

# The Counting Cord

*Nitnuqeyishi*



March–May 2017

KENAITZE INDIAN TRIBE NEWSLETTER

## New site to see



Dr. Will Phillips, right, conducts an eye exam for Ann Haddox in the Dena'ina Wellness Center's new optometry office. Optometry is a new service for the tribe.

### Optometry office opens at Dena'ina Wellness Center

After years of planning, the tribe has officially opened an optometry program at the Dena'ina Wellness Center. The program, managed by Dr. Will Phillips, began serving un'ina earlier this year.

"I'm excited about the opportunity to start a new program and help provide a much needed service," Phillips said. "It's good to be able to provide the service, and there's definitely a need for it."

The program offers examina-

tions, contact lens fitting, disease management, special testing, and surgical referrals. Phillips said there are two common conditions that affect eyesight – diabetes and glaucoma – that he can help treat.

Glasses are not currently offered in-house, but Phillips said they might be added in the future.

"We're working on it, but we don't know how that will take shape," he said. "There are still a lot of things we are going to figure out."

The program does offer Medicaid eyewear, giving un'ina access to a basic set of frames that the Alaska Medicaid Program uses. The tribe verifies that the un'ina is eligible and electronically orders glasses through the official Medicaid provider.

Most appointments will last between 30 and 45 minutes, Phillips said, and un'ina are encouraged to bring any glasses or contact lenses they wear. Appointments

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## Judging wellness

### Joint-jurisdiction state-tribal therapeutic court begins serving participants

The Henu' Community Wellness Court, a joint-jurisdiction state-tribal therapeutic court aimed at addressing the issue of substance abuse across the Kenai Peninsula, is officially open. The court began hearing cases this past winter and currently has multiple participants.

"We're literally learning new things every day," said Terri Telkamp, project coordinator.

The court is a partnership between the tribe and Alaska Court System that allows a tribal judge and state court judge to oversee cases together and sit beside each other during hearings. It is modeled off similar courts that have been successful in the Lower 48.

The court takes a whole-person approach toward rehabilitation, offering mental health counseling, substance use treatment and other services aimed at addressing the root causes of a person's substance use issues. It is structured to be demanding and hold participants accountable, yet offer incentives for success. Random alcohol and drug tests are a key component, and each participant is assigned

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## Champion for change

### Young tribal member wins national recognition

A teen tribal member who splits his time between Alaska and Washington state has been nationally recognized for demonstrating outstanding leadership and working to create positive change across tribal communities.

Samuel Schimmel, 16, was named to the Center for Native American Youth's 2017 Champions for Change program earlier this year. The program, established in 2011, annually recognizes five

Alaska Native or American Indian youth between the ages of 14 and 24 for tackling challenges in their tribal communities and inspiring fellow youth to take action.

"What it's done is put me in touch with other kids who are trying to bring about change," said Schimmel, who attends high school in Seattle but spends summers in Alaska. "It's also given me a better venue to spread my message and

See **CHAMP**, p. 6



Samuel Schimmel meets with U.S. Sen. Lisa Murkowski.



## NOTE FROM THE EXECUTIVE DIRECTOR

*Yaghali du?* How is it with you?

I'm happy to write that we continue operating from a position of both abundance and competitive strength. We have the funds we need to continue offering the services we have been providing, and continue to save for the future.

From the largest grant, to the smallest donation, the tribe's 300 employees work to make sure our resources are utilized to serve the needs of our people. Stewardship – the respectful use of land, resources and all creations – is one of the tribe's highest values.



As we consider stewardship of our resources, and to better understand where we need to invest time and assets now and in the future, we just recently completed a comprehensive needs survey. *Chiqinik* – thank you – to those of you who took time to answer the survey's questions. We are in the process of evaluating the results to ensure we have in place the programs we need to meet your needs.

One opportunity we are moving forward with is the expansion of Early Head Start services for our families. In March, the tribe received a new \$1.4 million grant to expand the services we already are providing. Just as we did to build the Dena'ina Wellness Center, we are working to strengthen and grow partnerships within the community to allow us to fully utilize this new funding source.

As we discuss our community needs, we are going to focus on what is real. We know what our needs are and will continue our tireless efforts to assure that the Kahtnuht'ana Dena'ina thrive forever.

Happy spring!

*Chiqinik.*

— Jaylene Peterson-Nyren  
Executive Director



Kenaitze's Tribal Council, Executive Director, representatives of the Alaska state court system, and the states executive branch pose last year after launching the court.

**COURT**, from p. 1

a probation officer who maintains frequent contact.

The court is open to drug and alcohol offenders facing legal trouble – including those in families with Children in Need of Aid (CINA) cases – who live in the tribe's service area.

Although the court is rigorous – it takes about 18 months to complete – it is designed to help offenders reestablish themselves in the community and set them up for long-term success. Participants have access to safe housing, transportation, clothing and personal hygiene supplies. Upon completion, graduates become program mentors.

