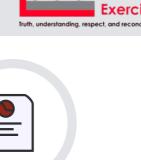
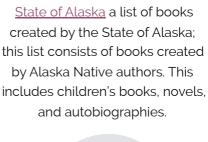
Prepared by the Alaska Blanket Exercise Program

This resource is intended to complement the University of Minnesota Extension reading lists and expand on resources relevant to Alaska Native Peoples. This list is not comprehensive and is intended to stimulate curiosity and continued learning on these perspectives and the concerns Alaska Native Peoples navigate. Contents include:

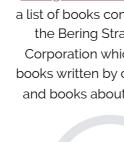
Alaska Native Resource Lists

Cultural Events

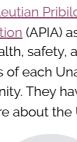




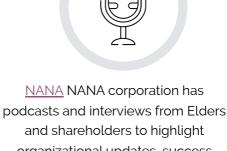
NANA NANA corporation has



and books about the region.



needs of each Unangax (Aleut) community. They have resources to learn more about the Unangax people.

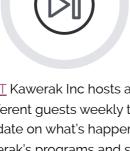


and shareholders to highlight organizational updates, success stories and traditional knowledge



<u>Alaska State Library</u> the Alaska State Library has online resources to learn more about the history of Alaska.





Alaska Federation of Natives (AFN) is the largest statewide Native organization in Alaska. Its membership includes 209 federally recognized tribes, 185 village corporations, 9 regional corporations, and 10 regional nonprofit and tribal consortiums that contract and compact to run federal and

Katirvik the mission of the Katirvik Cultural Center (KCC) is to preserve,

celebrate, share and educate about the unique Indigenous knowledge

and cultures of the Bering Strait Region of Alaska. They have recorded stories from elders, lectures, and other resources on their website.

Cultural Events

state programs. AFN is governed by a 38-member board, which is elected by its membership at the annual convention held each October. AFN's mission is to enhance and promote the cultural, economic, and political voice of the entire Alaska Native community.

Alaska Heritage Center Located in Anchorage, the Alaska Native Heritage Center offers a unique experience for you to learn and explore the traditional and contemporary ways of Alaska's Indigenous cultures. More than a museum, the Center is a place to engage and interact-to ask questions and discover.



Sheldon Jackson Museum Located in Sitka, the Sheldon





<u>Ahtna</u>

Headquarters are in Glennallen,

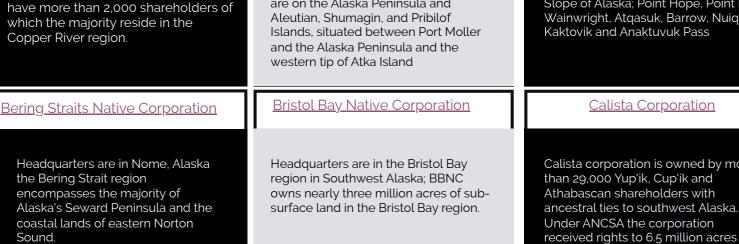
Alaska and owns approximately

1,528,000 acres in the Copper River

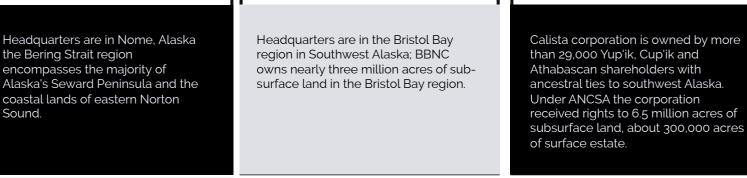
Basin in east-central Alaska. They

In 1971, the U.S. Congress passed the Alaska Native Claims Settlement Act (ANCSA). ANCSA divided Alaska into 12 geographic regions. Alaska Native Peoples then organized a "Regional Corporation" for each region. Those corporations were authorized to select lands that would become their fee simple property. Congress enacted ANCSA in order to provide a means by which Alaska Natives could derive economic benefits from the resources around them.

