

CELEBRATIONS: HEADDRESS REGALIA GR: 6-12 (5+ LESSONS)

Elder Quote/Belief:



“Traditionally, the longer the beaded headdress would indicate the wealthier or higher status you were in the community. The chief’s daughters would have headdresses that sometimes reached their ankles! You can see a similar long headdress located in the Chugach Alaska Corporation office, it is very beautiful!”
 –Marv Babic, Cordova

Grade Level: 6-12

Overview: The beaded headdresses were important part of worn by both men and women. Headdresses were symbols of wealth and status. The more successful hunter was able to trade their pelts for beads which in turn allowed the women to make longer beaded headdresses. Chief’s daughters would wear a headdress made of beads and Dentalium shells that would go all the way down to their ankles.

Standards:

| <i>AK Cultural:</i> | <i>AK Content Science:</i> | <i>CRCC:</i> |
|--|--|--|
| B2: Make effective use of the knowledge, skills, and ways of knowing from their own cultural traditions to learn about the larger world in which they live. | F1: Develop an understanding of the interrelationships among individuals, cultures, societies, science, and technology. | CE4: Students should have knowledge of traditional dance attire: Dance regalia Bentwood visor/head dress Masks |

Lesson Goal: To learn about the traditional beaded headdress regalia design, when it was used and what it represented.

Lesson Objective(s): Students will:

- Research traditional beaded headdresses in the Chugach Region.
- Design and create their headdress.
- Learn Sugt’stun/Eyak vocabulary words.

Vocabulary Words:

Sugt’stun Dialects

| English: | Prince William Sound: | Lower Cook Inlet: | Eyak: |
|-----------|-----------------------|-------------------|------------------------|
| headdress | kaupak | kaupak | weeg (headband) |
| beads | | akllut | kAwuud |

Materials/Resources Needed:

- *Step-By-Step Headdress Regalia Instructions* (Attached below)
- Felt Pieces
- Suede Piece
- Suede Straps
- E6000 Glue
- Glovers Needles (size 5, 10)
- 3 Strand Cord Waxed Nylon (30 yards)
- Beading Thread
- Cabochon (Beads and felt to make five rosettes- 1 large, 4 small)
- Seed Beads (size 6) Variety of colors
- Round Beads (size 8mm) Variety of colors
- Facet Beads (sizes 6, 8 and 10 mm) Variety of colors
- Bone Beads/ Dentalium
- Teardrop Beads (for the front of face)
- Beads for fillers on headband

Books:

[*The Chugach Eskimo*](#)

Living our Cultures, Sharing our Heritage, The First Peoples of Alaska

Looking Both Ways- Heritage and Identity of the Alutiiq People

The Etholen Collection

The Alutiit/Sugpiat

Videos/Websites:

- Arctic Studies <https://alaska.si.edu/record.asp?id=155>
- Christalina Jager, Port Graham, beaded headdresses
[https://www.pinterest.com/search/pins/?q=Christalina%20jager&rs=typed&term_meta\[\]=Christalina%7Ctyped&term_meta\[\]=jager%7Ctyped](https://www.pinterest.com/search/pins/?q=Christalina%20jager&rs=typed&term_meta[]=Christalina%7Ctyped&term_meta[]=jager%7Ctyped)

Teacher Preparation:

- Invite an Elder/Recognized expert who can share their knowledge of traditional regalia used for feasts, potlucks, dances.
- Review with students the proper ways to show respect for the guest speaker.
- Review the activities plan and step-by-step instructions.
- Locate and gather all supplies needed.
- May want to cut out the leather straps ahead of time depending on time restraints and students working with.
- If desired, can make a kit for each student that includes the leather straps, cabochons, needles, felt, and beads.
- Make a copy for each student of *Step-By-Step Headdress Regalia Instructions* (Attached).
- Contact local tribal council or native dance group to borrow a traditional headdress to display or make one prior to class.
- Locate photos of headdresses for reference.

Opening:

Regalia were a very important component used in celebrations. Beaded headdresses were used by women and men during ceremonies such as hunting festivals, feasts, dances, weddings, etc.

The length of beads on the women's head regalia indicated one's status, wealth or success of the hunter in family. Many beautiful headdresses can be found online, books, museums, tribal council museums, Chugach Alaska Corporation headquarters, Alaska Native Tribal Health hospital, etc. For the following week, we will be researching as much information regarding headdresses worn in the Chugach Region and make a traditional headdress.

Activities:

Class I:

