



Shareholder

A quarterly newsletter from Sealaska

Water, Language and Fish: A Sealaska Intern Experience

It's 60 degrees, and the misty rain feels like someone is flicking water on my face. Thunder Mountain looms across the Mendenhall River. Seeing snow in summer makes the water I'm about to step in look colder than it is.

These may not be ideal conditions to stand-up paddleboard, but I struggle onto the floating board with the help of Anthony Mallott, Sealaska's CEO. He and his wife Mandy are hosting all the Sealaska interns for an evening at his house in Juneau, Alaska.

With a few close calls, I dig my paddle into a rock on the shore and push off.

"Don't fall in!"

"Don't get swept down the river!"

I hear my fellow interns calling from the muddy river bank.



I kneel down. Water sloshes over the board and onto my jeans with each paddle stroke, but I am on my way toward Mckenna Hunt who is already out on the water. This was her idea.

I had met Mckenna just four days before. We are two of 18 interns at Sealaska this summer. She's interning with Spruce Root, Inc. in Juneau, an independent non-profit Sealaska helped create. I'm a communications intern based in Seattle, Washington. For this one week out of the ten-week internship, the program sent us all to Juneau to learn about the corporation, network and explore our culture.

I paddle up to Mckenna. She's standing like a pro, gliding across the water.

Out of the blue she asks, "What did you think of today?"

That morning, the interns gathered inside Sealaska Heritage Institute's traditional clan house, Shuká Hít. Surrounded by cedar paneling that creaked with every move, we scooted our chairs up close to listen to Tlingit elders David Katzeek and Paul Marks. The men spoke in Tlingit for a good ten minutes, introducing themselves and speaking encouragement to us. The Tlingit language has been spoken in Southeast Alaska for thousands of years. For that moment, it was as it used to be.

"It was one of those things you just have to soak in I think," I reply.

"I think so too," McKenna agrees. We paddle back to shore. A beaver pops his head out of the water to watch us pass. Our toes squelch into the mud as we haul our paddleboards out of the water. The smell of barbecuing king salmon floats toward us from the house. Anthony and Mandy have a feast of traditional Alaska Native foods waiting for us.

Intern Sydney Anderson eats a salmon eyeball. Salmon heads are boiling on the stove. Raw oysters, salmon roe, black seaweed, pickled herring eggs – I can honestly say it's the best meal I've ever eaten.

And I have never felt more closely connected to my roots – traversing the water, hearing the language, tasting the food.

But more so, I am closer to the people that share my heritage. To all the interns, my newest friends, sitting around this table with plates of salmon and seaweed, some trying them for the first time. To elders so full of wisdom and encouragement, it took two languages to impart.

Paddleboards, modern clan houses and barbecues might be how I experience the water, language and food of my Native heritage. But the people I meet along the way – that's the treasure of having roots in Southeast Alaska.

Written by 2017 intern Kayla Roberts.

Environmental Intern Helps Protect Water Ecosystems

"I haven't been more than two weeks in the same spot," Sealaska intern Mitch Haldane says with a laugh. "A lot of times my duffle bag doesn't leave my trunk."

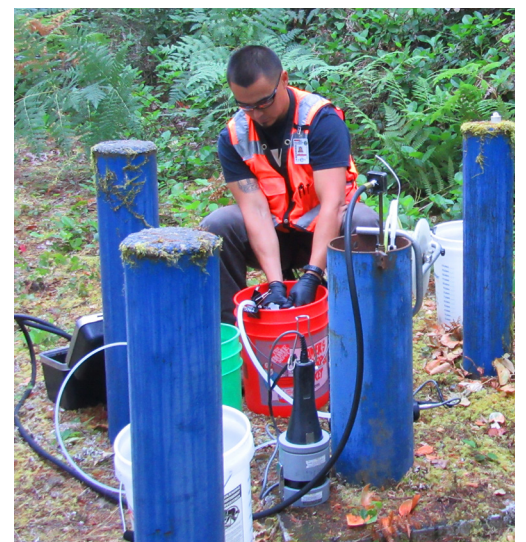
Haldane has spent the summer collecting water quality samples for Sealaska Environmental Services (SES). His internship took him from the Aleutian Islands to sites throughout Washington State.