Headquarters are in Utqiagvik, Alaska Established in 1972 and was entitled to 70,789 acres of surface lands and 1.572 and has title to nearly five million acres million acres of subsurface estate. Most of land in northern Alaska. ASRC of the corporation's ANCSA selections represents eight villages on the North Slope of Alaska; Point Hope, Point Lay, are on the Alaska Peninsula and Wainwright, Atgasuk, Barrow, Nuigsut, Aleutian, Shumagin, and Pribilof Islands, situated between Port Moller Kaktovik and Anaktuvuk Pass and the Alaska Peninsula and the western tip of Atka Island **Bristol Bay Native Corporation** Calista Corporation



Aleut Corporation



Cook Inlet Region, Inc.

CIRI is based in Anchorage

and is owned by more than

Athabascan and Southeast

Indian, Inupiat, Yup'ik, Alutiiq

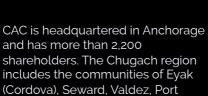
NANA Regional Corporation

NANA is located in Kotzebue, Alaska

and has more than 14,300 shareholders.

8,800 shareholders of

and Aleut descent.



Graham, Chenega, Nanwalek

(English Bay) and Tatitlek.

Chugach Alaska Corporation

Koniag Incorporated Headquarters are in Kodiak, Alaska and have around 3,500 Alutiiq

shareholders who originated from the

Kodiak Archipelago. Koniag has land

holdings across the Alaska Peninsula,

Kodiak Island and Afognak Island.

subsurface rights to more than 2.2 million acres of land in Northwest Alaska covering 38,000 square miles, an area roughly the size of Indiana.

NANA manages the surface and

Book List

Fighter In Velvet Gloves

By Annie Boochever

experiences being treated as a second-class citizen. Her heartfelt testimony led to the passing of the landmark Alaska Anti-Discrimination Act, America's first civil rights legislation. Today, Alaska celebrates Elizabeth Peratrovich Day every February 16, and

she will be honored on the gold one-dollar coin in 2020.

Blessing's Bead

Seventy years later, Nutaaq's greatgranddaughter, Blessing, is on her own journey, running from the wreckage of her life in Anchorage to live in a remote Arctic village with a grandmother she barely remembers. In her new home, unfriendly girls whisper in a language she can't understand, and Blessing feels like an outsider among her own people. Until she finds a cobalt blue bead—Nutaaq's bead—in her grandmother's sewing tin. The events this discovery triggers reveal the power of family and heritage to heal, despite seemingly insurmountable odds.

from the Yukon River

By Velma Wallis and James Grant

For a thousand years, the Gwich'in clan had followed migratory animals across the north. But two generations before, the people had settled where the Porcupine River flows into the Yukon. Now, the Wallis family has a post office box and an account at the general store, and Velma listens to Wolf Man Jack on armed forces radio. The author discovers that her people have surrendered their language, traditional values, and religion to white teachers, traders, and missionaries. Flu epidemics have claimed many loved ones. Village elders seem like strangers from another land, and in a way they are. There is much drinking when the monthly government checks come, and that is when the pain comes out of hiding.

By Debby Dahl Edwardson Nutaaq and her older sister, Aaluk, are on a great journey, sailing from a small island off the coast of Alaska to the annual trade fair. There, a handsome young

Siberian wearing a string of cobalt blue beads watches Aaluk "the way a wolf watches a caribou, never resting." Soon his actions—and other events more horrible than Nutaaq could ever imagine—threaten to shatter her Inupiaq world.

understanding the roots and tenacity of these problems, articulating them clearly and powerfully. But more than this, he offers a message of hope pointing the way toward cultural revitalization that can begin now. The steps in the journey to reclaiming health and well-being depends on communicating the sorrow and loss and embracing a new way of thinking about the problem. While there is much work to be done, this work shows a way that individuals and villages can transform the Great Death into new life. Raising Ourselves: A Gwich'in Coming of Age Story

By Ernestine Hayes

prejudice, alcoholism, and poverty.

Courage and Survival

By Velma Wallis

American ways.