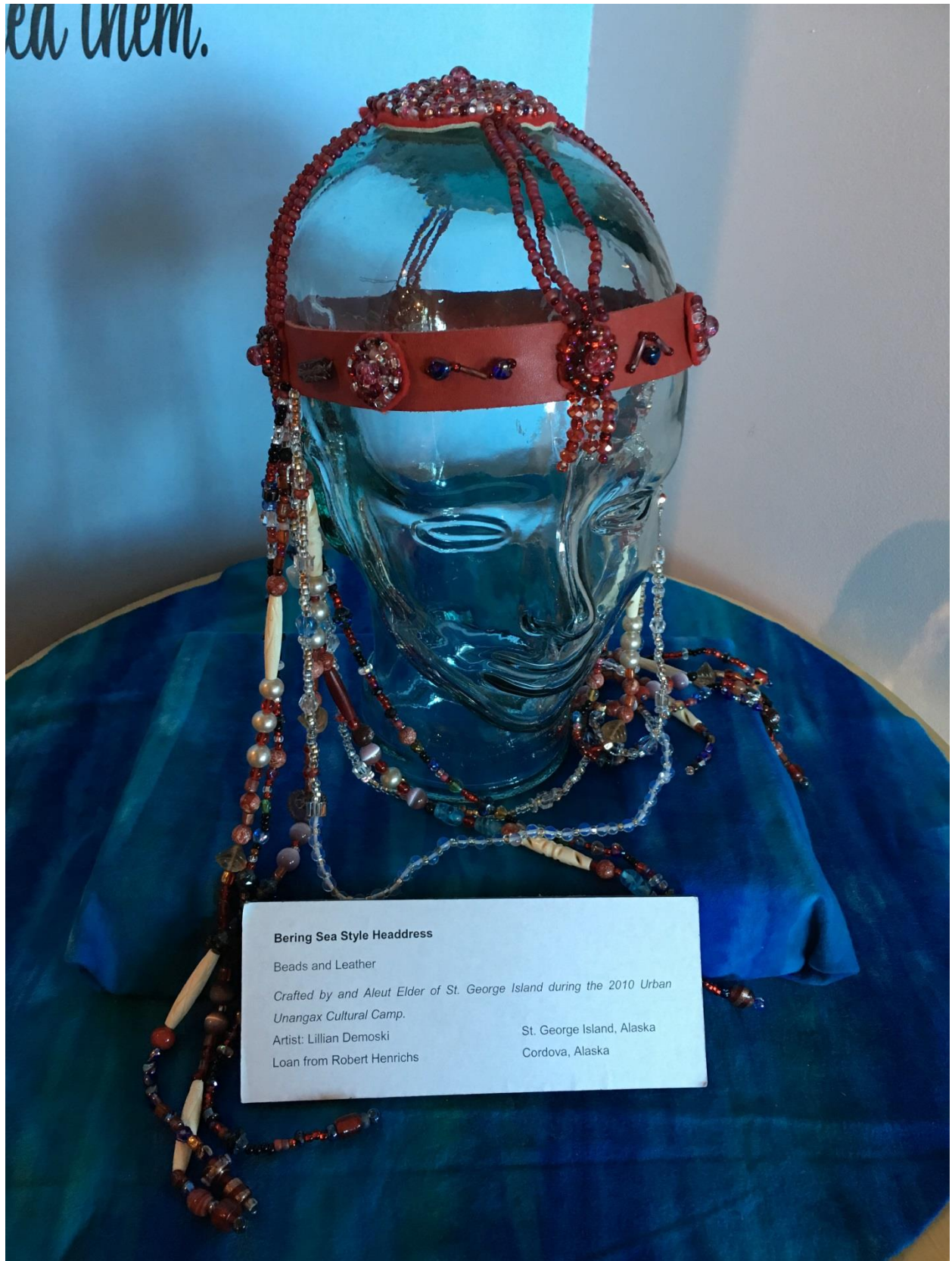
1. If available, introduce the Elder or Recognized Expert that is wearing their traditional regalia and share their TEK regarding how the beaded headdress was made and what it was used for.
2. Ask the students to research for any information and pictures on traditional regalia used in the Chugach Region that will help with designs and stories to incorporate with headdresses they will be making.
3. Hand out the *Step-By-Step Headdress Regalia Instructions* to each student.
4. If cut out the leather straps ahead of time (or made kits) pass out to each student.
5. If have not made kits, have students choose their materials needed according to the instructions.
6. Allow time for students to create their headdresses.
7. Have the students display their headdresses with the information they have found regarding traditional headdresses in the Chugach Region.

Assessment:

- Students researched all Sugpiat/Eyak headdresses and incorporated information compiled of traditional background explanation in relation to the headdress they created.
- Students successfully made and designed their own headdresses.
- Students are able to repeat and understand the Sugt'stun/ Eyak vocabulary words.



Beaded Headdress made by Christalina Jager, Port Graham



Bering Sea Style Headdress

Beads and Leather

Crafted by and Aleut Elder of St. George Island during the 2010 Urban Unangax Cultural Camp.

Artist: Lillian Demoski

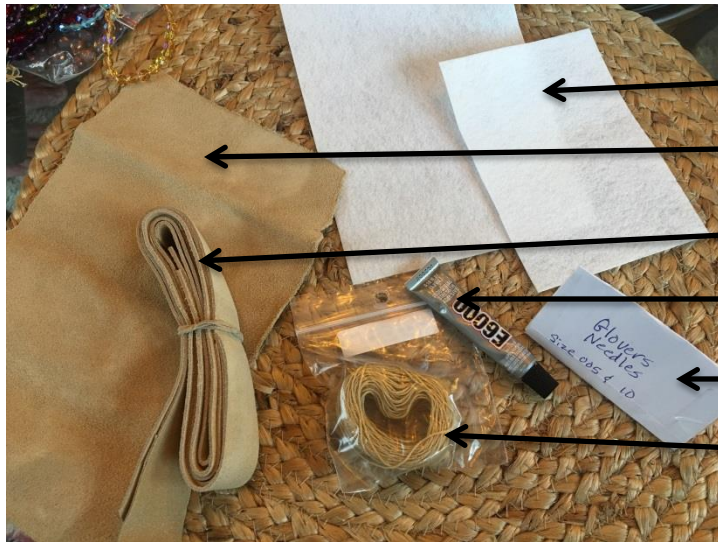
Loan from Robert Henrichs

St. George Island, Alaska

Cordova, Alaska



Chenega IRA 2013-14 Chugachmiut Mini Heritage Grant Directions for Alutiiq Headdress



Materials Needed:

- Felt Pieces
- Suede Piece
- Suede Straps
- E6000 Glue
- Glover's Needles (size 5, 10)
- 3 Strand Cord Waxed Nylon (30 yards)



BEADS (Suggested)

- Beading Thread
- Cabochon (Beads and felt to make five rosettes- 1 large, 4 small)
- Seed Beads (size 6, variety color)
- Round Beads (8mm, variety color)
- Facet Beads (size 10 mm)
- Bone Beads/ Dentalium
- Teardrop Beads (for the front of face)
- Facet Beads (size 8 mm)
- Beads for fillers on headband
- Facet Beads (size 6 mm)