"People are being served in a holistic way," Telkamp said. "That's going to lead to a healthier person, which leads to a healthier family and, ultimately, a healthier community."

There are a range of requirements for acceptance into the program and applications go through a multistep review process. Telkamp said a few applications have been denied, some have been tabled for future consideration and others are currently under review. The court's capacity is 20.

Henu' is a voluntary post-plea, pre-sentencing court, meaning offenders plead guilty to their charges and sentencing is delayed until the participant graduates, opts out or is dis-

### Learn more

For additional information about the Henu' Community Wellness Court, please contact the Tribal Courthouse at 907-335-7217 or Terri Telkamp at 907-283-8552.

charged from the program. It is an alternative to the traditional court system.

When offenders choose to participate in the court, they sign an agreement that sets clear expectations. The agreement states the consequences of failing to complete the program. It also outlines what will happen with their criminal case if they successfully complete the program. That approach, Telkamp said, takes the guessing out of the process because participants know what to expect upfront and are in charge of the ultimate outcome.

Telkamp said successful completion in Henu' can offer a more favorable outcome than what is available through the traditional court system, but that an unsuccessful attempt at completing Henu' will never result in a harsher punishment than a traditional court would impose.

"A positive outcome will be better than anything they would have gotten, and a negative outcome will never ever be worse than what they would have gotten," Telkamp said. "So it's a win-win."

### Early Childhood Center enrollment applications available

The Early Childhood Center is accepting applications for the 2017-2018 school year. The program serves families from many different backgrounds, Native and non-Native, low income and not, as well as children with disabilities. Children must be 3 years

old by Sept. 1, 2017, to be eligible. The no-fee program operates Monday-Thursday, 8 a.m. to 12:30 p.m.

For more information or to schedule a school tour, please call the center's main line at 907-335-7260.

### Moving soon? Please keep in touch

Please keep your contact information current so you don't miss important mailings from the tribe.

Send updates to:

Kenaitze Indian Tribe  
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P.O. Box 988  
Kenai, AK 99611

[sjackson@kenaitze.org](mailto:sjackson@kenaitze.org)  
907-335-7202

### From the editor's desk

The Counting Cord is a publication for members of the Kenaitze Indian Tribe and the tribe's customers.

Find more information on the tribe's website at [kenaitze.org](http://kenaitze.org) and like us on Facebook at [facebook.com/kenaitze](https://facebook.com/kenaitze).

For story suggestions or questions about content, contact editor M. Scott Moon at 907-335-7237 or by email at [smoon@kenaitze.org](mailto:smoon@kenaitze.org).





## NOTE FROM THE COUNCIL CHAIRPERSON

Hello and chiqinik for your continued support!

The past few months continue to be busy for your Council and myself. It seems there is not a day that we are not working on things to help improve our people and community.



I would like to keep you up to date on some of the things that we have been working on.

We held a quarterly tribal meeting to explain changes to the Constitution being recommended. Out of this meeting several questions and concerns were expressed that are being considered, such as having one Tribal Council member and one tribal member on the Bureau of Indian Affairs committee that will be working on changes. This will ensure better accountability for who oversees our election process once the BIA is no longer part of it, improve trust and transparency, and provide a clear timeline on how this process works.

We also discussed fishing guidelines for this summer. Some questions that emerged were around how our Elders would be getting fish, how the proxy fishing works, and how fish from the Elder Fish Day are dispersed. Thank you to all the tribal members who came to this meeting to discuss these issues and for providing feedback on how we can better meet your needs. The Council has recently passed a Fisheries Permit Holder Policy that outlines many of the concerns brought up at the meeting. This can be accessed through the Tribal Government office. Tribal members are encouraged to have their ID cards available at the fish site. Our tribe has grown much in recent years and we don't always recognize each other! I hope we can all get to know each other more while spending time at the beach and remembering the stories of our Elders in how they relied on fish. We are blessed to live in such a beautiful place that is abundant and has sustained us for time immemorial. We are also working on reinstating and continuing to practice our traditions in memory and honor of those who came before us.

We also recently hosted quarterly committee meetings. Please help the tribe and participate in these meetings as we are slated to have the next round of meetings in July. Some committees have open seats and we always welcome tribal members to apply to serve or give feedback at the meet-

ings. Council has also created a new Policy, Procedure and Ordinance Committee to assist with these tribal documents.

Our participation in the health care system continues to be an area we push to improve all the time. We attend Alaska Native Health Board meetings on a quarterly basis to advocate that health care is available to

all beneficiaries and that people are getting the services they need. We are blessed with what we have and what we are able to do for others. My heart goes out to others around the state who are fighting to have an appropriate facility to have health care services provided. Others are unable to get health care providers at all, while some areas are blessed with many of their youth choosing to go to school, become doctors and other health care professionals, and who come back to their communities to provide services to their people. We can all learn from each other and it is nice to come together and proudly provide a high level of health care to our people.

