

Raven's Circle



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Record-breaking temperatures and dried-out vegetation set the stage for major fires in much of Southcentral Alaska this summer, with 2.5 million acres burned.

ALASKA CONTENDS WITH A BUSY WILDLAND FIRE SEASON

If you looked outside your window this summer, you know that Alaska faced an extremely active fire season. July was the hottest month in recorded history in Anchorage and the rest of Southcentral Alaska, with very little rainfall. Throughout much of August, Anchorage's air quality index ranged from "Moderate" to "Unhealthy," with the Kenai Peninsula frequently reaching "Hazardous" levels. As of the end of August, 682 fires had burned more than 2.5 million acres across the state.

Thankfully, Alaska is a long way off from the 2004 record of 6.5 million acres burned. But the early start to the 2019 fire season—and the move by the Alaska Department of Natural Resources to extend the official fire season by a month, through September—is a reminder to keep wildfire prevention and safety tips in mind as we head into fall. In a state that is warming twice as fast as the rest of the globe, scientists say that hot, dry summers will likely become the norm in Alaska.

This fire season, CIRI's Land and Natural Resources department worked with state and federal fire officials to closely monitor fires on and near CIRI land. Three fires were particular concerning:

- **The Swan Lake Fire**, largely located within the Kenai National Wildlife Refuge and along the Sterling Highway, burned more than 160,000 acres since being sparked by lightning in early June. It is currently the most expensive fire in the country, at an estimated cost of \$46 million to fight. While very little CIRI land was at stake, CIRI Land and Natural Resources staff coordinated with the state Incident Management Team about potential risk to a few small CIRI parcels that required special protection.

- **The McKinley Fire**, located south of Talkeetna and near Willow, burned more than 3,200 acres and affected some CIRI parcels. The fire grew in mid-August during a weekend wind storm, which nearly doubled its acreage and led to the destruction of more than 50 homes and buildings near Talkeetna. Due to the amount of timber killed by spruce bark beetles in this area, CIRI Land and Natural Resources staff have been in contact with authorities regarding future fire-mitigation plans for CIRI and village property.

- **The Caribou Lake Fire**, located 25 miles northwest of Homer, started Aug. 19. A week after initial discovery, smokejumpers, hotshot crews and emergency service personnel were able to contain only 20% of the fire, with more than 900 acres burned. As of Aug. 31, fire crews had achieved 85% containment. Located on State- and CIRI-owned land, this fire affected the most CIRI land, and areas of critical concern continue to be monitored.

The CIRI Land and Natural Resources team continually works to ensure that CIRI land is preserved and protected for current and future generations shareholders. During this particularly active fire season, emphasis was placed on cooperative management of fires that threatened CIRI land.

CIRI would especially like to thank the wildland firefighters, including those from out of state, who battled the fires and provided resources and support to nearby residents. For current information on all fires, visit fire.ak.blm.gov or inciweb.nwccg.gov.



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

'Prepared, Not Scared'

Alaskans know how quickly disaster can strike—earthquakes, snowstorms, tsunamis and volcanic eruptions are simply a part of living in such a unique and beautiful place. But disasters can strike anywhere, especially as we deal with the effects of climate change: In the first half of 2019, natural disasters forced a record 7 million people to be displaced.

Prepare now to have the tools and plans in place to make it on your own, at least for a period of time, no matter where you are when disaster strikes. The U.S. Department of Homeland Security (DHS) has designated September as National Preparedness Month to promote emergency planning now and throughout the year, as the key to weathering any disaster is preparation.

The DHS recommends the following preparedness tips:

1. **Compile a kit of emergency supplies to last each family member at least three days.** Include a gallon of water per person per day for drinking and sanitation, non-perishable food items, warm clothes and sleeping bags, a first aid kit, flashlights and a battery-powered radio, and wet wipes and hand sanitizer.
2. **Make a plan for what you will do in an emergency.** Develop a family communications plan, a plan to shelter-in-place and a plan to get away. Know emergency plans at school and work.
3. **Be informed about what might happen.** The Integrated Public Alert and Warning System is the nation's alert and warning infrastructure. It includes warnings to broadcast, cable, satellite and wireline communication

NATIONAL PREPAREDNESS MONTH, CONTINUED ON PAGE 03

A WORD FROM THE PRESIDENT

Sophie Minich, CIRI President and Chief Executive Officer

With summer winding down, we look ahead to a new school year, Potlatch season and silver fishing. Across our region, crisp weather, clear skies and autumn foliage invite us to get outside and enjoy the best Alaska's "shoulder season" has to offer.

September is also National Suicide Prevention Awareness Month. According to the U.S. Centers for Disease Control and Prevention (CDC), America faces an unprecedented suicide epidemic, with a rate in 2017 that was 33% higher than in 1999. A suicide occurs in the U.S. roughly once every 12 minutes, and suicides now claim two-and-a-half times as many lives as homicides.

