in each chamber to override the governor.

Unlike some states, the governor of Alaska does not have the power of "pocket veto," which means to let a bill die by not signing it. In Alaska, a bill becomes law even if the governor does not sign it.

Alutiiq Sewing

For more than a year, a team of Alutiiq skin sewers has been hard at work studying, teaching, and most of all sewing. Their goal—to recreate an Alutiiq caribou skin parka and share skin sewing with others. The members of the New Sewers Club began their journey in January 2013 with a visit to Helsinki, Finland, to view the Etholén collection, a spectacular assemblage of mid-19th century Alutiiq clothing. Under the mentorship of Susan Malutin, Cathy Cordry, Marya Halvorsen, Teri Schneider, and Hanna Sholl learned garment construction, stitching, and design. Then they taught sewing in Kodiak Alutiiq schools and helped students create pieces for a youth sized caribou skin parka. Now they are putting the pieces together and adding the finishing touches to “little lady,” as they have come to call their lovingly crafted garment. But that’s not all. The sewers are also helping to document their experiences on video.

With support from the Institute for Museum and Library Services, the Alutiiq Museum is producing a film to record the impacts of the year-long skin sewing project. Interviews with the sewers, images from their studies, and footage of the parka production process are all helping to preserve and share their journey. Produced by Alf Pryor, the 15-minute film will debut at the end of April with the completed parka. A sense of excitement infuses the film.

“We were each interviewed before the trip to Finland,” said Alutiiq Museum Cultural Education Specialist and skin sewer Marya Halvorsen. “I felt shy and don’t think I was able to express my excitement for the project. But then we were interviewed again after the trip, and I was overflowing with enthusiasm! I’ve learned stitching techniques, and I’ve also made a set of new friends. Our group has bonded over this art. We laugh, we speak some Alutiiq, and we learn from each other. Everybody’s ideas are important. I think it was probably like this in the past.”

Photo: Marya Halvorsen demonstrates stitching for the film crew.



Keeping Body and Soul Together, the Native Way

As noted in the May edition of this newsletter, the first step to personal happiness is understanding that happiness isn't about having a perfect life; it's about choosing behaviors that can increase your joy! In other words, any happiness you get, you've got to make yourself. With that in mind, over the remaining two issues of this newsletters, surefire strategies to boost your bliss, joy, and happiness will be suggested:

4. **Forget the gym, head for the outdoors:** A good mood may only be a few minutes away, but you're going to have to leave the house to get it. According to researchers at England's University of Essex, light exercise done in a natural environment—such as a park, outside by a lake or even in the backyard—elevated both mood and self-esteem in participants. The best news? You don't need to work out for hours to reap the rewards. The most significant happiness spike was felt after only five minutes! And here's another reason to lace up those sneakers: we all know that regular exercise is good medicine, but did you know that it can work as well as some of the most effective antidepressants? Renowned happiness researcher Tal Ben-Shahar, found that 30 to 60 minutes of exercise four times a week can be as effective a mood enhancer as some of our most powerful psychiatric medicines.
5. **Retreat:** Stepping away from your everyday can help you gain perspective by giving you the *me-time* you need to relax and refocus. Think quiet country-sides or serene beaches, not clubs and bars. The idea is to be in a place that allows you to tune into yourself. Can't manage to swing the next flight to Jamaica? Take a day off from work for a home retreat; carve out a period of time to do absolutely nothing, say for 20 minutes to an hour. Sit or lie somewhere comfortable and pleasant and just be.
6. **Declare your love:** Experts say the single greatest predictor of joy is also one of the simplest: building and maintaining strong, loving, caring bonds with family and friends. Tell them how much you love them. Then go ahead and explain exactly what you so enjoy about their presence in your life. If you're lucky enough to have such people in your life, don't wait another moment to tell them how much they mean to you.
7. **Reconnect:** One of the ways to refill your happiness cup is to get together with close friends for a good chat. Don't wait for a special occasion! Studies show that social interactions with cheerful, supportive people can fill our happiness cup to overflowing.
8. **Do only the next necessary thing:** Some of our unhappiness stems from reviewing events we can't go back and fix, or worrying about what might befall us next year. Stop bracing for the worst and just do what's in front of you today. As writer Mark Twain once noted: "I've lived through some horrible things in my life—some of which actually happened." Not only is fretting an enormous waste of energy, but it also leaves less time for what can actually bring us calm—tackling our challenges as they arise.