We continue work on the goal of increasing the number of tribal members employed at the tribe. Recruitment efforts for summer and full-time positions are still underway.

In our tribal internship programs, our youth are able to work for the tribe and get an opportunity to train in workplace settings they might be interested in pursuing in the future. These programs help encourage our youth and guide them to make good choices while they try new things to better their future. If you see a youth working for the tribe, please take the time to thank them and ask them what their future plans are!

I would like to again encourage tribal members to come to Council and committee meetings to voice your concerns and also to let us know what you like. If you are unable to come to the meetings, writing a letter to us is also a good route. A quick way to accomplish this is to fill out a "Chiqinik Card" available at each of our facilities. The cards are also a good way to thank an employee who has gone the extra mile for you.

Chiqinik!

— Jennifer Showalter Yeoman  
Tribal Council Chairperson

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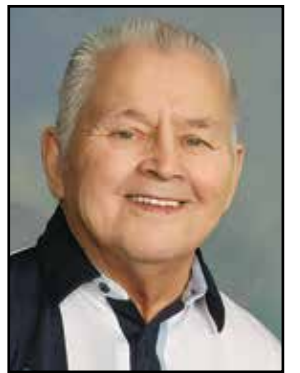
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# Top-notch competition – and sportsmanship

Native Youth Olympics Invitational marks 5 years with the Peninsula Winter Games

When he was called to the stage during an awards ceremony at the 2017 Native Youth Olympics Invitational, Joseph Whittom didn't believe his ears.

"When they called my name, I was super surprised. I was like, wait, did they say that right? I was amazed," Whittom recalled. "When I went up there, I wasn't smiling at first and my mom looked at me and was like, 'smile,' and then I was OK."

Whittom, 12, earned the Male Sportsmanship Award at the fifth-annual NYO invitational, which the tribe hosted in January as part of the 2017 Peninsula

Winter Games. Allie Toloff of the Qutekcaq team earned the Female Sportsmanship Award, while Chickaloon won the Team Sportsmanship Award. Coaches and officials vote on the awards.

The invite, spanning three days, featured competitive events such as the one-foot high kick, arm pull, seal hop and stick pull as about 150 youth athletes competed in junior and senior divisions. Teams from across the Kenai Peninsula and beyond competed.

Although records fell and the competition was stiff, those who participated agreed being a good sport was more important than

winning and losing.

"It's all about sportsmanship and beating your own personal best," Whittom said. "Everybody helps out everybody."

Whittom, a sixth-grader at Kalifornsky Beach Elementary School, began participating in NYO about three years ago.

His favorite events include the one-foot high kick, Eskimo stick pull, Indian stick pull, arm pull and Alaskan high kick. Competing in the junior boys division, Whittom placed first in the Alaskan high kick, arm pull, Eskimo stick pull and seal hop.

But throughout the competition, his priority was supporting fellow competitors.

"I was encouraging other kids to beat their personal bests and giving them some tips on what to do," Whittom said.

Judah Eason, 14, competed in the senior division for the Ninilchik team and has participated in NYO for six or seven years.

Like Whittom, Eason also posted impressive results, placing first in the one-foot high kick, Alaskan high kick, Eskimo stick pull and scissor broad jump.

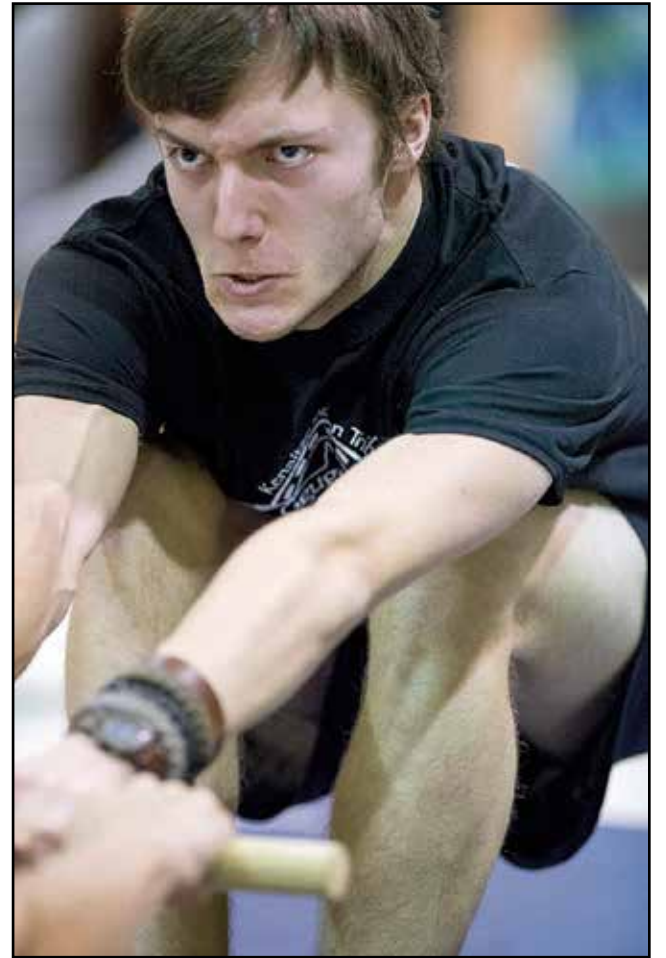
But he, too, relished the support and camaraderie among athletes as much as winning.