The statistics are even more grim in Alaska, which has the second-highest suicide rate in the nation per capita. The CDC reports that Alaska Native/American Indian (AN/AI) people have the highest rates of suicide—nearly four times the national average—of any racial/ethnic group in the U.S. Complex, interrelated factors contribute to high rates of suicide among AN/AI people, including alcoholism, drug abuse, domestic violence, the loss of culture, economic deprivation and a lack of access to mental health services.

Like many illnesses, there is no single cause to suicide. According to the American Foundation for Suicide Prevention, suicide most often occurs when stressors exceed the coping abilities of someone suffering from a mental health condition. These include:

- Mental health conditions, including anxiety, depression and substance abuse problems;
- Prolonged stress, such as harassment, bullying or unemployment;
- Stressful life events, such as divorce or the death of a loved one;
- Childhood abuse, neglect or trauma; and
- A prior suicide attempt or family history of suicide.

Suicide is a serious public health problem, and despite best efforts, some suicides will always occur. Survivors of suicide attempts often say they concealed their plans and made efforts to not offer warnings; the decision to take one's own life might be made just minutes or hours before the act. And even when there are signs, sometimes intervention can't save a person's life.

However, many people who take their lives exhibit one or more warning signs. These include:

- Talk of wanting to kill themselves, feeling hopeless or having no reason to live;
- Behaviors such as increased drug or alcohol use, changes in sleep habits, withdrawing from family and friends or giving away prized possessions; and
- Moods such as depression, anxiety, agitation/anger or a sudden improvement in mood/calmness

Suicide Prevention Awareness Month gives us an opportunity to talk about this highly taboo and stigmatized topic. Ignoring a problem is never the solution; we must talk openly about the disproportionate rates of suicide among our people and work together to find solutions.

If you or someone you know is in an emergency, call **911** immediately.

If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **(800) 273-TALK (8255)**.

If you're uncomfortable talking on the phone, you can text the National Alliance on Mental Illness (NAMI) at **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

Southcentral Foundation's Dena Yeets' provides services to AN/AI adults at risk for suicide or who have experienced the death of a loved one from suicide. The program is staffed with behavioral health case managers who connect customer-owners to different



services, including medication management, therapy, financial aid, housing and job-search assistance. For information, call (907) 729-5260 / (800) 478-3343.

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic.

For more information, visit NAMI at www.nami.org/suicide or the American Foundation for Suicide Prevention at afsp.org.

Warm regards,

A handwritten signature in black ink that reads "Sophie Minich".

CIRI *in the* COMMUNITY

Clothesline Project

More than 12% of Anchorage children 5 to 17 years of age live below the poverty level, a number 4% higher than the overall Anchorage population. According to the National Center for Children in Poverty, research shows that poverty is the single greatest threat to children's well-being, impeding their ability to learn and contributing to poor mental and physical health.

Even though most children who live below the poverty threshold have parents who work, low wages and unstable employment leave families struggling to make ends meet. The start of a new school year can be especially stressful time for these families, as many don't have extra funds to pay for school supplies, student activity fees and back-to-school clothes, shoes and outdoor gear.

Thankfully, programs like the Clothesline Project are stepping in to help.

A program of Anchorage Cops for Community, the Clotheslines Project provides free clothing, backpacks and back-to-school supplies for Anchorage children in need. Throughout the



› L to R: CIRI employees Rinah Fifield and Carly Stuart and summer intern Ainsley Fullmer volunteered at the Clothesline Project July 30. Photo by Ethan Tyler.

summer, Anchorage Cops for Community collects items for its annual Clothesline Project. This year, on Saturday, Aug. 10, Anchorage Police Department employees and community members distributed free clothes and provided food, activities and more to Anchorage students in grades K through 12. The event was held at the Tikahnu Commons, a CIRI investment that has become Anchorage's largest retail and entertainment center.

CIRI's Fireweed Business Center served as a drop-off location for donated items, and CIRI employees volunteered in the weeks leading up to the Aug. 10 event collecting, sorting and folding clothes.

For more information about the Clothesline Project, visit the Anchorage Cops for Community Facebook page at www.facebook.com/AnchorageCops. 📱

DESCENDANT SPOTLIGHT

Caleb King

By CIRI summer intern
Ainsley Fullmer

CIRI descendant Caleb King (Alutiiq/Sugpiaq) lives in the Midwest, but his heart belongs to Alaska.

"I lived in Anchorage until I was 15," he said, "and when I come back to Alaska to visit, oh my gosh, it's always so energizing! To see the mountains in the east and the water in the west, to just be home and have some salmon and aguduk (Eskimo ice cream).