The data he's collected will be used by SES's clients to help protect water ecosystems.

"This internship is a great way to get your hands dirty and see what this field is like," Haldane says.

"Some of my most valuable employees are my former interns – Sunrise Patterson and Bob Boyd (Sealaska shareholders) are just two of them that excelled so well," said SES field operations manager Andy Lewis says. "And I see the same in Mitch."

Lewis says Haldane and former interns have the same key quality – they want to see a healthy environment for future generations.



2018 intern application opens January 1 at sealaska.com/careers-and-opportunities

For more information, email interns@sealaska.com

A Lasting Reconnection To Our Roots: 2017 Sealaska Interns

Sealaska's internship program offers shareholders and descendants a summer of professional experience. Interns work in departments such as accounting, environmental, natural resources, corporate communications, software development and cultural non-profit. Interns are offered competitive compensation, travel expenses and a housing stipend. **2018 intern application opens January 1 at sealaska.com/careers-and-opportunities.**



Along with professional experience in Sealaska's offices and businesses, the program helps interns reconnect with their Alaska Native roots. They hiked to the Mendenhall Glacier, sang Tlingit songs in Hoonah and ate traditional Native foods. The week in Southeast Alaska gave the interns a chance to be immersed in the land, language and culture of the Tlingit, Haida and Tsimshian. They also gained networking skills and learned more about their Native Corporation.

You can watch a video about the week at [Sealaska's YouTube channel](#).



FRONT ROW (left to right): Talia Davis, Mckenna Hunt, Sydney Anderson, Mitch Haldane, Christian Nault **MIDDLE ROW (left to right):** Jaeleen Araujo (Sealaska VP General Counsel), Sierra Wilson, Kaelyn Schenkenberger, Kayla Roberts, Britany Lindley **BACK ROW (left to right):** Anthony Mallott (Sealaska CEO), Leanna Owen, Megan Roberts, Michael Horn, Corey Peratrovich, Adam Gowen, Derik Frederiksen (Sealaska Intern Coordinator), Averie Mesack, Nicole George, Kevin Brezner (intern Chloey Cavanaugh, not pictured)

ADAM GOWEN

Heritage: Tlingit
Internship: Communications I Seattle
Projects: Annual Meeting graphic design and Shareholder newsletter development

AVERIE MESACK

Heritage: Tlingit
Internship: Sealaska Heritage I Juneau
Projects: research for upcoming interactive museum exhibit

BRITANY LINDLEY

Heritage: Tlingit, Tsimshian
Internship: Legal I Juneau & Seattle
Projects: legal research for Sealaska General Counsel and SGS

CHLOEY CAVANAUGH

Heritage: Tlingit
Internship: Communications I Seattle & Juneau
Projects: career development programs and shareholder relations

CHRISTIAN NAULT

Heritage: Tlingit
Internship: Spruce Root I Seattle
Projects: gathered economic data to support resource deployment to target rural communities

COREY PERATROVICH

Heritage: Tlingit
Internship: Sealaska Timber I Prince of Wales
Projects: forestry field work

KAELYN SCHENKENBERGER

Heritage: Aleut, Inupiaq
Internship: Anthropological Research I Juneau
Projects: Sealaska history and anthropological research

KAYLA ROBERTS

Heritage: Tsimshian
Internship: Communications I Seattle
Projects: video production and wrote Shareholder Newsletter articles

KEVIN BREZNER

Heritage: Tlingit
Internship: Building Management I Juneau
Projects: building security

LEANNA OWEN

Heritage: Aleut
Internship: Sealaska Heritage I Juneau
Projects: education department and Baby Raven Reads program

MCKENNA HUNT

Heritage: Tlingit
Internship: Spruce Root I Juneau
Projects: social media and digital content production

MEGAN ROBERTS

Heritage: Tsimshian
Internship: Accounting I Seattle
Projects: consolidated financial statements and processed payroll for SGS

MICHAEL HORN

Heritage: Tlingit
Internship: Business Solutions I Colorado
Projects: software development for subsidiary MBS

MITCH HALDANE

Heritage: Tlingit, Tsimshian
Internship: Environmental Services I Poulso
Projects: water and environmental monitoring