"These events are awesome, the cultural aspects, the social aspects – everyone coming together," Eason said. "I think it's great that there is a sport where everyone helps each other."

Tanner Fry, 15, participated for the first time as a member of the Chickaloon team.

Fry, who learned of NYO through his brother, had about a month of practice before his debut.

He admitted he wasn't sure what to expect as a first-time participant, but walked away with a positive experience and plans to participate again. The Eskimo stick pull and Alaskan high kick were the events



Kenaitze's Gideon Collover is all business as he competes in the Eskimo stick pull event.



Kenaitze's William Wilson competes to a win in the boys junior division of the one-foot high kick event during the tribe's Native Youth Olympics Invitational at Mountain View Elementary School.

he most enjoyed.

"Amazing," Fry said of the experience. "Great support from everybody."

Yaghanen program administrator Michael Bernard, who has helped coordinate the event the past five years, said more athletes competed this year than ever before.

Because the event was open to the public, a few new people also expressed interest in joining Yaghanen.

"The event went really well," Bernard said, adding that it was rewarding to see a Kenaitze athlete earn a sportsmanship award. "It's one of the top three awards that those kids could walk away with."

## **Chiqinik, thank you**

The tribe extends a warm *chiqinik*, thank you, to those who supported the 2017 Native Youth Olympics Invitational: Alaska USA Federal Credit Union; Soldotna Chamber of Commerce; Kenai Peninsula Native Youth Leaders; Mountain View Elementary School; Kenai Peninsula Borough School District Title VI Indian Education Program; Tyotkas Elder Center; Kenaitze's safety and security department; and tribal volunteers and staff.



2017 Native Youth Olympics at Mountain View Elementary School

**One-foot high kick**

Junior girls

1. Emilee Wilson, Kenaitze, 66 inches;
2. Lydia Alverts, Chickaloon, 64 inches;
3. Robin Cronin, Seward, 60 inches;
4. Leila Kell, Chickaloon, 60 inches;
5. Morgan Lemm, Kenaitze, 52 inches.

Junior boys

1. William Wilson, Kenaitze, 75 inches;
2. Ceiony Allen, Ninilchik, 68 inches;
3. Cooper Bernard, Kenaitze, 64 inches;
4. Kaison Herrmann, Kenai, 64 inches;
5. Joe Whittom, Kenaitze, 64 inches.

Senior girls

1. Julianne Wilson, Kenaitze, 86 inches;
2. Chelsea Plagge, Kenaitze, 76 inches;
3. Kya Ahlers, Kenaitze, 78 inches;
4. Misty May Agoff, Chickaloon, 71 inches;
5. Allie Toloff, Seward, 70 inches.

Senior boys

1. Judah Eason, Ninilchik, 100 inches;
2. Jake Smith, Wasilla, 98 inches;
3. Nathan Shanigan, Wasilla, 94 inches;
4. Luke Riley, Ninilchik, 89 inches;
5. Tony Riley Ninilchik, 88 inches.

**One-hand reach**

Senior girls

1. Sam Derr, Wasilla, 54 inches;
2. Trillium Kell, Chickaloon, 48 inches;
3. Misty May Aganoff, Chickaloon, 43 inches;
4. Julianne Wilson, Kenaitze, 42 inches.

Senior boys

1. Jake Smith, Wasilla, 60 inches;
2. Ray Lamont, Wasilla, 56 inches;
3. Luke Riley, Ninilchik, 50 inches;
4. Judah Eason, Ninilchik, 50 inches;
5. Steven Riley, Ninilchik, 46 inches.

**Two-foot high kick**

Junior girls

1. Emilee Wilson, Kenaitze, 48 inches (1 miss);
2. Leila Kell, Chickaloon, 48 inches (6 misses);
3. Morgan Lemm, Kenaitze, 40 inches;
4. Alexa Richard, Ninilchik, 36 inches (1 miss);
5. Robin Cronin, Seward, 36 inches (4 misses).

Junior boys

1. William Wilson, Kenaitze, 56 inches;
2. Kaison Herrmann, Kenai, 52 inches;
3. Ceiony Allen, Ninilchik, 50 inches;
4. Joe Whittom, Kenaitze, 46 inches;
5. Tre McGovern, Knik Elementary, 42 inches.

Senior girls

1. Julianne Wilson, Kenaitze, 73 inches;
2. Kya Ahlers, Kenaitze, 57 inches (1 miss);
3. Misty May Agoff, Chickaloon, 57 inches (2 misses);
4. Trillium Kell, Chickaloon, 50 inches;
5. Auna Reed-Lewis, Chickaloon, 48 inches.