Blonde Indian: An Alaska Native Memoir

Told in eloquent layers that blend Native stories and metaphor with social and spiritual journeys, this enchanting memoir traces the author's life from her difficult childhood growing up in the Tlingit community, through her adulthood,

American, Hayes encounters a unique sense of alienation from both her Native community and the dominant culture. We witness her struggles alongside other Tlingit men and women—many of whom never left their Native

community but wrestle with their own challenges, including unemployment,

empowerment of women, the graying of America, growing interest in Native

Description

Through the process of a qualitative content analysis, Ullrich outlined an

Indigenous conceptual framework that emphasized how Indigenous connectedness contributes to the restoration of Indigenous wisdom and

Dr. Crouch, Deg'Xit'an and Coahuiltecan psychologist connected with 15 Alaska Native People to identify culturally grounded perspectives on quality of life for Alaska Native People. This article provides insight on how Alaska

Dr. Lewis is an Alaska Native cross-cultural community psychologist and is

the Associate Director of the Memory Keepers Medical Discovery Team at the University of Minnesota. This article provides a holistic perspective on

This respected article has been cross referenced over 300 times in research

(HT), efforts to measure the impact of HT, and concluded with implications of

HT on clinical and community interventions, followed by recommendations.

Incorporating Racial Equity into trauma informed care By Danica Richards,

literature. Dr. Brave Heart et al. reviewed the concept of historical trauma

aging in rural Alaska communities and examined "Eldership." This paper

inspires positive healthcare delivery for AN People and communities.

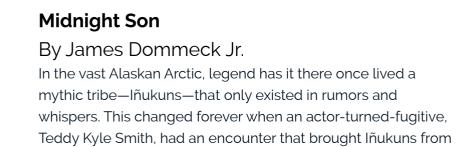
practices that nurture child wellbeing.

Native People perceive wellness in their lives.

during which she lived for some time in Seattle and San Francisco, and eventually to her return home. Neither fully Native American nor Euro-

By Harold Napoleon





myth to reality. Smith was an aspiring actor with a promising career until it all came quickly crashing down with a gunshot, a

manhunt, bloodshed, and other frightful events

ALASKA NATIVE MEMOIR

Cultural Healing Resources The resources included in this section provide information on healing centered engagement, relational-harmony, and Indigenous ways of knowing that have protected and helped Alaska Native Peoples and communities heal from the impact of historical, intergenerational, and transgenerational trauma. Research and literature on the cultural, Peoples around the world are included. Source

Dissertations & Theses Global. (2180107801). Retrieved from here.

url=https://www.proquest.com/dissertations-theses/deg-xitanathabascan-conversations-on-wellness/docview/2180107801/se-2

Ullrich, J. S. (2019). For the love of our children: an Indigenous

Crouch, M. C., Skan, J., David, E. J. R., Lopez, E. D. S., & Prochaska, J. J. (2021). Indigenizing quality of life: The goodness of life for every Alaska Native research study. *Applied Research*

Lewis, J. P. (2011). Successful aging through the eyes of Alaska Native Elders. What it means to be an elder in Bristol Bay,

Brave Heart, M.Y.H., Chase, J., Elkins, J., & Altschul, D.B. (2011).

Concepts, research, and clinical considerations. Journal of

290. https://doi.org/10.1080/02791072.2011.628913

Historical trauma among Indigenous Peoples of the Americas:

Source

American Psychological Association (2022). 11 healthy ways to handle life's stressors: When stress becomes unmanageable,

try these evidence-based tools to tackle it in healthy ways.

20, 2023 from https://positivepsychology.com/self-care

Substance Abuse and Mental Health Services Administration

guilt and anger or ways to support decolonization.

Source

Untangling Colonialism: Building a Decolonization Framework.

Helms, J.E. (2020). A Race is a Nice Thing to Have: A Guide to

Being a White Person or Understanding the White Persons in

Diversity Inc Best Practices, Misconceptions of and Microaggressions

medialib/uploads/2019/11/Native-American-Heritage-Month-MIB-

O'Keefe, V., & Greenfield, B. (2019). Experiences of microaggressions

secondary contexts. American Indian and Alaska Native Mental Health

among American Indian and Alaska Native students in two post-

Research, 26(3), 58-78. https://doi.org/10.5820/aian.2603.2019.58

Anti-Racism Resources: White Fragility (n.d.). CSB/SJU Libraries. Retrieved May 20, 2023 from https://guides.csbsju.edu/c.php?g=1053204&p=8063009

Owen, B. (2023). 'Pretendian' the ultimate step in colonialism, says Metis legal expert The Canadian Press. Retrieved April 23,

from https://nationalpost.com/news/canada/indigenous-

identity-fraud

Native Movement Training Series. https://native-movement.teachable.com/p/untangling-colonialism

Your Life (3rd Edition). Cognella Books.