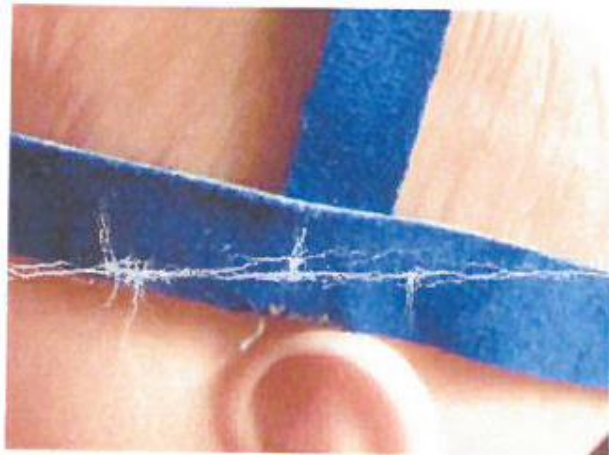
Step-By-Step Instructions for Headdress Regalia

Referred to Chenega IRA 2013-14 Chugachmiut Mini Heritage Grant Directions

Step 1: Leather Crown

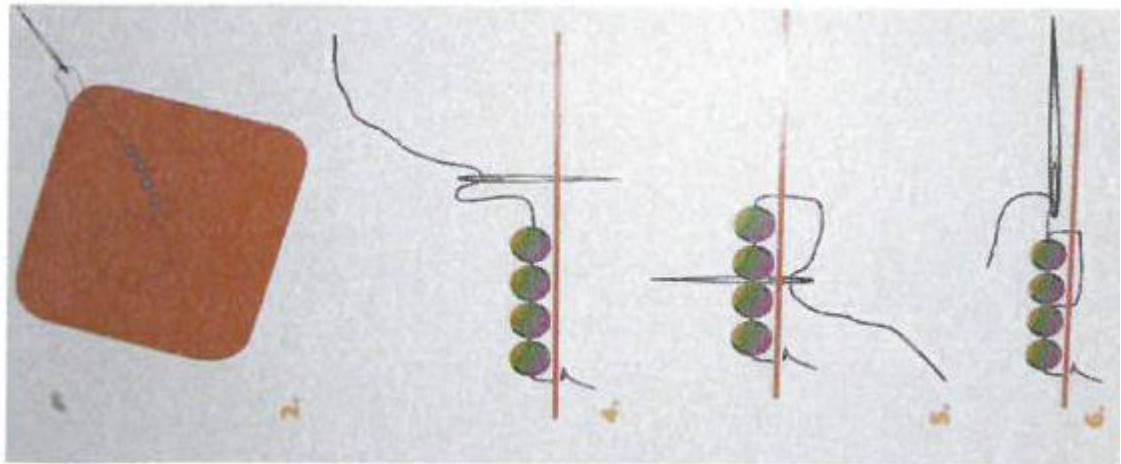
For Headband:

1. With a leather strap, measure around head, right above the ears and eyebrows. Cut strap about $\frac{1}{2}$ inch longer than measurement.
2. Cut an arm's length of waxed cord.
3. Separate cord into single strands, as you will be using single strands for entire headdress.
 - a. NOTE: To separate cord: firmly grab a single strand with one hand and with the other hand, pull down the other two strands. To alleviate the tangling as you are pulling, stop and pull out the twist from the bottom of the two strands. Continue pulling apart each strand.
4. Cut and sew the ends together of headband strap with size 5 Glover needle and single strand of waxed cord. This seam will be the **back center**.
5. Fold the headband in half with seam in back and mark the **front center**.
6. Fold the headband with seam aligned with front center mark and make a mark at each **side (2) center** fold.
7. Front to Back: Put headband on, measure from the bottom of the leather in the front, to the bottom of the leather in back. Cut strap to fit.
8. Ear to Ear: Measure from bottom of leather of headband from ear to ear. Cut strap to fit.
9. Sew straps onto bottom of headband using single strand of waxed cord and Glover's needle.
10. Sew several stitches near top edge to keep bar and headband together and reinforcement.
11. Put on headband to evenly align crossbars on the top of head, hold and mark. Sew together.



Step 2: Rosettes

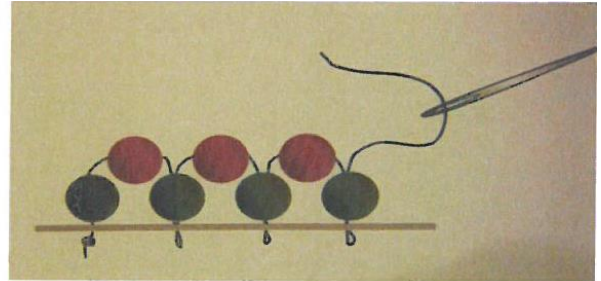
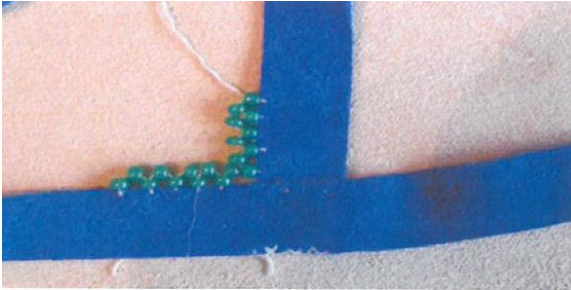
1. Making one large and four small, using cabochon and size 6 beads.
2. Glue cabochon to felt. Let dry
3. If cabochon have bead holes, sew down several times for added security.
4. **Optional:** can also use some items like buttons, jewelry, etc. for cabochons and for these be sure to sew down.
5. For both large and small rosettes, bead several rows around the cabochon. The number of rows depends on size of cabochon making. (For large rosette, it should be about 2"-2 1/4" in diameter. For the small ones, they should be about 1 1/4".
6. Thread Glover's needle with single strand of D thread. Tie knot on the end.
7. Use Backstitch beading:
 - a. Sew up through the felt, nest to cabochon, and half a bead's width away from the cabochon.
 - b. Add two to four beads, lay flat around the cabochon.
 - c. Keeping needle straight up and down, sew down through felt.
 - d. Sew needle back up between the second and third beads and pass the needle through the third and fourth beads.
 - e. Continue all the way around.