Senior boys

1. Steven Riley, Ninilchik, 83 inches;
2. Jake Smith, Wasilla, 80 inches;
3. Luke Riley, Ninilchik, 78 inches;
4. Tony Riley, Ninilchik, 70 inches;
- Ray Lamont, Wasilla, 66 inches.

**Alaskan high kick**

Junior girls

1. Leila Kell, Chickaloon, 58 inches;
2. Emilee Wilson, Kenaitze, 44 inches;
3. Alexa Richard, Ninilchik, 44 inches;
4. Robin Cronin, Seward, 44 inches;
5. Angel Anderson, Kenaitze, 44 inches.

Junior boys

1. Joe Whittom, Kenaitze, 52 inches;
2. William Wilson, Kenaitze, 50 inches;
3. Seth Strange, Mirror Lake, 48 inches;
4. Porter Rockwell, Seward, 43 inches;
5. Eli Matheson, Seward, 42 inches.

Senior girls

1. Misty May Agoff, Chickaloon, 68 inches;
2. Julianne Wilson, Kenaitze, 60 inches;
3. Trillium Kell, Chickaloon, 60 inches;
4. Allie Toloff, Seward, 56 inches;
5. Kya Ahlers, Kenaitze, 52 inches.

Senior boys

1. Judah Eason, Ninilchik, 84 inches;
2. Jake Smith, Wasilla, 76 inches;
3. Steven Riley, Ninilchik, 75 inches;
4. Luke Riley, Ninilchik, 74 inches;
5. Tony Riley, Ninilchik, 70 inches.

**Arm pull**

Junior girls

1. Chloe Lastimosa, Seward;
2. Shanae Harrison, Chickaloon;
3. Leila Kell, Chickaloon;
4. Robin Cronin, Seward;
5. Cherish Polteiger, Chickaloon.

Junior boys

1. Joe Whittom, Kenaitze;
2. William Wilson, Kenaitze;
3. Ceiony Allen, Ninilchik;
4. Kaison Herrmann, Kenai;
5. Eli Matheson, Seward.

**Eskimo stick pull**

Junior girls

1. Chloe Lastimosa, Seward;
2. Shanae Harrison, Chickaloon;
3. Alexa Richard, Ninilchik;
4. Morgan Lemm, Kenaitze;
5. Jayna Ekemann, Chickaloon.

Junior boys

1. Joe Whittom, Kenaitze;
2. Kaison Herrmann, Kenai;
3. Eli Matheson, Seward;
4. Cooper Bernard, Kenaitze;
5. Tiernan McGovern, Knik Elementary.

Senior girls

1. Mahogoni Harrison, Chickaloon;
2. Renee Varney, Central KPNYL;
3. Sam Derr, Wasilla;
4. Kya Ahlers, Kenaitze;
5. Jade Robuck, Ninilchik.

Senior boys

1. Judah Eason, Ninilchik;
2. Tony Riley, Ninilchik;
3. Nick Valenza, Seward;
4. Gideon Collver;
5. Charlie Mack, Seward.

**Scissor Broad Jump**

Junior girls

1. Leila Kell, Chickaloon, 19 feet, 3 ¼ inches;
2. Lydia Alverts, Chickaloon, 18 feet, 11 inches;
3. Kylie Rickard, Ninilchik, 18 feet, 8 inches;
4. Alexa Richard, Ninilchik, 18 feet, 7 ¾ inches;
5. Robin Cronin, Seward, 18 feet, ¼ inch.

Junior boys

1. Ceiony Allen, Ninilchik, 20 feet, 6 inches;
2. Seth Strange, Mirror Lake, 19 feet, 9 inches;
3. Joe Whittom, Kenaitze, 19 feet, 4 ½ inches;
4. Isiah Kroto, Chickaloon, 18 feet, 5 ½ inches;
5. Rylan Krege, Ninilchik, 17 feet, 11 inches.

Senior girls

1. Julianne Wilson, Kenaitze, 26 feet, 9 ½ inches;
2. Allie Toloff, Seward, 23 feet, 3 ½ inches;
3. Tierra McGovern, Redington Junior/Senior High, 22 feet, ½ inch;
4. Auna Reed-Lewis, Chickaloon, 21 feet, 10 ¼ inches;
5. Trillium Kell, Chickaloon, 21 feet, 5 inches.

Senior boys

1. Judah Eason, Ninilchik, 34 feet, 3 ½ inches;
2. Steven Riley, Ninilchik, 30 feet 8 ¼ inches;
3. Jake Smith, Wasilla, 29 feet, 3 inches;
4. Nathan Shanigan, Wasilla, 28 feet, 11 ½ inches;
5. Tony Riley, Ninilchik, 28 feet, 8 ½ inches.