NICOLE GEORGE

Heritage: Tlingit
Internship: Sealaska Heritage I Juneau
Projects: administrative tasks for education department and prepared summer camps

SIERRA WILSON

Heritage: Tlingit
Internship: Sealaska Heritage I Juneau
Projects: research for upcoming interactive museum exhibit

SYDNEY ANDERSON

Heritage: Tlingit
Internship: Communications I Seattle
Projects: researched and wrote in-depth article "Native Food Is Healthy Food"

TALIA DAVIS

Heritage: Tlingit
Internship: Sealaska Timber I Prince of Wales
Projects: field work with forests and fisheries

NATIVE FOOD H

From the Ocean

The people of Southeast Alaska have lived in harmony with the ocean for generations.

Fish, shellfish and ocean-based plants have nourished the Tlingit, Haida and Tsimshian for thousands of years. A diet rich in lean proteins from fish, healthy fats like hooligan grease and high-antioxidant fruits like blueberries, helped fuel and sustain one of the largest non-agricultural populations in the world. These foods contributed to the development of a rich culture and healthy people.



The Alaska fishery is one of the most sustainable fisheries in the world. In the last year, Sealaska invested in two seafood companies, Independent Packers Corporation (IPC) and Odyssey. These investments have been both purposeful and strategic.

The industry touches every one of our rural communities and links the core base of shareholders living in Anchorage, through Juneau and Southeast Alaska, down to Seattle and the rest of the west coast. It also taps into a growing market. People want more options for natural food. Our collective knowledge and wisdom of this marine ecosystem – and the strategic role Sealaska can play in maintaining its health and value – have guided our actions in our recent investments into this industry.

There are numerous benefits that come from eating traditional Alaska Native foods. Wild Alaskan seafood is widely regarded as some of the healthiest in the world. Seafood is especially high in omega-3 fatty acids that can protect from risk of heart disease. Many of the traditional southeast Alaskan greens are a great source of vitamin A. Vitamin A plays a big role in bone growth and has been shown to help maintain immune system health. Additionally, traditional foods are low in sodium. A diet high in sodium increases blood pressure, risk of heart failure and stroke.

In Southeast Alaska, traditional foods can be found close by. For others living outside the Pacific Northwest, the nutritious value of traditional foods can be found in imported Alaskan seafood and other regional greens and berries.



Sockeye Salmon

Sockeye are an excellent source of protein and a heart-healthy food, low in both saturated fat and sodium. Sockeye are also high in vitamin A.



Beach Asparagus

Beach asparagus can be harvested from late spring through summer. It is an excellent source of vitamin A, heart-healthy, and low in sodium.



Herring Eggs

Herring eggs are a great source of protein. They can be enjoyed plain, dipped in seal oil or soy sauce, or added to a salad or toast.

HEALTHY FOOD

an to Your Table

In Your Community

HOONAH HEALING GARDEN

The Hoonah Healing Garden was established in 2012. Plants grown at the garden range from berries to potatoes to snap peas. The garden is next to the Sacred Heart Catholic Church in Hoonah.

WRANGELL SMOKEHOUSE

In the summer of 2012, a smokehouse was built in Wrangell, Alaska with the help of Southeast Alaska Regional Health Consortium. The smokehouse is located right next to the community garden. It is open to all Wrangellites who want to smoke fresh caught fish.

For more resources and opportunities near you, visit Sealaska.com.

CREDITS

Researched and written by 2017 intern Sydney Anderson
Spread design by 2017 intern Adam Gowen

SOURCES

1. 2014 Alaska Obesity Facts: Alaska Obesity Prevention and Control Program 2. Traditional Food Guide For Alaska Native Cancer Survivors 3. Image of Black Seaweed by Christy Eriksen 4. Images by Bethany Goodrich, courtesy of Southeast Sustainable Partnership

GRILLED SALMON AND BLUBERRY CHUTNEY RECIPE

BLUEBERRY CHUTNEY

1. Heat 1 tbsp. vegetable oil in a small pot over medium heat. Add $\frac{3}{4}$ cup sliced shallots and saute about 5 min. Add 1 thinly sliced garlic clove, $\frac{1}{4}$ tsp of coarse salt, $\frac{1}{4}$ tsp thyme, and a dash of allspice. Stir.
2. Add 1 cup fresh blueberries, $\frac{1}{4}$ cup water, and 1 tbsp balsamic vinegar. Stir and mash berries until the sauce thickens. Stir often 3 to 4 minutes. Remove from heat.