Toward Native Americans (2019).

ICT News

https://www.diversityincbestpractices.com/

Microaggressions-and-Misconceptions.pdf

(2015). Tribal TTA Center Healing-informed Care Handout. Retrieved May 20, 2023 from https://www.samhsa.gov/sites/default/files/tribal-tta-

<u>healing-informed-care-handout.pdf</u>

from https://www.apa.org/topics/stress/tips

Retrieved May 20, 2023

connectedness framework. *AlterNative: An International Journal of Indigenous Peoples, 15*(2), 121–130. https://doi.org/10.1177/1177180119828114

1143. https://doi.org/10.1007/s11482-019-09782-5

549. https://doi.org/10.1093/geront/gnr006

https://proxy.consortiumlibrary.org/login?

in Quality of Life, 16(3), 1123-

AK. The Gerontologist, 51(4), 540-

Psychoactive Drugs, 43(4), 282-

Center for Health Care Strategies

Restoration Magazine

Healing Collective Trauma

WERNATIVE

WERNATIVE

National Alliance on Mental Illness

relational strengths of Alaska Native People is limited, therefore, relevant literature on the context of Indigenous Two Alaska Native and one Native American academic research Ullrich, J. S., Demientieff, L. X., & Elliott, E. (2022). Storying and rescholars offer their personal stories of healing and connecting based storying: Co-creating indigenous well-being through relational knowledge exchange. *The American Review of Canadian Studies*, *52*(3), 247-259. https://doi.org/10.1080/02722011.2022.2095498 on the wisdom of from their Elders and communities. Included here is Dr. Demientieff's work on healing centered engagement. Demientieff, L. M. (2017). Deg xit'an athabascan conversations on wellness: A qualitative study exploring the radical possibilities of relationships (Order No. 10634333). Available from ProQuest This dissertation explored the was the Deg Xit'an Athabascan People engage in cultural experiences, ways of knowing, values and relationships for wellness and wholeness.

communities.

The importance of community in Indigenous People's healing A youth wellness website with a variety of supports for Indigenous youth. A youth wellness website with a variety of supports for Indigenous youth.

Center for Disease Control and Prevention (2023). Coping with Many of us are facing challenges that can be stressful and overwhelming. stress. Retrieved May 20, 2023 from https://www.cdc.gov/mentalhealth/cope-with- The website outlines ways in which we may experience stress and learn to cope with stress in a healthy way. stress/index.html Schaffner, A.K. (2020). How to Practice Self-Care: 10+ Worksheets and 12 Ideas. Positive Psychology. Retrieved May The website reviews the history of self-care traditions, recommendations for

Emotional Coping &

Decolonization Resources

Emotional coping resources related to stress, asset driven and strength-based activities for AI/AN communities.

The APA normalizes the stress response and provides recommendations to combat the negative effects of stress.

Description

self-care activities, a self-care assessment and more.

community collaborations.

decolonize conservation.

microaggressions.

and cultural factors.

Resources for non-Indigenous and White Identifying Persons that may be dealing with distressing emotions related to

Indigenous cultures have wisdom that has always provided guidance

through difficult times. This wisdom calls us to focus on strengths, on what is

Description

A decolonizing practice requires recognition of the history of colonization and its current manifestations. This training briefly covers United States Federal Indian Policy carried out dominantly in the lower 48 and its

expansion into Alaska policy and the implications on Alaska Native peoples. Discuss how the history of environmental conservation has mirrored colonial

The book is designed to help White people fully recognize and accept their

Misconceptions of Microaggressions Toward Native Americans. Drafted in

2019, this one-page information sheet offers four popular misconceptions

of Native American People paired with a Fact Check. It also highlights four

Top Ten Microaggressions Against Indians. ICT is an independent nonprofit news enterprise, and a division of IndiJ Public Media. IndiJ

Public Media's mission is to honor ancestors and future generations

racial identity, assume the proper responsibility for ending racism, and

develop an understanding of how racism impacts their own racial group.

worldviews and what possible strategies we can further in order to

working. SAMHSA recognizes this wisdom, guiding communities to base prevention on strengths-based practices that build protective factors and

Microaggressions Resources Microaggressions continue to harm AN/AI People and Communities. This section offers literature and resources that address microaggressions against AN/AI People and Communities, while some articles focus on the experience of microaggressions in specific settings. Source Description

A starting point in anti-racism resources. Source Description

Provides several video resources on White fragility.