**Seal hop**

Junior girls

1. Leila Kell, Chickaloon, 68 feet, 9 ¾ inches;
2. Kailey Dixon, Larson Elementary, 61 feet, 6 inches;
3. Emilee Wilson, Kenaitze, 50 feet, 6 ½ inches;
4. Alexa Richard, Ninilchik, 49 feet, 4 inches;
5. Angel Anderson, Kenaitze, 40 feet.

Junior boys

1. Joe Whittom, Kenaitze, 49 feet, 5 inches;
2. Cooper Bernard, Kenaitze, 48 feet, 8 ½ inches;
3. Seth Strange, Mirror Lake, 46 feet, 5 inches;
4. Timothy Hedrick, Kenaitze, 45 feet, 10 inches;
5. Kaison Herrmann, Kenai, 13 feet, 5 ½ inches.

Senior girls

1. Julianne Wilson, Kenaitze, 106 feet, 3 ¾ inches;
2. Kya Ahlers, Kenaitze, 74 feet, 3 ½ inches;
3. Sam Derr, Wasilla, 72 feet, 11 ½ inches;
4. Kayla Lopez, Wasilla, 67 feet, 1 inch;
5. Trillium Kell, Chickaloon, 66 feet, 6 inches.

Senior boys

1. Steven Riley, Ninilchik, 59 feet, 1 inch;
2. Judah Eason, Ninilchik, 54 feet, 7 inches;
3. Luke Riley, Ninilchik, 44 feet, 11 inches;
4. Jake Smith, Wasilla, 44 feet, 3 inches;
5. Gideon Collver, Kenaitze, 33 feet, 1 ½ inch.

**Wrist carry**

Junior girls (in seconds)

1. Mylee Barnette, Kenaitze, 26.98;
2. Jayln Yeoman, Kenaitze, 22.89;
3. Kiana Kroto, Chickaloon, 16.57 seconds;
4. Iris Hale, Kenaitze, 12.36;
5. Jenna Yeoman, 10.97.

Junior boys (in seconds)

1. William Wilson, Kenaitze, 18.35;
2. Seth Strange, Mirror Lake, 13.75;
3. Elliot White, Ninilchik, 10.10;
4. Kaison Herrmann, Kenai, 8.33;
5. True McGovern, Knik Elementary, 7.28.

Senior girls

1. Savanna Wilson, Kenaitze, 55 feet, 3 inches;
2. Misty May Agoff, Chickaloon, 29 feet;
3. Auna Reed-Lewis, Chickaloon, 14 feet, 8 inches;
4. Trillium Kell, Chickaloon, 11 feet, 2 inches;
5. Hanna Wilson, Kenaitze, 5 feet.

Senior boys

1. Ray Lamont, Wasilla, 375 feet, 5 inches;
2. Luke Riley, Ninilchik, 304 feet;
3. Judah Eason, Ninilchik, 238 feet, 4 ½ inches;
4. Brennan Slats, Central KPNYL, 115 feet, 8 inches;
5. Andrew Wilson, Kenaitze, 107 feet, 1 inch.



Kenaitze's Julianne Wilson receives a congratulatory hug.

**Indian stick pull**

Junior girls

1. Shelby Strange, Chugiak;
2. Jenna Yeoman, Kenaitze;
3. Emilee Wilson, Kenaitze;
4. Morgan Lemm, Kenaitze;
5. Megan Whittom, Kenaitze.

Junior boys

1. Cooper Bernard, Kenaitze;
2. Joe Whittom, Kenaitze;
3. Ceiony Allen, Ninilchik;
4. Ethan Archuletta, Chickaloon;
5. Seth Strange, Mirror Lake.

Senior girls

1. Misty May Agoff, Chickaloon;
2. Auna Reed-Lewis, Chickaloon;
3. Sam Derr, Wasilla;
4. Savanna Wilson, Kenaitze;
5. Hanna Wilson, Kenaitze.

Senior boys

1. Nicolas Valenza, Seward;
2. Charlie Mack, Seward;
3. Nathan Shanigan, Wasilla;
4. Samiel Wilson, Kenaitze;
5. Andrew Wilson, Kenaitze.

**Kneel jump**

Junior girls

1. Leila Kell, Chickaloon, 24 inches;
2. Jenna Yeoman, Kenaitze, 23 ½ inches;
3. Kailey Dixon, Larson Elementary, 20 inches;
4. Alexa Richard, Ninilchik, 17 ¼ inches;
5. Jalyn Yeoman, Kenaitze, 17 ¼ inches.

Junior boys

1. Kaison Herrmann, Kenai, 25 ¼ inches;
2. Joe Whittom, Kenaitze, 21 ¼ inches;
3. True McGovern, Knik Elementary, 18 ¾ inches;
4. William Wilson, Kenaitze, 17 ½ inches;
5. Porter Rockwell, Seward, 17 ¼ inches.