- f. NOTE: It may be necessary as you are closing up the round to use fewer beads.
 - g. Pass the needle through all the beads in the row several times. Sew down.
 - h. Sew needle back up next to row just completed.
 - i. Repeat instructions for all rows until desired diameter.
 - j. After completing all rows, sew down and tie off.
 - k. Cut the excess felt on all rosettes, being careful not to cut stitches.
8. Trace the rosettes onto the leather and cut out.
 9. Sew together the rosette and cut out leather using a whip stitch.
 10. TaDa! Rosettes are complete!
 11. Sew the rosettes onto the leather crown, large one on top of head, and the four smaller ones are sewn at front, back and sides.

Step 3: Edging

1. Using the size 6 seed beads, bead around the entire bottom of the headband and the inside four triangles of crown.
2. When beading and come to a 90 degree angles, bead as though it is one long piece.
 - a. Thread single strand of waxed cord on Glover's needle. Knot.
 - b. Sew through the leather and knot on the inside of headband.
 - c. Pick up three seed beads on needle and sew up through the leather from the inside and pass needle through the third bead.
 - d. Pick up two more seed beads, sew up through leather, and pass needle through second bead.



- e. Continue all the way around picking up two beads.
- f. To close up the end, pick up one bead, pass needle through the very first bead and sew through the leather from outside in. Knot.

NOTE: To change thread in the middle of working on edging, pick up two beads and sew down from outside in. Knot off. With new thread, sew up through leather and through the last bead where left off.

Step 4: Dangles

1. Using size 6 seed beads, 8mm rounds and facets, bone beads.
2. Make six or seven marks, starting from the center of the rosette, approximately 3/8" apart going towards the back.
3. Make three more marks going towards the front (these will be for the loops).
4. Repeat steps 2 and 3 on other side of crown.



5. Cut approximately 26" of the waxed cord and separate to single strands. Suggest stretching each strand before beading to minimize stretch of cord in future.
6. Thread one strand onto Glover's needle and **DO NOT KNOT!**
7. Thread on a stopper bead, that will be removed later, about 6" from the end.
8. **NOTE:** Do not trim the cord after stopper bead, as you will be using the 6" tail to sew onto headdress.
9. Beginning with what will be the top of the strand, start working out the desired pattern with size 6 seed beads, 8mm rounds and facets and bone beads. Strands will be between 13 ½" to 14".
10. **NOTE:** When deciding pattern, count beads/ colors prior to ensure enough for twenty strands!
11. Keep checking length in mirror by holding the strand to the top of ear to as far down on chest as desired.
12. End each strand with a seed bead. Tie off with several knots. This prevents bigger beads from slipping off.
13. Make 12-14 strands.
14. To make the three loops in front, these are graduated with large, medium and small loops leaving 6" on both ends.
15. For large loop, suggest doing same pattern as side dangles as far as possible and then fill in center with different pattern.



Note the center loops used the same pattern all the way to the white bone beads.

16. The center portion is where you omit beads to make loops shorter.
17. Check shortest loop to fit as desired around face.
18. Sew all strands on marked points. (Remember to remove the stopper beads!)



Step 5: Teardrops

1. Evenly hang (tack) on the teardrops right onto the headband or the edging beads.
2. If hanging from the edging beads, be sure to count the edging beads to ensure hanging evenly.



Step 6: Beading the Crown

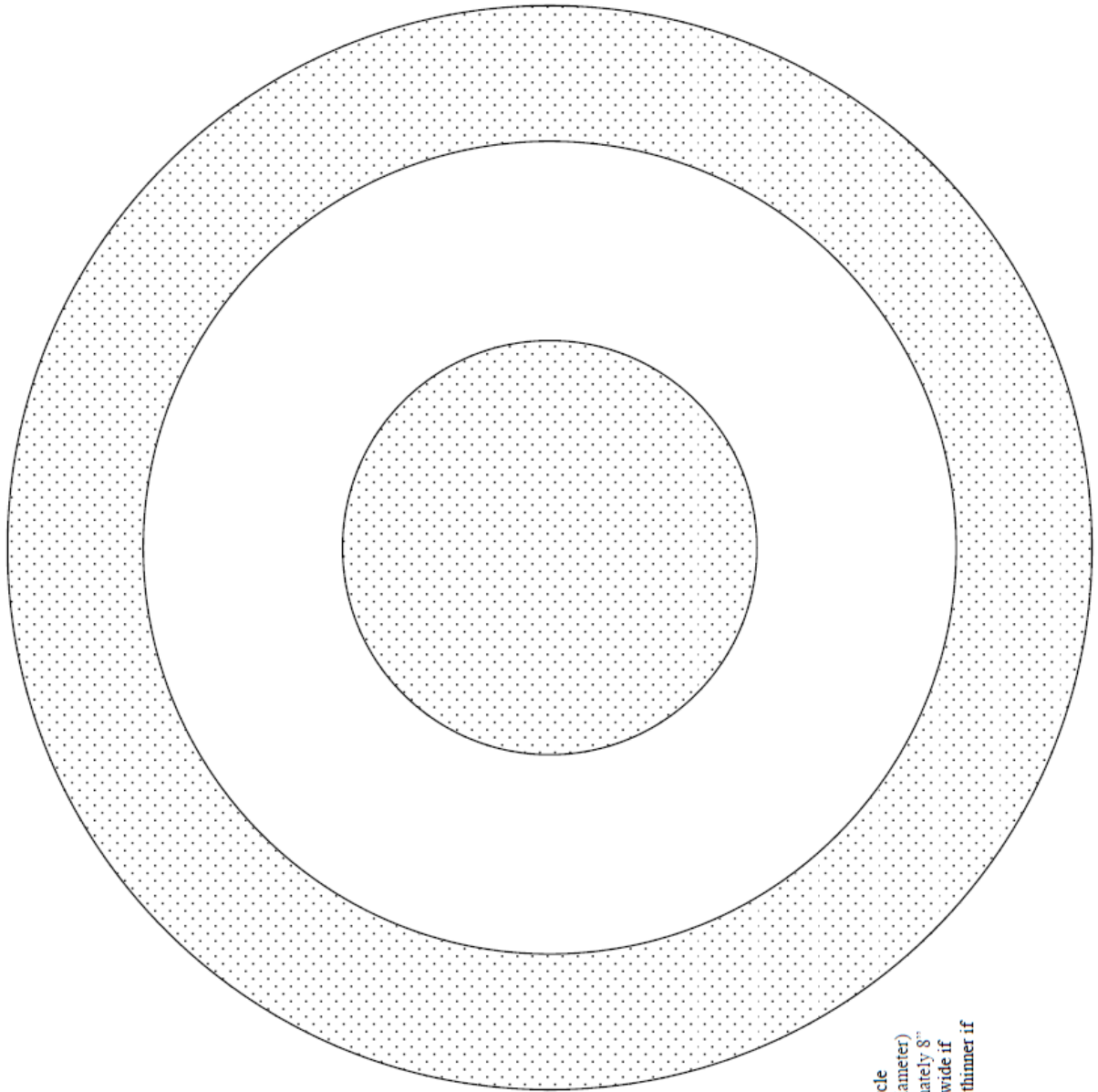
1. Using the size 6 seed beads and size 6mm facet beads.
2. Center and evenly space markings on the top and bottom of the strap for beaded lines.
3. Thread the Glovers needle with single strand of waxed cord. Knot end.
4. Sew up through the leather at one of the markings at the top of the strap.
5. Add enough beads in desired pattern to reach the bottom mark. Sew down.
6. Pull the strand tight to see if it will lay flat. If the leather strap puckers or is bowing out, add or remove beads accordingly so it lays flat. Tie off with several knots.
7. Repeat to finish off the remaining beaded lines.
8. Continue this for the other 3 straps.