"The last time I was in Alaska, I didn't see my family much because I was doing research," Caleb continued. "But being home, even for a little while, is so great."

Caleb hopes to parlay his passion for Alaska into a career in Tribal healthcare and he's well on his way, currently majoring in neuroscience at Indiana University Bloomington, and having just finished an internship at the Neitz Vision Lab at the University of Washington where he researched the molecular biology of human retinas.

Caleb is connected to CIRI through his paternal grandmother, original enrollee Katherine Gottlieb, who serves as president and CEO of Southcentral Foundation (SCF). His parents are CIRI shareholder Timothy Grosdidier and Magen Butler, and through his father, he is also a descendant of Koniag Inc. and Seldovia Village Tribe.



Caleb said he grew up with strong ties to his Alaska Native culture and heritage. "I'm really close with my grandmother, and she taught me what it means to be CIRI, to be an Alaska Native person," he explained. "I was taught that if you have extra salmon, send it to your family. If you have extra food or resources or can provide help to someone, you do it."

At Indiana University, Caleb was instrumental in establishing the Native American Student Association (formerly the Indian American Association), whose goal is to help Alaska Native and American Indian (AN/Al) students strengthen and express their Indigenous identities. "There are about 50 Native students here, so we're about .1% of the total student population," he said. "The original club was divided into undergrads and graduate students, which didn't make sense given that there are so few of us. Now there are enough of us to be an organization, and we're loud enough to have a voice.

"We're still small, so we rely a lot on collaboration with big student governments and other minority student governments to push anything forward, which is a good thing," Caleb explained. "For instance, we partner with First Nations to do the on-campus powwow every year, which is really exciting. Our event in April drew 2,000 attendees."

The association also hosts informative events, and Caleb personally attends health-related classes on campus to teach about Indigenous health care and AN/Al voices inside health care. "I call it an excellence workshop," he said. "We talk a lot about

DESCENDANT SPOTLIGHT, CONTINUED ON PAGE 07

NONPROFIT SPOTLIGHT



Alaska Native Heritage Center

The first in a series highlighting the CIRI family of nonprofits

A gathering place where Alaska Native cultures are nurtured and shared with visitors from all over the state and the world, for 20 years the Alaska Native Heritage Center (ANHC) has functioned as a "living museum," strengthening the traditions, languages and art of Alaska's Indigenous peoples through statewide collaboration, celebration and education.

CIRI Board member Roy Huhndorf; former CIRI vice president Lydia Hays; and the late Paul Tiulana, an Alaska Native artist, dancer and singer, first discussed the idea for an Alaska Native cultural center in the 1970s. "Our thinking was that Anchorage would be the best place for such a center," Huhndorf recalled. "Not only is Anchorage the largest city in the CIRI region and in the state, it's also Alaska's largest 'village,' with virtually every Alaska Native ethnicity and cultural group represented."

CIRI staff members and associates did much of the early work to promote the cultural center concept, and they won support for the project from the Alaska Federation of Natives in 1987. Less than two years later, in 1989, ANHC incorporated as a nonprofit educational and cultural organization. Supporters raised \$14.5 million in public, private and Alaska Native regional corporation contributions to construct the center on 26 acres of CIRI land in Northeast Anchorage. It opened to the public and started operation on May 1, 1999.

Today, ANHC offers a unique experience for each visitor to learn and explore the traditional and contemporary ways of Alaska's Indigenous cultures, featuring art, dance, games, exhibits, traditional dwellings, youth and education programs, workshops and more.

For more information, visit www.alaskanative.net. Information about ANHC's upcoming events and programs can be found at www.facebook.com/AlaskaNativeHeritageCenter.

NATIVE VILLAGE OF EKLUTNA UNVEILS INTERPRETIVE WAYSIDE



Aaron Leggett, president of the Native Village of Eklutna, poses with members of Ida'ina K'eljeshna (Friendship Dancers). Photos by Carly Stuart.

Representatives from CIRI were pleased to accept an invitation from the Native Village of Eklutna for the ribbon-cutting ceremony of the Interpretive Wayside art installation at present-day Ship Creek in Anchorage. The ribbon cutting took place Friday, Aug. 16 and was emceed by CIRI shareholder Aaron Leggett, president of the Native Village of Eklutna and curator of Alaska history and culture at the Anchorage Museum.

The installation site, known to traditional Dena'ina Athabascan people as Tak'at, was once a bustling fish camp, visited and recognized by Alaska Native people throughout the Cook Inlet region. In what is now Anchorage and Joint Base Elmendorf-Richardson, Alaska Native people assembled along the banks and rivers to begin the annual cycle of fishing and food gathering. This seasonal activity occurred until the 1960s, even as colonization and the military bases were expanding.