The Contemporary Progression of Entitlement of Settlers: Pretendians. Since the time that colonizers have arrived, they have exploited Indigenous People, culture, and Lands. The exploitation of Indigenous People continues in many forms and this section offers insight and resources to the progression of Indigenous exploitation through the phenomena of Pretendtians in academia. This section is intends to raise awareness and consciousness of those who rely upon the Description Source

Resources list on anti-racism including books, articles, Ted Talks and other

Anti-Racism Resources (n.d.). Penn Carey Law: University of Pennsylvania. Retrieved May 20, 2023 A starting point for community members interested in resources for selffrom https://law.upenn.libguides.com/antiracism_resources/a education on anti-racism rticles Reading and watch list of anti-racism resources (n.d.). Vanderbilt Website. Retrieved May 20, 2023 from https://www.vanderbilt.edu/diversity/reading-and-watch-list-of-anti-racism-resources/ non-academic resources. limited research published on AN/AI People and communities. Narine, S., Local Journalism Initiative Reporter, & Windspeaker.com. (2023). To stop pretendians, universities, indigenous communities must work together. Canadian Press Enterprises Inc.

This article reveals the toll Indigenous academic scholars and leaders

Greenfield, B. L., Elm, J. H. L., & Hallgren, K. A. (2021). Understanding psychometric evaluation of discrimination and microaggressions among measures of racial discrimination and microaggressions among American AN/NA college students. They evaluated the psychometric performance Indian and Alaska Native college students in the southwest united of three discrimination/microaggression measures among AN/NA states. BMC Public Health, 21(1), 1099college students. This included severity and type of discrimination and 1099. https://doi.org/10.1186/s12889-021-11036-9 every day microaggressions. The authors examined the experience of daily racial microaggressions Jones, M. L., & Galliher, R. V. (2015). Daily racial microaggressions and (reported on one measure) among 112 NA young adults and self-reported ethnic identification among Native American young adults. Cultural ethnic and cultural identity (two measures). They found gender Diversity & Ethnic Minority Psychology, 21(1), 1differences on the impact of microaggression, and a correlation between 9. https://doi.org/10.1037/a0037537 strength of AN/NA identity and frequency of microaggression for males. The authors examined the prevalence and impact of microaggressions Walls ML, Gonzalez J, Gladney T, Onello E. (2015). Unconscious biases: (MA) reported by NA People with type 2 diabetes in a healthcare setting. racial microaggressions in American Indian health care. J Am Board Fam They found MAs were associated symptoms of depression, self-reported Medicine, 28(2), 231-9. https://doi.org/10.3122/jabfm.2015.02.140194 history of heart attacks and prior year hospitalization. Cruz, D., Rodriguez, Y., & Mastropaolo, C. (2019). Perceived Although AN/NA People were not included in this study, this study microaggressions in health care: A measurement study. PloS One, 14(2), revealed the psychometric properties of the Microaggressions in Health e0211620-e0211620. Care Scale is promising to understand perceived racial microaggressions, https://doi.org/10.1371/journal.pone.0211620 discrimination, and mental health for racial/ethnic groups and gender. Anti-Racism Resources

> the collaboration of Indigenous communities to work together to address The race-shifting of 'Pretendians.' This February 23, 2022 episode hosted by Ailsa Chang who interviewed Sam Yellowhorse Kesler on "All Things Considered" explored the phenomena of people falsely claiming Native identity. Ironically the episode notes do not include the Nation which Kesler is part of, his webpage does not include this information as well.

National Public Radio This article covered the complex considerations and serious implications of Isai, V. (2022). Canada Letter: Doubts over Indigenous identity in fraudulent claims of Indigenous identity of an esteemed health researcher academia spark 'Pretendian' claims The New York Times and professor from a Canadian university. The article reflected on the (online). Retrieved April 23, 2023, from https://www.nytimes.com/2022/10/15/world/canada/c increased appreciation for Indigenous positionality and the temptation for scholars to falsely claim Indigeneity to procure grant funding and staff anada-indigenous-identity-pretendians.html

positions.