GRILLED SALMON

1. Brush salmon with oil, season and grill to an internal temperature of 145° F.
2. Remove from grill and serve blueberry sauce over salmon.



Hudson Bay Tea

Steep the dried leaves of the Hudson Bay Tea plant to make medicinal tea. In moderation, the tea can soothe upset stomach, colds and arthritis.



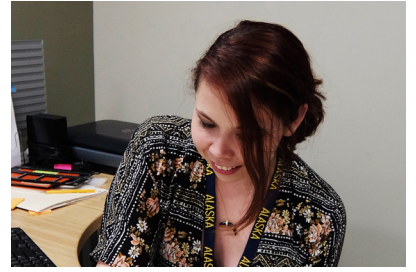
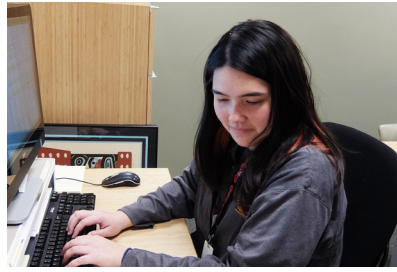
Black Seaweed

Seaweed is a good source of vitamin A and fiber. It's also fat free and can be enjoyed as a snack, and once dried, keeps forever.



Salmonberries

Salmonberries can be harvested mid to late-summer. They are high in fiber and vitamins A and C. They can be enjoyed plain or in syrups, jams etc.



Q&A With Sealaska Heritage Institute Interns

Sealaska employed 18 interns this summer. Sierra Wilson, Averie Mesack, Leanna Owen and Nicole George were placed at Sealaska Heritage Institute (SHI) in Juneau, Alaska. They reflected on their work at SHI and what they learned from their experiences.

Q: What did you do at SHI?

Sierra: The research I did this summer will be used for an upcoming museum exhibit. Visitors will see the historical travels and migration patterns of our ancestors and how those relate to the naming of places and tie into Tlingit myths and legends. Later, this will be turned into a software program that can be used by teachers across the state.

Averie: It is called "Knowing Your Place." Sierra and I were looking for pictures of each place name that will be put into the interactive exhibit.

Leanna: I worked in the education department. I helped with the Baby Raven Reads summer program and the summer camps.

Nicole: I had the pleasure of working closely with education director Jackie Kookesh and other project coordinators prepare for several summer programs.

Q: What did you expect your internship at SHI to be like, and how did it turn out?

Sierra: I expected to be "at the bottom of the totem pole" doing the grunt work that nobody else wanted to do, but I ended up doing some really important research. I am really excited to see how it will turn out.

Averie: This was my first internship. Frankly, this was the best job I could have hoped for.

Q: What's going to happen to your work now that you are done interning?

Leanna: This internship has really had a big impact on my personal career goals. I knew I wanted to teach, but this internship showed me all the different opportunities I will have teaching. I learned about all the cultural aspects I can add to my lesson planning in future classrooms.

Q: How was your educational background tied with this internship?

Nicole: I had spent my academic career learning about environmental science, and I continually reminded myself that I didn't have a strong background as an educator. [However,] the mission of Sealaska Heritage Institute is to perpetuate and enhance Southeast Alaska Native cultures. The environment is tied into our art, language, and stories. I'm running with the words that I recently heard from David Katzeek [a Tlingit elder], "What's the use of language if you can't live it?" Now I question, "What's the use of my education background if I can't live it?"

Q: Overall, how did the internship at SHI make you feel?

Sierra: Liberated. This internship reintroduced me to parts of myself that I had forgotten were there. I can honestly say that by embracing my Tlingit culture, I feel more complete.

Nicole: The staff creates an environment that is very warm and welcoming, and they make you feel like you're a part of the Sealaska Heritage Institute family

Averie: Before, I didn't have any idea what I wanted to do when I graduated from school, but now I have a better idea.