You are now finished
with your beaded
headdress!
Enjoy and have fun
dancing with your
traditional regalia!

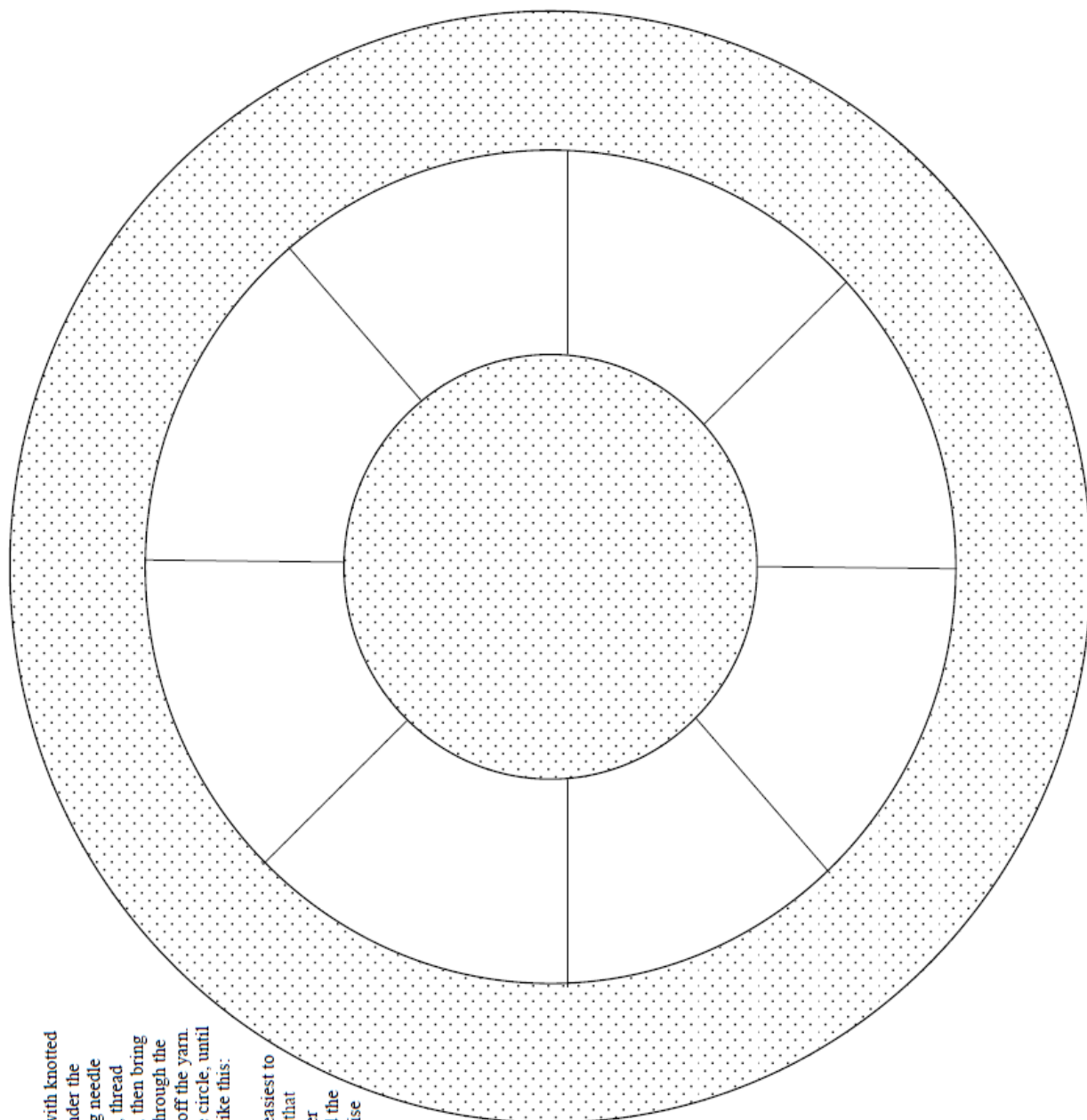
OPTIONAL: To create a full headdress there are several resources that are listed below...remember to adjust with the type of beads, materials used and length as desired.

- Basic directions developed in previous heritage kits are as follows that can be adapted:



Nacag
Beaded
Headdress

Step 1—cut out a circle (approximately 3" diameter) and a ring (approximately 8" diameter and 1 inch wide if using felt, can make thinner if using leather).



Step 2—starting with knotted yarn on needle under the center circle, bring needle through the circle, thread beads on the yarn, then bring the needle down through the outer ring and tie off the yarn. Repeat around the circle, until you get a pattern like this:

Note—it may be easiest to work on 'spokes' that are opposite, rather than going around the circle in a clockwise direction (for example do top, then bottom, then left, then right, then continue that pattern for the diagonals)

At this stage of the project, the nacaq will lay flat on a table.