Alaska Native Corporations Accumulation of Reading Resources:. Book List - Cultural Healing - Emotional Coping & Decolonization - Microaggressions - Anti-Racism

Alaska Native Resource Lists State of Alaska a list of books Bering Straits Book List this is created by the State of Alaska; a list of books consolidated by

the Bering Straits Native Corporation which includes books written by chareholders

Assocoiation (APIA) assists in meeting

<u>Aleutian Pribilof Islands</u> the health, safety, and well being

SEALASKA Heritage the SEALASKA Heritage Center has online archives, lectures, and other resources to learn more about Southeast Alaska Native culture and history.

<u>SUWAT</u> Kawerak Inc hosts a podcast

with different guests weekly to give you an update on what's happening with Kawerak's programs and services. Alaska State Museum

Located in Juneau, the Alaska State Museum hosts primarily local events and talks covering a myriad of topics.

Cook Inlet Tribal Council (CITC) is proudly hosts the NYO Games in cooperation with communities throughout the state. These traditional athletic contests and northern games develop the strength and skill countless generations of Alaskan Native people depended on for survival in everyday life. Today's NYO Games Alaska carries on in this spirit by encouraging young people to strive for their personal best while instilling the values needed for success. Alaska Native Corporations

Native corporations are the largest private landowners in Alaska, with title to 44 million acres of selected land throughout the state. Development of the resources beneath their lands offers Native corporations an opportunity to generate jobs and other economic benefits for their Native shareholders and fulfill the implicit promise Congress made to Alaska Natives in exchange for extinguishment of their aboriginal claims. <u>Arctic Slope Regional Corporation</u>

<u>Doyon Limited</u>

Headquarters are located in Fairbanks,

Alaska with over 20,000 shareholders. With the land entitlement of 12.5 million acres,

Doyon is the largest private landowner in

Alaska and is one of the largest private

landowners in North America. Its lands extend from the Brooks Range in the north to the Alaska Range in the south. The Alaska-Canada border is Doyon's eastern border, and the western portion almost reaches the Norton Sound. <u>SEALASKA</u> Headquarters are in Juneau, Alaska and is owned by more than 22,000 shareholders of primarily Tlingit, Haida and Tsimshian descent.

Alaska In 1945, Peratrovich stood before the Alaska Territorial Legislative Session and gave a powerful speech about her childhood and her

Yuuyaraq: The Way of the Human Being Through bitter experience, Napoleon, a Yupik Eskimo, has acquired clarity in

audible original JAMES DOMMEK JR. Josephine Holtzman ISAAC KESTENBAUM Two Old Women: An Alaska Legend of Betrayal, Based on an Athabascan Indian legend passed along from mother to daughter for many generations on the upper Yukon River in Alaska, this is the tragic and shocking story--with a surprise ending--of two elderly women abandoned by a migrating tribe that faces starvation brought on by unusually harsh Arctic weather and a shortage of fish and game. This story of survival is told with suspense by Velma Wallis, whose subject matter challenges the taboos of her past. Yet, her themes are modern--

> Center for Health Care Strategies. This 2021 brief was funded by the Robert Wood Johnson Foundation. It offers considerations to health care systems on the topics of racism racial equity, and, trauma-informed care. The National Indigenous Women's Resource Center (NIWRC) publishes this magazine, with content centered on the restoration of AN/NA sovereignty and safety of AN/NA Women. This magazine is a source for current issues AN/AI communities face. Articles, podcasts and interviews on the topic of collective trauma for BIPOC

through stories that inspire Indigenous Peoples. This article was initially published in 2016 and updated in 2018. The article lists examples of contemporary microaggressions and a response by the author. The authors examined the prevalence and associated distress of microaggressions on post-secondary students in New Mexico and Oklahoma. They found a high prevalence of microaggressions for students in the study with variance across demographic characteristics The authors sought to fill a gap within the literature regarding adequate

experience when witnessing Indigenous identity fraud. The article explores motivations behind fraudulent claims of Indigenous identity and is a call for

This article echoes the grave concern of fraudulent Indigenous identity claims and highlighted the depth of this phenomena in not only present in

Indigenous culture, and the perpetuation of Indigenous stereotypes is part of

academia, but it has also been occurring in Canadian government and entertainment industry. The article noted the lack of education on

the reason fraudulent claims are possible.