The Interpretive Wayside features a woman in bronze created by CIRI shareholder and Dena'ina artist Joel Isaak. She is modeled after Grandma Olga Nikolai Ezi, a well-respected Elder of Ahtna Athabascan descent who married a Dena'ina chief, Simeon Esia. They had five children and established much of the lineage of the Tribe.

The installation is open to the public and may be viewed at the Ship Creek small boat launch, located at 25 Small Boat Launch Road in Anchorage.



The Interpretive Wayside features a woman in bronze modeled after Grandma Olga Nikolai Ezi, an Ahtna Athabascan Elder.

NATIONAL PREPAREDNESS MONTH, CONTINUED FROM PAGE 01

pathways; emergency text messages; and digital road signs, sirens and other systems. To sign up for emergency text messaging, visit www.ctia.org/WEA.

4. Get involved in preparing your community. After preparing yourself and your family, take the next step and get involved in preparing your community. Consider joining Citizen Corps, which actively involves citizens in making our communities and our nation safer. For more information, visit www.citizencorps.gov.

Take time this month to make sure you have the tools to prepare for whatever lies ahead. For more information, including a week-by-week preparedness plan, visit www.ready.gov/ September.

Intern-AL AFFAIRS

When one thinks of summer internships, the image that springs to mind is of an underpaid college kid doing a lot of busy work and making sure his boss stays caffeinated. Thankfully, that's a far cry from the experience I had this summer at CIRI subsidiary the North Wind Group.



To start, allow me to give some insight into who I am and why this internship has meant so much to me. My name is Cameron Ramos and I was born and raised in Kenai, Alaska. My family is Dena'ina Athabascan I have been an active member of the Kenaitze Indian Tribe since my youth, having participated in the Del Dumí Intertribal Drum Group, Native Youth Olympics, Jabila'ina Dance Group and Native Youth Council. I am currently pursuing degrees in environmental studies and Native American and Indigenous studies at the University of Minnesota Morris. Being both a Tribal member and a CIRI shareholder, I am inspired to pursue a higher education and career so that I can help the next generation of Alaska Native people thrive.

While working this summer at the North Wind Group, I was exposed to many departments—contracting, project management, government relations, air quality and permitting—and given the opportunity to develop my professional network. I experienced not only the administrative side of things, but I was also able to get out in the field and see some of the projects in action. I coordinated with project managers, North Wind's chief information officer, scientists, hydrologists and geologists, all of whom took the time to answer my questions and explain not only what we were doing, but the how and why behind it. Never have I been in such a professional and welcoming environment, and I truly am thankful to have been given this opportunity.

My internship with the North Wind Group was a phenomenal experience that I know will impact me for years to come. As I enter my senior year, I am grateful to have gained the real-world work experience, valuable skills and mentoring that will help me on the path ahead. 🙏

Cameron Ramos

INTOUCH

Graduation Announcement

Congratulations to CIRI shareholder April Kent, who recently received her bachelor's degree in business administration from Heritage University in Toppenish, Wash. Ms. Kent would like to thank The CIRI Foundation for its support.



CIRI SUMMER INTERNS SHOWCASE



➤ CIRI summer interns, L to R: Jordyn Ransom, Samantha Anaruk, Rachel Crosley, Piper Tolbert, Aubrey Nay, Ainsley Fullmer and Cameron Ramos. Not pictured: Leeanne Smoke. Photos by Darla Graham and Carly Stuart.

On Friday, Aug. 16, CIRI's summer interns shared with CIRI staff and several Board members all they learned this summer. Having just wrapped up the CIRI C3 Experience the day before, instead of formal presentations as in years past, the interns created display boards and gathered at the Fireweed Business Center to informally present, answer questions and talk about their plans for the future.

CIRI would like to extend a big "thank you" to all our summer interns and wish them the best of luck in their academic and career endeavors! For information on CIRI's summer internship program, visit www.ciri.com/nextgen.



RECOVERY THROUGH ADVENTURE

Getting outside to change what's inside



› The Recovery Through Adventure crew stops to pose on a hike up Twin Peaks at Eklutna Lake. Photos by Becks Jacobs.

By Jamey Bradbury, Cook Inlet Tribal Council

Adventure therapy is having a moment. Increasing studies show that it holds benefits for people experiencing trauma, alcoholism, abuse—even gaming addiction. There are more than 100 adventure/wilderness therapy programs in the U.S. alone. There's even a podcast where wilderness therapists bring the wilderness to listeners who don't have access to outdoor adventure.

And here in Alaska, at Cook Inlet Tribal Council's (CITC) Ernie Turner Center (ETC), there's a group of "sober misfits" who gather every Friday to hike, ski and kayak their way through the recovery process.