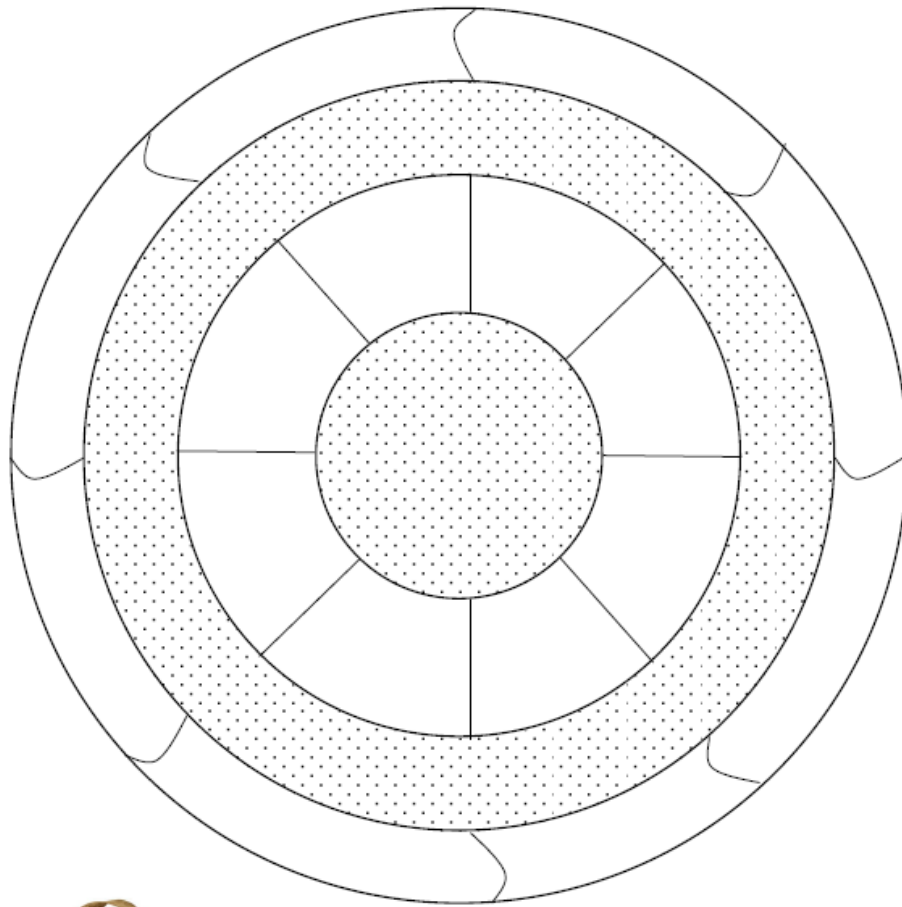


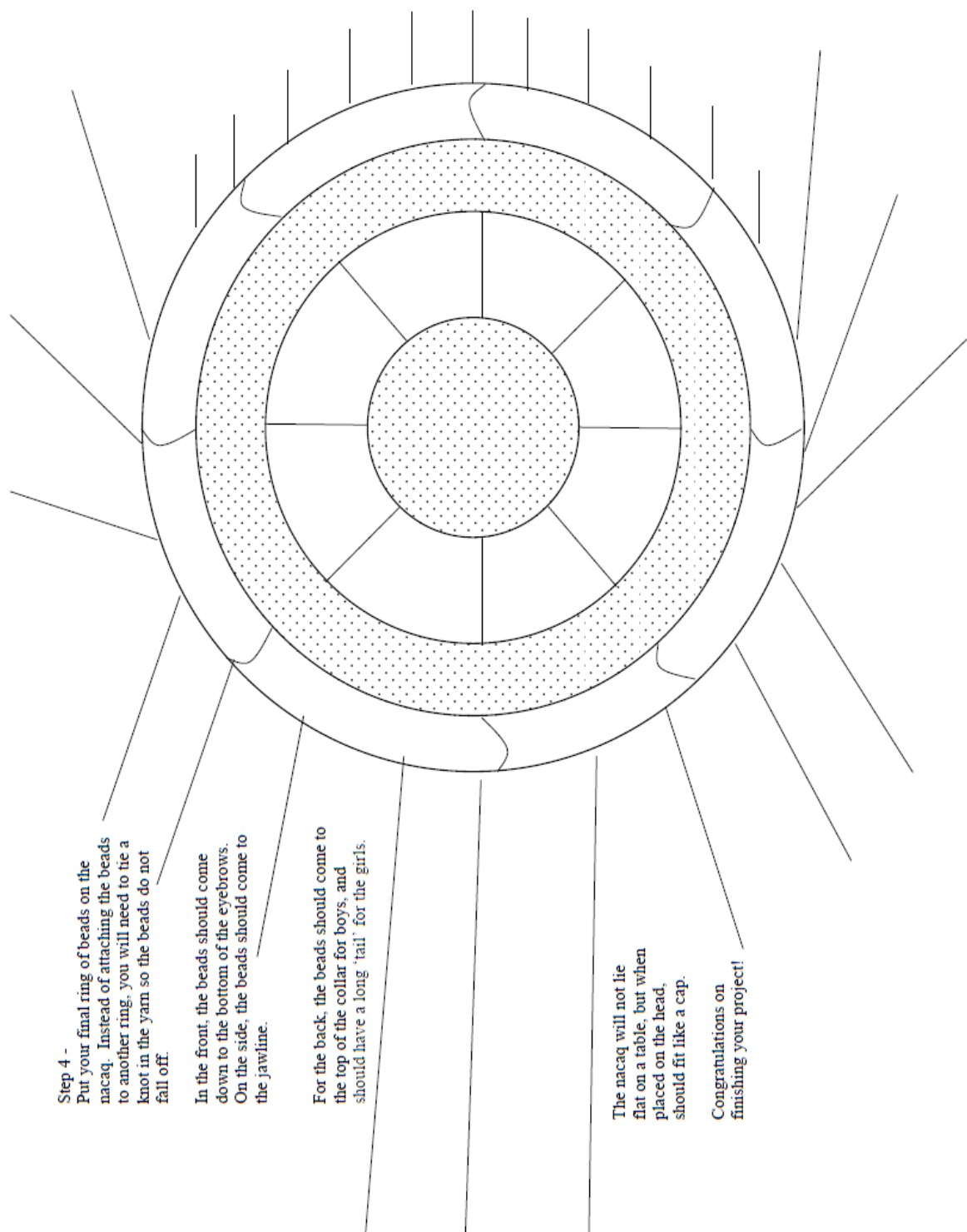
Step 3 -
Cut a piece of felt or ribbon that will fit around your forehead. Sew the ends together to make a ring that does not lie flat on a surface.