Leanna: This internship was in a beautiful area I'd never gone before. The people I worked with became family. I learned a lot about my background and the Southeast Alaskan Native cultures.

Pictured Above (Right to Left): **1.** Nicole George, 23, is from Angoon, Alaska. She is standing next to William Bolton, an instructor for the Voices on the Land Performing Arts Intensive camp this summer. **2.** Averie Mesack, 21, lives in Indian River, Michigan. **3.** Leanna Owen, 20, lives in Spearfish, South Dakota. She is standing with Dr. Rosita Worl, the president of Sealaska Heritage Institute. **4.** Sierra Wilson, 27, lives in Juneau, Alaska.

Alaska Youth Create Northwest Coast Art

SHI began piloting its Jinéit Art Academy Youth Program in 2016, building partnerships in four Southeast Alaska communities with the common goal of exposing Alaska youth to high-quality Northwest Coast art programming and increasing the number of Alaska youth exposed to and familiar with Northwest Coast art forms. In 2017, SHI sponsored art programs in Craig (pictured), Juneau, Sitka, and Angoon. Special thanks to all of our teachers and community partners who helped make this program happen. To see more photos, see our blog at <http://www.sealaskaheritage.org/node/581>



In Memory

Alexander M. Arriola – Ketchikan, AK (56)

Alvina I. Attwood– Tuba City, AZ (77)

Darel A. Austin – Hoonah, AK (66)

David Austin – Anchorage, AK (62)

Tehra Lynn Bean – Portland, OR (39)

Douglas B. Beard – Cottage Grove, OR (83)

Nina R. Bernhart – Sitka, AK (84)

Robert W. Bernhart – Sitka, AK (87)

Lucille Mae Blake – Miami, FL (67)

John Borbridge Jr. – Juneau, AK (89)

Howard E. Braman – Anchorage, AK (51)

Kelly L. Branscomb – Manahawkin, NJ (48)

Marilyn W. (Jim) Briseno – Juneau, AK (57)

Michael T. Browne – San Diego, CA (72)

John O. Bryson Sr. – Taholah, WA (77)

Edward D. Casey – Anchorage, AK (76)

Linda Joy Carson – Juneau, AK (68)

Roderick C. Chappel – Stanwood, WA (80)

Daniel Charles Sr. – Ketchikan, AK (79)

Destiny D. Charles – Craig, AK (40)

Diane Church – Juneau, AK (79)

Estela M. Clark – Rohnert Park, CA (77)

Patrick W. Crane – Barret, VT (65)

Rachel M. Crolley – Sitka, AK (44)

Adrian E. D.Cafango – Juneau, AK (66)

Marian J. Dewitt – Anchorage, AK (94)

Frances A. Dunham – Anchorage, AK (81)

Theodora Eaton – Bellingham, WA (84)

Verna G. Edenshaw – Hydaburg, AK (43)

Christopher R. Feller – Juneau, AK (60)

Hilary C. Egan – St. Paul, MN (97)

Virginia Allen – Wrangell, AK (73)

Barbara Lee Giesick – Snohomish, WA (52)

Shirley E. Gonason – Anchorage, AK (87)

Michael R. Goodell – Cornelius, OR (67)

Vivian D. Gouge – Lincoln City, OR (63)

Robert N. Guerrero – Mt. Lake Terrace, WA (53)

Karen Hanson – Burlington, WA (69)

Theo M. (Cook) Hayden – North Pole, AK (57)

Jonathan A. Hayward – Anchorage, AK (51)

Stephen C. Hemstock – East Wenatchee, WA (52)

Georgina A. Howard – Coos Bay, OR (68)

John Howard Sr. – Angoon, AK (86)

Thomas Isaacs – Ketchikan, AK (29)

Charles Jack Jr. – Hoonah, AK (80)

Corrine Jackson – Juneau, AK (63)

Charles M. James Sr. – Ketchikan, AK (80)

Paulette James – Sitka, AK (17)

James M. Johnson – Juneau, AK (51)

Kevin M. Johnson – Anchorage, AK (53)

Franklin E. Jones – Angoon, AK (67)

Paul M. Jovick – Cordova, AK (76)

Maureen A. Kangas – Tulalip, WA (81)

Cristal Lewis Ketah – Juneau, AK (27)