Getting Vulnerable

Before coming to ETC, Becks Jacobs had led youth on adventure therapy sessions; she had seen what therapy in the great outdoors could do for young people.

"I saw the changes they made in self-sufficiency, confidence, self-efficacy," she recalled. "And they saw the change in themselves as they learned to master things like climbing a mountain."

Adventure therapy isn't just about confidence building, though. Studies involving troubled youth (including youth in recovery from substance abuse) who undergo adventure therapy have shown that graduates of such programs maintain their mental health and sobriety at higher rates than those who engage in traditional programs.

For adults in recovery, being outdoors and engaged in a physical activity opens doors that regular talk therapy sometimes can't.

"You're vulnerable right out the gate," Becks explained. "If you're sitting inside four walls, talking to a counselor about trauma from your past, you put your guard up. But outside, we're navigating new terrain, and you're already vulnerable—the walls are down because you're outside your comfort zone."

Becks also knew firsthand what adventure therapy could do: It was the thing that helped her achieve sobriety herself.

A Moment of Reflection

Charles hates journaling. "This is my least favorite part," he grumbled.

But journaling is part of the adventure therapy process; each resident writes from a prompt Becks gives them before each adventure.

So Charles reluctantly wrote about his experience hiking up to the Twin Peaks lookout at Eklutna Lake. He reflected upon the view from the lookout, and



how Becks had asked each participant in ETC's "Recovery Through Adventure" group to think about the landscape—the peaks and valleys, the beautiful lake, and the sometimes treacherous terrain—and how it reminded them of the positive and negative aspects of their recovery journey.

Charles, who started abusing alcohol in the seventh grade and came to ETC "crawling and spiritually ruined," journaled about his family and his concerns about staying sober once he graduates from the treatment center.

"It just helps you reflect on what you need to do," he admitted. "That moment of looking down, then writing about it, made me realize what I need to start building out there for when I do walk out the doors of ETC so I can be successful in my treatment."



"Metaphor Happy"

But many times, the activity itself sparks reflection.

"One gentleman, who hadn't been on a bike in 20 years, related being on a mountain bike to his recovery," Becks recalled. "He knew how to ride a bike, but he didn't know how to ride on new terrain. It was just like his recovery—he'd been in treatment before, so he thought he knew what this treatment experience was going to be. But he learned a whole new skill set."

RECOVERY THROUGH ADVENTURE, CONTINUED ON PAGE 07

RECIPE



EASY APPLE CRISP

Adapted from the recipe by Amanda Batchter, www.thechunkychef.com.

As the author wrote about this recipe, "This easy apple crisp is made the old-fashioned way, like grandma used to make. It is perfect with a scoop of vanilla ice cream and salted caramel sauce."

START TO FINISH: 1 hour (15 minutes active)

SERVINGS: 6

INGREDIENTS:

- 6 apples (Granny Smith preferred), peeled and chopped
- 2 tablespoons granulated sugar
- 2 teaspoons ground cinnamon, divided
- 2 teaspoons lemon juice
- 1 cup brown sugar
- ¾ cup old-fashioned oats
- ¾ cup all-purpose flour
- ½ cup cold unsalted butter, diced into small cubes
- Pinch salt

DIRECTIONS:

1. Preheat oven to 350 degrees. Grease an 8" x 8" baking dish and set aside.
2. In a mixing bowl, combine apples, granulated sugar, 1 teaspoon cinnamon and lemon juice. Transfer to prepared baking dish.
3. In a separate mixing bowl, combine brown sugar, oats, flour, 1 teaspoon cinnamon, salt and butter.
4. Use a pastry cutter to cut the butter into the oat mixture until it resembles pea-sized crumbs. (Alternatively, you can use a fork or even your hands to cut butter into the mixture.)
5. Scatter topping evenly over the apples.
6. Bake 40-50 minutes until golden brown and bubbly. Great served with vanilla or butter-pecan ice cream, caramel sauce or whipped topping.

The Raven's Circle would like to feature our readers' favorite recipes! To submit visit www.ciri.com/recipe.

Patricia Ann Campbell-Rhymes, 55

Patricia Ann Campbell-Rhymes passed away May 31 at San Luis Care Center in Newman, Calif. Ms. Campbell-Rhymes was born June 2, 1963, in Petersburg, Va. She is survived by her children, Lorraine and Jacqueline Campbell; grandchildren, Jesse, Ercale, Avralia and Jade Campbell and Frederick Schmidt; brother, Charles Campbell; and father, Charles Croley.

Louise E. Gorder, 90

Louise E. Gorder passed away July 1 in Cashmere, Wash. Ms. Gorder was born April 26, 1929, in Seldovia, Alaska. She is survived by her children, Joyce and Richard.