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



Happy birthday to these tribal members who celebrate birthdays in July and August:

- July 4: David Stailey
- July 6: Shawn Shanigan
- July 7: Jessica Forshey
- July 10: Alexandria Yovino
- July 12: Rhonda Wagner
- July 12: Charolette Kalmakoff
- July 13: Henry M Forshey
- July 13: Dustin Lukitsch
- July 15: Aiden Byars
- July 19: Dawn Rane
- July 19: Jesse Yovino
- July 21: Sasha Johnson
- July 29: Shyanne Pitchford
- July 30: Isaiah Garner
- July 31: Makayla Lukitsch
- July 31: Airyanna Shilling

- August 2: Dominic Kalmakoff
- August 3: Danesa Holm
- August 4: Mathew Wagner
- August 5: Crystal Ketchum
- August 9: Nailene Lind
- August 14: Jessica Pitchford
- August 16: Daniel Finn Shanigan
- August 17: Alexis Allen
- August 17: Natalie Rane
- August 18: Joseph Baehm

- August 21: Noel Lukitsch
- August 22: James Rane
- August 22: Marti Willis
- August 22: Alyssa Jabs
- August 24: Devon Sizer
- August 26: Ronald Lind
- August 28: Joshua Baehm
- August 28: Jared Forshey
- August 28: Anthony Yovino
- August 30: Riley Mosquito

***Nichole Shanigan arrived safely home, after a 3-week exchange trip to Japan. Pictured are brother Nathan, Nichole, and mom Shawna Main.



***Don McGowan, husband of Tess McGowan and father of Darion, Jeremy, Mason and Pierce, has been declared cured of cancer by his doctor!



Kanatak Kids

Given half a chance, bears will enter a smoke-house and eat every piece of salmon. What makes this cartoon humorous?

Can you think of another example of combining the traditional Native life-style with modern living? If so, draw the cartoon and submit it for publication in the next newsletters. All submissions will receive a prize. Mail your cartoon to Jeanette Shanigan, PO Box 876595, Wasilla, Alaska 99687 by September 1, 2014.

Thanks and have fun!



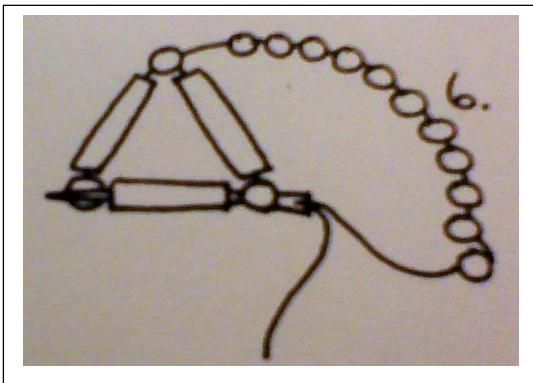
Beading 1.16 with Jeanette

Lesson 16: Beading for Kids, Tweens, Teens and Adults

Though this bracelet pattern is a bit redundant in terms of technique, it does create an interesting bracelet that will get rave reviews! It simply looks more difficult and challenging than it is. If preferred, increase the length for a necklace instead. Or even make both! This is a continuation of the pattern and technique from the May edition of the newsletter.

Spiral Bracelet

6. Build a 3-sided pyramid of seed beads to finish the chain: string 11 beads and pass the needle and thread left to right through the next seed bead and bugle bead. Next string 5 beads and pass the needle and thread through the middle bead of the 11-bead loop. Reinforce the thread path for strength.
7. Using the 10-inch thread tail at the other end, repeat step #6.
8. Attach the clasp OR string it on while doing steps #6 & 7. Personally, I like to use magnetic clasps for bracelets, as they're easier to fasten!
9. Here's a photo of my completed bracelet. Next newsletter I'll explain how I used the same spiral beadwork technique to create a necklace featuring Pandora-like beads.





Heather Kalmakoff and mom Nikki Shanigan

Right-Clicked

Photos of tribal members



Ron Walters, Henry Forshey and TJ Forshey



Stacey Shanigan, Jeanette Shanigan & Brittany Arey



Misty Mosquito and daughter Riley

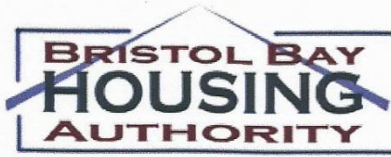


Tess McGowan with sons Pierce and Mason.



Michelle and Joey Carbone, children of Helen Carbone

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 may be available to the membership, once FY2014 funding is received:

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.

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.

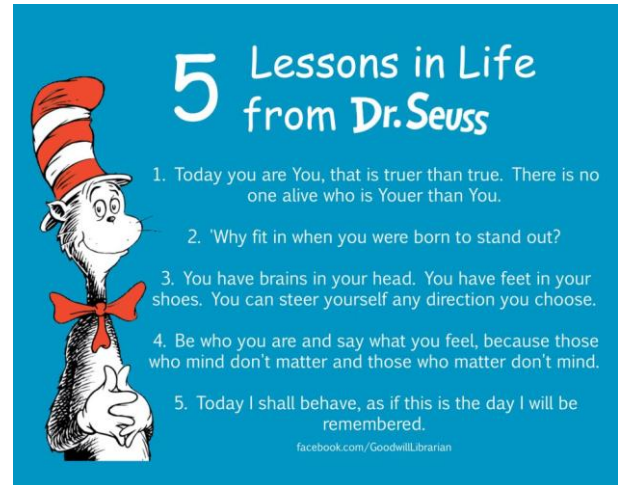
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