Senior girls

1. Julianne Wilson, Kenaitze, 44 ¾ inches;
2. Misty May Agoff, Chickaloon, 31 ¼ inches;
3. Tierra McGovern, Redington Junior/Senior High, 28 inches;
4. Kya Ahlers, Kenaitze, 28 inches;
5. Trillium Kell, Chickaloon, 28 inches.

Senior boys

1. Steven Riley, Ninilchik, 48 inches;
2. Tony Riley, Ninilchik, 48 inches;
3. Judah Eason, Ninilchik, 45 ½ inches;
4. Luke Riley, Ninilchik, 41 inches;
5. Tommy Cronin, Seward, 33 ¼ inches.



**CHAMP**, from p. 1  
get information out there about things that are happening to Alaska communities.”

Inductees were invited to Washington D.C. in February for a series of recognition events and to meet with members of the Senate and House of Representatives as well as other political figures. They also received a one-year term on the Center for Native Youth Advisory Board.

Throughout the year, program participants are invited to share their perspectives at conferences, meetings and other speaking engagements. They stay connected through video conferences once every two months.

“We created the Champions for Change program to recognize young Native Americans who, by their work, are inspiring hope in Indian Country,” said Byron Dorgan, Founder of the Center for Native American Youth. “Each of the young leaders chosen this year has a remarkable story of leadership that has touched and inspired other young people in their communities.”

Schimmel has been focusing on two issues that he says are affecting many tribal communities across Alaska: climate change and food subsidies.

The visit to the Capitol was a success, Schimmel said, because he established connections with influential political figures and leaders in the tribal community.

“It was nice. I was able to get my message across about the issues that are important to us,” Schimmel said. “It was no different than meeting with any of our Elders. They are people who are wanting to help you.”

Schimmel spends each summer visiting family and friends in both Kenai and the village of Gambell on Saint Lawrence Island in the Bering Sea. He is the great-grand-

son of Fiocla Wilson, who was the oldest living Kenaitze Elder before she died in 2016 at the age of 100.

An avid hunter and fisherman, Schimmel believes that far-north communities such as Gambell are being negatively affected by warming oceans and melting sea ice. Subsistence hunting and fishing are an important part of life and tradition on the island, he said, and relied upon to feed families.

Schimmel has seen firsthand what shrinking ice does to sea animal populations.

“One of the direct affects we see is that they have nowhere to go,” Schimmel said. “Without our ice, we are ending up with less walrus.”

The Champions for Change program isn’t the first time Schimmel has been noticed for his work.

In summer 2016, he interned with the Smithsonian Institute’s Museum of Natural History. During the internship, he worked on a slide collection of biological and botanical research on Saint Lawrence Island.

Through his efforts advocating for communities such as Gambell, Schimmel also has met an array of Alaska

politicians – including Sen. Lisa Murkowski, Sen. Dan Sullivan and Rep. Don Young.

With plans to study political science or international affairs in college, Schimmel hopes to carve out a career representing tribal communities in government or law.

And no matter which direction he goes, he won’t forget his people along the way.

“Losing or not having tradition leaves an empty space that gets filled too often with poor choices,” Schimmel said. “If we are listening to our Elders, dancing, drumming, hunting, and picking berries, we are not drinking or doing drugs, and our traditions stay strong.”



Sam Schimmel

**OPTOMETRY**, from p. 1  
are available from about 7:30 a.m. to 4:30 p.m. weekdays.

Phillips, who joined the tribe in 2016, previously worked in private practice in Texas as well as with the United States Army as a civilian employee at Fort Sill in Oklahoma. He attended Texas Tech University in Lubbock, Texas, before studying at the Illinois College of Optometry in Chicago, Ill.

He encouraged un’ina to schedule annual check-ups, even if their eyes are seemingly healthy.

“It’s really about prevention,”

Phillips said. “Eyes are something that if they aren’t causing you issues, they are off the radar. But it’s really important to stay on top of it.”

Phillips’ team completed more than 100 eye exams in February and he said he is happy to be serving un’ina and looks forward to growing the new program.

“It’s satisfying to put everything together,” Phillips said. “The tribe has been great to work with.”

To make an appointment or receive additional information, please call the Dena’ina Wellness Center at 907-335-7500.

## Quarterly meeting discusses Constitution, Educational Fishery, dual enrollment

Discussion during a quarterly membership meeting at the Dena’ina Wellness Center in March centered on making an amendment to the tribe’s Constitution, preparing for the opening of the 2017 Educational Fishery, and implementing a procedure regarding dual tribal enrollment. About 30 tribal members attended.

The proposed amendment to the Constitution, if passed by voting membership, would eliminate the Secretary of the Interior from the process of making future changes to the tribe’s Constitution. Currently, the Secretary of the Interior must call an election for the purpose of considering proposed changes to the Constitution, and approve any changes that are voted on by a majority of registered voters.

When Tribal Council introduced the proposal on the recommendation of the Constitution Review Committee in December 2016, it said that if the amendment passed it would assert tribal sovereignty and help allow the tribe to self-govern. Council echoed that sentiment in March, but some tribal members expressed concerns over the voting process and whether the amendment is necessary.