Sandra Lynn Hallstead, 60

Sandra Lynn Hallstead passed away July 6 at Providence Alaska Medical Center in Anchorage. Ms. Hallstead was born April 2, 1959, in Kodiak, Alaska. She is survived by her children, Timmothy Bateman, Nicole Bateman, Daniel Zamzok, Trevor Hallstead and Jesse Thompson; grandchildren, Zoey, Ian and Lloyd; brothers, Steven, Keith and David Hallstead; and sisters, Kathleen Hallstead, Barb Flores, Lori Hallstead and Victoria Schmeltz.

David Benjamin Kimball, 57

David Benjamin Kimball passed away March 10, 2016, at John Cochran VA Medical Center in St. Louis. Mr. Kimball was born Aug 16, 1958, in Anchorage. He is survived by his wife, Tamela Kimball; daughter, Sierra Kimball; sister, Laurel Hembree; brother-in-law, Jerry Rollman; nieces, Donia Stout and Jennifer Hembree; nephew, Zac Hembree; grandchildren, Anthony and Samuel Gunter; and great-niece, Tehya Stout.

Artha Lou Koerber (aka Bonnie Koerber), 77

Artha Lou Koerber passed away March 11 at Providence Alaska Medical Center in Anchorage. Ms. Koerber was born Sept. 9, 1941, in Port Townsend, Wash. Her family remembers her as an amazing woman with a great heart, a true giver and helper to those less fortunate. Ms. Koerber was a committed church volunteer and knitter who donated more than 1,000 hand-knit hats over the years to local hospitals and various nonprofits. After her retirement, she spent much of her time at a small cabin on the family homestead. Ms. Koerber is survived by her children, Brooke Raymond Piccolo and Julianne Marie Wittwer.



Clara Lucy Kosbruk, 75

Clara Lucy Kosbruk passed away July 24 at home in Perryville, Alaska. Ms. Kosbruk was born Dec. 17, 1943, in Perryville, Alaska. She is survived by her children, Frank Tague, Leora Shangin, John Tague and Leona Tague.

Doris June Mueller, 80

Doris June Mueller passed away July 25 at home in Anchorage. Ms. Mueller was born June 16, 1939, in Anchorage. She is survived by Deana Harris, Kimberly Porch, Sandra Cloud, Dale Rude, 14 grandchildren and 15 great-grandchildren.

Stephen E. Seetomona, 80

Stephen E. Seetomona passed away July 24 at Valley Medical Center in Renton, Wash. Mr. Seetomona was born May 23, 1939, in Shismaref, Alaska. He is survived by his son, Joseph Seetomona; and siblings, Harriet Cutshall, Lorena Seetomona and Coolidge Seetomona.



SAVE THE DATE
2019 FRIENDSHIP POTLATCHES



CIRI and The CIRI Foundation Friendship Potlatches offer CIRI shareholders an opportunity to socialize and celebrate important cultural traditions with family and friends. Each year, the potlatch program includes cultural entertainment, children's activities, Alaska Native arts and crafts booths, CIRI-affiliated nonprofit information booths, door prizes and a meal that includes traditional Alaska Native foods.

Friendship Potlatches are open to CIRI shareholders, confirmed CIRI descendants and their immediate family members (i.e., spouse, children and parents). The wearing of traditional regalia is encouraged! Child care available upon advance request.

Kenai

Sunday, Oct. 13 • 11:30 a.m. to 3 p.m.
Kenai Middle School, Kenai, Alaska
RSVP by 3 p.m. on Monday, Oct. 7

Anchorage

Sunday, Oct. 20 • 11 a.m. to 3 p.m.
Begich Middle School, Anchorage, Alaska
RSVP by 3 p.m. on Monday, Oct. 14

Northwest

Saturday, Nov. 9 • 11 a.m. to 3 p.m.
Chief Leschi School, Puyallup, Wash.
RSVP by 3 p.m. on Monday, Oct. 28

Please RSVP

Please RSVP and help CIRI plan for enough food for attendees and their families:

- Via the shareholder portal at <https://qenek.ciri.com>
- Via the CIRI website at www.ciri.com/potlatch
- Or by phone at (907) 263-5191 / (800) 764-2474 (choose option 5).

Arts and Crafts

CIRI shareholders and confirmed descendants who are interested in displaying or selling arts and crafts should email info@ciri.com or call (907) 274-8638 for information and to reserve space.

SAVE THE DATE
CIRI'S ANNUAL HOLIDAY CRAFT BAZAAR

10 a.m. to 3 p.m.
Saturday, Dec. 7
CIRI Fireweed Business Center
725 East Fireweed Lane, Anchorage

CIRI's Holiday Craft Bazaar will host approximately 60 Alaska Native artists selling an array of unique handmade items, including beadwork, carvings, clothing, jewelry, woven baskets and more. A silent auction will be held in conjunction with the Craft Bazaar, with all proceeds benefitting Cook Inlet Tribal Council's child and family, education, employment, and recovery and re-entry programs.