Edward G. Kuntz – Wrangell, AK (74)

Lydia C. Laviolette – Metlakatla, AK (55)

Fred Lee Leatherwood – Bellingham, WA (93)

Jennie J. Lindoff – Hoonah, AK (97)

Joseph P. Llanos – Anchorage, AK (92)

Candace B. Mardrid – Denver, CO (70)

Daniel B. Martin – Juneau, AK (81)

Harold J. Martin – Juneau, AK (75)

Alan E. Mather – Kent, WA (68)

Leonard R. Matthews – Rochester, WA (85)

Mary Teresa Hanlon Moe – Seattle, WA (67)

James Allen Mullenix – Soddy Daisy, TN (66)

Frank E. Murphy – Orange City, FL (93)

Albert W. Natkong – Hydaburg, AK (73)

Amy G. Nelson – Angoon, AK (79)

Gilbert Nelson – Angoon, AK (80)

Maurice Nelson – Juneau, AK (87)

Penny A. Ribble-Nelson – Anaheim, CA (72)

Vincent Nix – Tacoma, WA (31)

Arline R. Oleson – Dayton, WA (88)

Stephen M. Paul – LaConner, WA (69)

Katherine J. Brant Phillips – Haines, AK (57)

Richard M. Queen Jr. – Seattle, WA (48)

Richard P. Reese Jr. – Yakutat, AK (69)

Alvin Repin – Oceanside, CA (82)

Dorothy M. Rosenberg– Panorama City, CA (89)

Ewan J. Sabon – Seattle, WA (82)

Frances E. Sanderson – Hydaburg, AK (82)

Lois M. Schachle – Homer, AK (99)

Harris Skillie Sr. – Ketchikan, AK (73)

Ruth F. (Buxton) Snook – Seattle, WA (85)

Denni L. Staheli – St. George, UT (76)

Ethelyn Steinke – Ketchikan, AK (79)

Brian Stewart – Nanaimo, B.C. (72)

Ellen A. Taylor – Port Orchard, WA (76)

Jeffrey VanderBeke – Torrance, CA (42)

Christine A. Vavalis – Juneau, AK (63)

Delores M. Walton – Belfair, WA (83)

Roberta J. Whitesides – Ketchikan, AK (54)

Daniel L. Wickman – Camano Island, WA (73)

Nancy L. Willard – Seattle, WA (38)

Kimberly A. Williams – Anchorage, AK (56)

Theresa L. Williams – Fairbanks, AK (48)

Cynthia O. Wilson – Redwood, CA (50)

Floyd Duane Wilson – Bellingham, WA (68)

George B. Young – Juneau, AK (40)

Please note that Sealaska will publish shareholder names only after the Shareholder Relations Department has received proper documentation.

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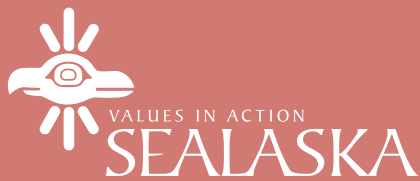
UPCOMING DATES FOR SEALASKA HERITAGE INSTITUTE

- SEP 29** Tináa Art Auction
- SEP 30** Closing of exhibit *Alaska Native Masks: Art & Ceremony*
- OCT 19** A Tribe Called Red performance
- JAN 15** Deadline to apply for SHI's Juried Art Show and Competition, held during Celebration. **Apply:** <https://goo.gl/2ND8Ru>
- MAR 1** Deadline to apply for SHI's Juried Youth Art Exhibit, held during Celebration. **Apply:** <https://goo.gl/FUTVb9>
- MAR 1** Deadline to apply for SHI's Native Artist Market, held during Celebration. **Apply:** <https://goo.gl/CEwqLJ>
- JUN 6-9** Celebration 2018

WWW.SEALASKA.COM

Q3 2017

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Our **PURPOSE** is to strengthen our people, culture and homelands.

Our **VISION** is to be an Alaska Native enterprise of excellence built on our core cultural values.

The Sealaska *Shareholder* is published for shareholders free of charge by Sealaska. Subscription information for non-shareholders is available by writing to Sealaska Communications.

Presorted
First Class Mail
US Postage
PAID
Juneau, AK
Permit No. 98