Attach the top of this ring to the outer ring of the nacaq that you completed in step 2.

Use the same method of stringing the beads and securing the yarn.

The nacaq is starting for form a curve for your head and will **NO LONGER LIE FLAT.**





Nacaq

Beaded Headdress

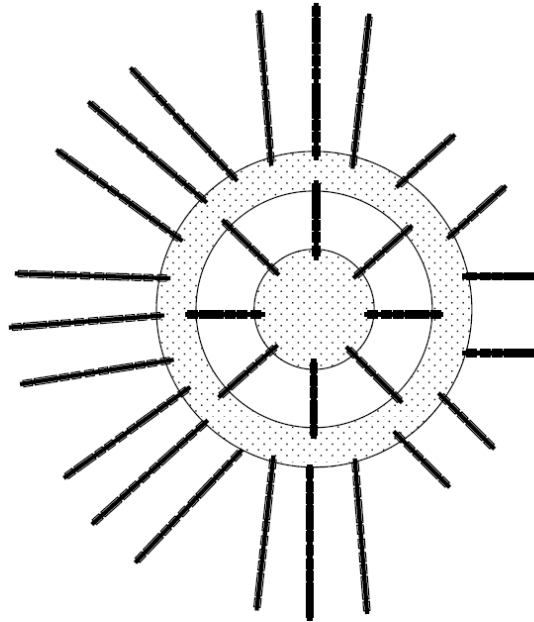
(Boys' version)

Step 4 -

Put final section of beads on the *nacaq*. Instead of attaching the beads to another ring, tie a knot in the end of the yarn.

In the front, the 'beads' should be even with the bottom of the eyebrows. On the sides, the 'beads' should be even with the jawline.

For the back, the 'beads' should come to the top of the collar for boys, and should have a long 'tail' for the girls.



Nacaq

Beaded Headdress

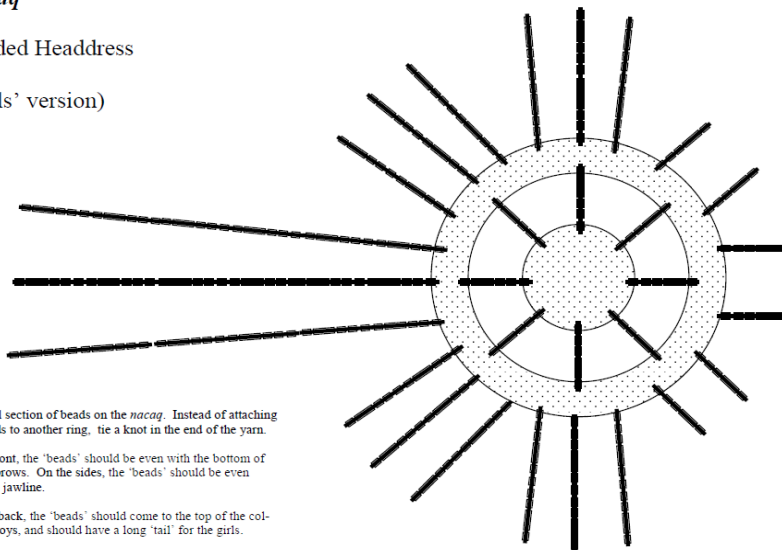
(Girls' version)

Step 4 -

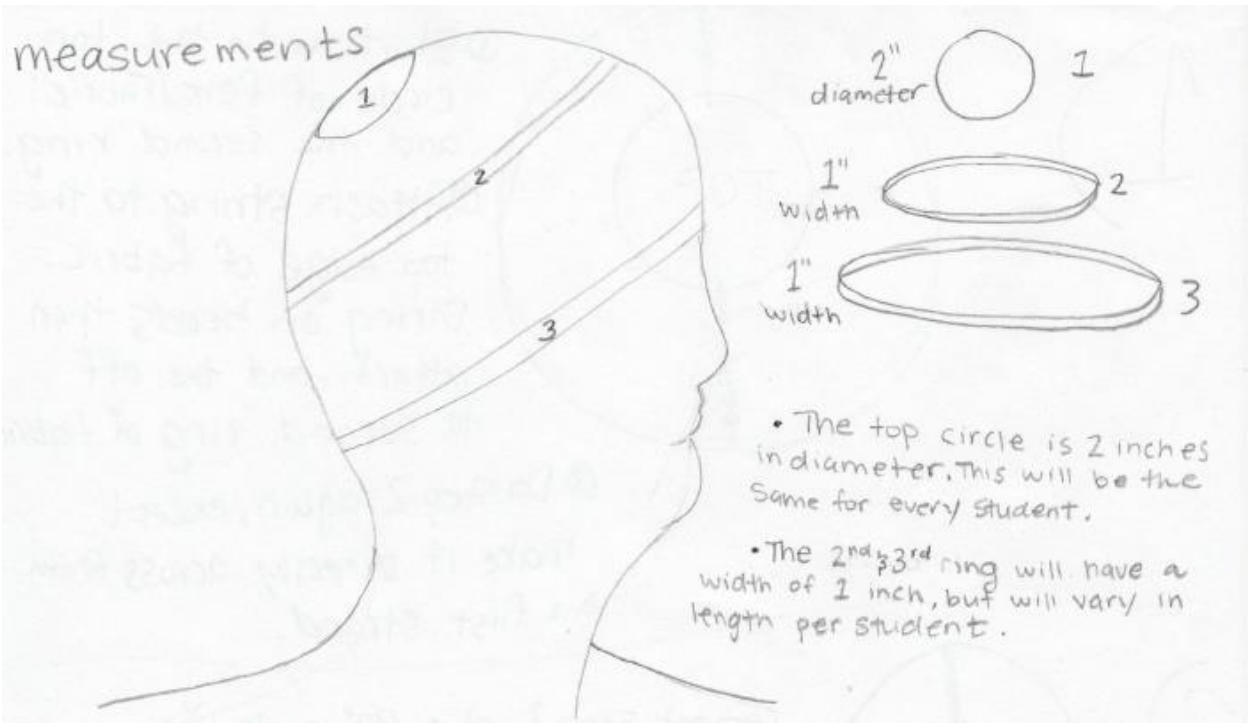
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In the front, the 'beads' should be even with the bottom of the eyebrows. On the sides, the 'beads' should be even with the jawline.