All vendor tables have been spoken for, but if you would like to add your name to the waitlist, contact Carolyn Bickley at cbickley@ciri.com.



disparities, but not enough about some of the really excellent things Native people are doing.”

In 2018, Caleb worked with the Bloomington Office of the Mayor to proclaim Oct. 8 as Indigenous Peoples’ Day. “It had already been changed from Columbus Day to Fall Holiday in Bloomington, but the city hadn’t taken the step of recognizing Indigenous people,” he explained. “There are about 750 student organizations on campus, and I worked with 15 of the largest ones to get their support and add their signatures to a petition, which was then sent around the city of Bloomington. We staged an event, which was originally set to be kind of a protest march, and I invited the City Council, the mayor, the Rotary Club—anyone I felt had a stake in the issue, to attend the event.

“It was a very peaceful, welcoming environment,” Caleb recalled. “The march started at IU and ended at the courthouse. Then, the Friday before Oct. 8, I got a call from the Mayor’s Office saying they were proclaiming Indigenous Peoples’ Day and would like me to join them in a celebration. It was amazing. Bloomington was the first city in Indiana to do it.”



Caleb’s focus on policy and having the courage to change the status quo was nurtured at SCF, where he interned with the RAISE program from 2014 to 2018. He said he started out sweeping floors and making coffee, eventually working his way up to policy research and data projects. “My last year at SCF, it was the summer after my first year of college, I was paired up with Dr. Steve Tierney,” he said. “I was able to work on more substantive issues, such as talking with investors about how they could integrate our systems into their own health care systems. It was a fun way to use the knowledge I had for something that was important to SCF.”

Caleb’s work with SCF helped earn him a 2019 Udall Undergraduate Scholarship, a congressional award given to college sophomores and juniors committed to careers in the environmental, Tribal policy or AN/AI health care fields.



“The reason I’m studying neuroscience is to better understand addiction and how to be a better physician in handling addiction, because it’s something as a primary care physician I know I’ll have to deal with a lot,” Caleb said. “It’s a pressing need not only in Indigenous populations, but in all populations right now.”

Caleb’s dream is to work at SCF’s primary care clinics, “working one-on-one with my people.” Eventually, he would like to go into politics.

In his spare time, Caleb enjoys working out, hiking, road trips with friends and learning the Sugpiaq language. As for young people who would like to connect with or develop a deeper understanding of their AN/AI culture, “I think virtually every Indigenous person my age feels some sort of disconnect,” he said. “I’ve seen a lot of Indigenous students come through who want to become part of the Native American Student Association but feel like they aren’t Native enough, like they don’t know enough to be part of the community. But community isn’t about how much you know, or if you have a grandparent who taught you the language, or you grew up on a reservation—it’s just being open to learning where you come from. A lot of constraints are self-imposed. Don’t have those constraints! Take control of your future and ask people for help along the way.”

RECOVERY THROUGH ADVENTURE, CONTINUED FROM PAGE 05

The participants in Recovery Through Adventure equate the twists and turns of a single-track with the twists and turns they encounter in recovery. They reflect on the mountain-biking idea that you look where you want to go—because if you look where you don’t want to go, that’s exactly where you’ll end up; the same thing is true when you’re trying to stay sober and surround yourself with positive supports.

“We’re a metaphor-happy group,” Becks said.

Then there’s the adrenaline component: Individuals who used to get high on heroin find themselves discovering the natural high that comes from “dominating a really gnarly single-track,” Becks said.

“Some of these guys, the last time they sweated this much was when they went through withdrawal,” she pointed out. “Now they’re out here getting sweaty, connecting with their higher power. They’re healing.”

The Right Environment

In 2018, ETC was relocated from a house on the corner of Tudor and Elmore Roads in Anchorage to a parcel of land, owned by Eklutna Inc., just off the road to Eklutna Lake. Director of CITC Recovery Services Rebecca Ling hoped that the secluded, natural setting would provide an “environment where participants will really be able to focus on healing.”



“Out here, it’s peaceful,” Charles said. “Even if you just want to step outside for a second, you’re surrounded by nature, and you can just connect. It’s healing for everything—mind, body, spirit.”

And thanks to the natural landscape, plus the proximity of Eklutna Lake, the Recovery Through Adventure crew can take advantage of all Alaska has to offer through the seasons. Already, they have gone on cross-country skiing, mountain biking, hiking and snowshoeing adventures. Later in the summer, they traveled to Old Minto for fish camp. Becks has got other plans in the works.

“Especially in Alaska, adventure is limitless,” she said.

To learn more about CITC’s Ernie Turner Center, visit citci.org/recovery/etc-residential-inpatient.

IMPORTANT DATES

OCT. 13, 2019	Kenai Potlatch: 11:30 a.m. to 3 p.m.
OCT. 14, 2019	Indigenous Peoples’ Day
OCT. 17-19, 2019	Alaska Federation of Natives Convention, Fairbanks
OCT. 20, 2019	Anchorage Potlatch: 11 a.m. to 3 p.m.
NOV. 3, 2019	Daylight Savings Time ends
NOV. 5, 2019	Election Day
NOV. 9, 2019	Northwest Potlatch: 11 a.m. to 3 p.m.
NOV. 18, 2019	Fourth quarter direct deposit deadline: 3 p.m.
NOV. 28, 2019	Thanksgiving: CIRI offices closed
NOV. 29, 2019	Native American Heritage Day: CIRI offices closed
DEC. 2, 2019	Fourth quarter change of address and cancel direct deposit deadline: 3 p.m.
DEC. 7, 2019	CIRI Holiday Craft Bazaar: 10 a.m. to 3 p.m.
DEC. 10, 2019	CIRI Settlement Trust distribution
DEC. 13, 2019	CIRI Elders’ Trust distribution

IN MEMORY, CONTINUED FROM PAGE 06

Sarah L. Wilson, 40

Sarah L. Wilson passed away March 31 in Colorado Springs, Colo. Ms. Wilson was born June 14, 1978, in Seattle. She is survived by Josh Wilson.

Condolences

- Linda Lee Adams, 65
- Frieda Clara Labere, 80
- Connie Marie Severson, 62
- Frank Michael Shearer, 65
- Esther Stewart, 86
- Mardell Ann Tyone, 70

MISSING SHAREHOLDERS

The following CIRI shareholders do not have a current mailing address on record. **When CIRI mail is returned as undeliverable, the distributions are held and the shareholder does not qualify to participate in any prize drawings until the address is updated.** Shareholders with **Qenek** portal accounts may update their addresses online. Alternatively, shareholders may visit **CIRI's website** or call Shareholder Relations at (907) 263-5191 or (800) 764-2474 for address change forms and information.

(As of 09/20/2019)

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Marie Bertha Kaloa	
Lisa Lyn Keene	

SAVE THE DATE 2019 ANNUAL AFN CONVENTION

October 17-19, 2019 | Carlson Center, Fairbanks, Alaska

"Good Government — Alaska Driven"

The 2019 Alaska Federation of Natives (AFN) Convention will be held Thursday, Oct. 17 through Saturday, Oct. 19 in Fairbanks, Alaska. For more information, visit www.nativefederation.org/convention.

Travel Discount

Alaska Airlines is offering a 15% discount Oct. 11-23 on all published fares to Fairbanks from any Alaska Airlines or Horizon Air city. For travel discount information, visit www.nativefederation.org/travel.



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Shareholder Participation Committees

www.ciri.com/spc

Submit ideas, stories & recipes to info@ciri.com

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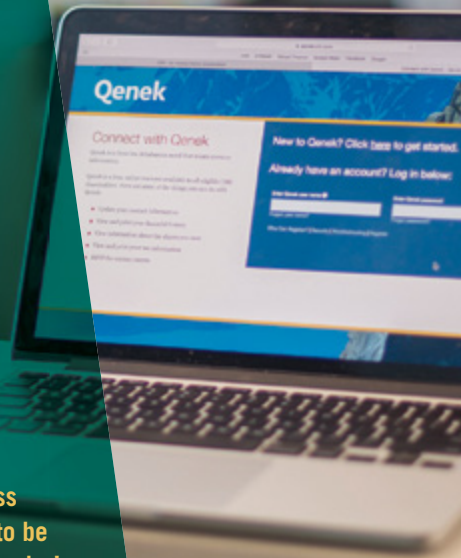
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Connect with Qenek Shareholder Portal

qenek.ciri.com

- Print dividend confirmations and tax forms
- Update your contact information
- RSVP for shareholder events
- View information about your stock
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- Request replacement checks

Maintain an up-to-date CIRI mailing address and access your Qenek account quarterly to be eligible for quarterly drawings for a YETI cooler!



SHAREHOLDER ESTATES

ALSO MISSING

When CIRI shareholders pass away, gathering the information necessary to settle the stock estate is often a difficult task and may delay settlement. CIRI is looking to contact the individuals listed below in connection with the following estates:

- Estate of Patrick Joseph Gutmann – Buffy Switzer
- Estate of Francine M. Morris – Flo Steitz

If your name appears above or you know the whereabouts of any of the individuals listed above, please contact CIRI Probate at (907) 263-5191 or toll free at 1-800-764-2474, and select option 4.