For the back, the 'beads' should come to the top of the collar for boys, and should have a long 'tail' for the girls.

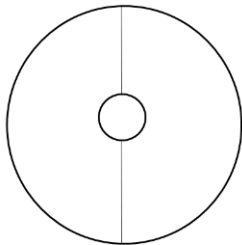


Headdress Instructions with Amanda O'Brien



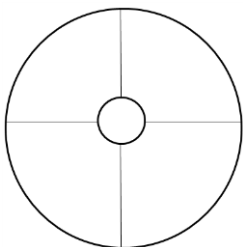
The top is a round piece of felt/ fabric that is 2 inches in diameter. For the second and third ring, they will start out as a long piece of felt/ fabric that is 1 inch wide. You will sew the ends together to make it into a loop.

1.



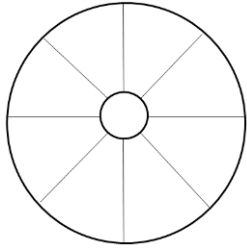
Connect your string to the edge of the center piece and string on beads, attach to the second ring and tie off. Do the same directly above the first string of beads. You will have two strings of beads attached.

2.



Repeat the first step so that they are all equidistant from each other. You will have 4 strands of beads attached.

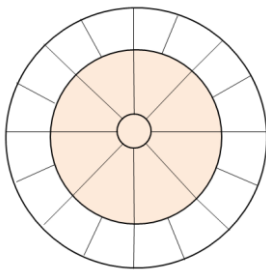
3.



Repeat the second step, by adding one strand of beads to the center of the previous strands. You will have 8 strands of beads attached.

4. Depending on how filled in you want the headdress to look, you can keep repeating this process until it is as filled in as you like.

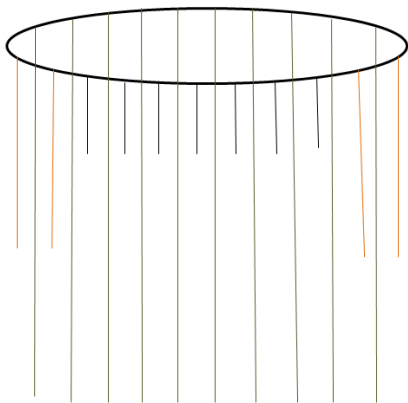
5.



Now you will move on to the third/ outer ring. Connect your string to the second/ middle loop and string on beads, attach it to the outer ring and tie off. Do the same process as before and make sure they are equidistant from each other. Repeat until it is filled in to your liking.

6. Now it is time to attach dangling strands of beads that will be short in front, medium length on the sides of the face, and long in the back. Place the headdress on your head and figure out where the short beads will be placed and where you can start to make them longer.

7.



This shows the outer ring, this is where you will attach the dangling beads. Tie off your string to the outer ring and bead on strands. Make sure the last bead on each strand is a small bead so that when you tie it off, they won't slide off over the knot.



Beaded Headdress being created by Kari Brookover

An adaptation of the instructions:

1. Started with a circle, two-inches in diameter of seal fur.
 2. Initial row of beads around.
 3. Decide on pattern and bead to desired thickness, adding a strip of leather to attach beads.
 4. Cut and sew the strip together.
 5. Continue down for the next row of beads, doing the same with strip. Beading will become more spread out as get larger diameter. Beads will lay flat until get to the one inch strip.
- NOTE:** This headdress was using a large amount of beads which is a matter of choice.





6. At this point, when the top is big enough for top of head, then measure a one inch strip around forehead to right above ears.

7. Best to bead in the four quarters first, to ensure the beading is equal going around and attached to the one inch strip. The beads will no longer lie flat, but will be conformed to your head.

8. Determine length desired in front of eyes, and bead accordingly, gradually length by adding more beads as go back. As beads get longer, an option is to bead into small strips of leather. As shown in attached photos of other beaded headdresses.

9. Work to desired length. When getting longer, add in bigger beads, such as Dentalium shells, etc.

- Another option for a pattern, can use the Alutiiq Museum's child's headdress lesson found on their website at <https://alutiiqmuseum.org/images/activities/HeaddressKit2.pdf>
 - There should be a pattern for adult headdress being uploaded soon.

PHOTOS OF FULL HEADDRESS REGALIA FOR EXAMPLES



Headdress made with bidarki shells, generously donated to Chugachmiut Cultural Heritage Program by Qutekcak Native Tribe, Seward



Beaded headdress located in Chugachmiut Cultural Heritage Program
Created by Christalina Jager, Port Graham



Beaded headdress photo courtesy of Dr. Crowell, Smithsonian Arctic Studies





Beaded headdress located in Native Village of Eyak's Ilanka Center, Cordova



Headdress located in Native Village of Eyak's Ilanka Center, Cordova



Headdresses located at Native Village of Eyak's Ilanka Center, Cordova



Headdresses located at Native Village of Eyak's Ilanka Center, Cordova



Beaded headdress for display during Patience Anderson-Faulkner's headdress class at Cordova Culture Camp 2016