Tribal Elder Clare Swan asked Council to outline the benefits and downsides of the proposal.

“If you have them, you should be able to address them,” she said.

Although most of the meeting was spent discussing the proposed Constitution amendment, a few other topics came up as well.

Tribal Council introduced an approved policy and procedure prohibiting tribal members from being dually-enrolled in another



Susan Wells, left, speaks April 29 during a meeting to discuss resolutions passed by the Council regarding herself and Mary Ann Mills.

federally recognized tribe, based on the tribe’s Constitution. The 2017 Educational Fishery, which opened on May 1, was discussed as well. Information about scheduling a tide and other policies for the season are available through the Tribal Government Department at 907-335-7200.

Also during the meeting, Tribal Council shared a letter to all tribal members regarding former Council members Mary Ann Mills and Susan Wells.

Mills and Wells were removed from their positions on Council in August 2015 for disciplinary reasons, making them ineligible to run for Council in future elections. However, the letter states that Tribal Council reconsidered the decision and has reduced their removal to a suspension of three years, making Mills and Wells eligible for future Council elections beginning in August 2018. Additionally, both are eligible to apply for appointment to Tribal Court when vacancies arise, according to the letter.

On April 29, as this issue of the Counting Cord was going to press, the Council held a special meeting to discuss questions and concerns from members regarding the resolutions regarding Mills and Wells.

For more information about topics discussed during the meetings, please contact the Tribal Government Department at 907-335-7200.

## Custom Seafood Processors seeking Alaska Native artwork

Custom Seafood Processors Inc. is seeking Alaska Native artists who would like to sell their artwork. The artwork will be sold on consignment in the gift shop of the processor’s facility, which is located along the Kenai Spur Highway in Soldotna. The processing business serves more than 1,000 recreational fishermen, tourists and visitors each summer. Many

of the processor’s customers live in the Lower 48 and enjoy returning home with Alaska-themed gifts. Artists interested in selling their work or learning more are encouraged to contact Pam at 907-262-9691. Custom Seafood Processors is owned by Kahtnuht’ana Development Corp., a federally chartered business corporation wholly owned by the Kenaitze Indian Tribe.



# Hopping down the candy trail

## Tribe hosts annual children’s Easter party

Some were there for the candy. Others came for the prizes.

But to many, the best part was the company.

On a sunny Saturday afternoon in April, the tribe hosted its annual children’s Easter party at Mountain View Elementary School in Kenai. The event, put on in partnership with Salamatof Native Association, attracted more than 100 people who enjoyed lunch, bike giveaways, egg hunts – and quality time with their loved ones.

“It’s a family thing,” said Peggy Brown, who is enrolled with the Salamatof tribe. “We get to see other tribal members. We feel like one big family and we are all interacting with each other.”

Brown, a Kenai resident, participated in the event for the fifth time. She attended with three grandchildren – Zohni Tiepelman-Sours, 12; Brooklynne Erlich, 10; and Jody O’Hara-Sours, 4.

In addition to coming together to celebrate the holiday, each of Brown’s grandchildren enjoyed the event for different reasons.

For Zohni, no single aspect of the gathering was any better than the others. She said it was simply nice to participate. For Brooklynne, the best part was the hunt for candy-filled eggs. And for Jody, the youngest of the bunch, one of the highlights was seeing friends.

“He knows more people than I do today,” Brown said of the 4-year-old.

Neal Hedrick, meanwhile, came with 9-year-old Timarye Hedrick and 10-year-old Timothy Hedrick. It was the second consecutive year the trio attended together.

Timarye, a student who attends Kalifornsky Beach Elementary School in Soldotna and participates in the tribe’s Yaghanen Youth Program, said the scramble for eggs was her favorite part of the afternoon.

Although she was disappointed not to have won a bike – “I was this close,” she said – Tamarye also enjoyed seeing classmates and friends from across the community.

“I haven’t seen a friend – that’s in my tribe who has only been in my tribe for two years – and I saw her today,” Tamarye said.

For Neal Hedrick, the annual event is something to which he looks forward because it’s an opportunity to spend quality time with the children. Yet he wasn’t afraid to admit that this year’s festivities

came with an additional perk.

“It gets me away from my chores – the honey-do list!” he said, grinning. “I was cleaning windows this morning and looked at the clock and I said, ‘We ought to get going.’”

Before children split into groups based on age and raced across the playground and ballfields in a dash for plastic eggs, they enjoyed a hot dog lunch served by tribal staff in the school gymnasium.

During lunch, organizers drew random winners for prizes donated by Kenaitze and Salamatof – including shiny bikes and helmets. One by one, winning ticket numbers were called out as children raced to the front of the room to retrieve their new wheels.

“Kids these days should be outside, a little less screen time, especially in the summer time,” said Kaarlo Wik, Chairman of the Board at Salamatof. “This is our contribution to get kids outside and get some exercise and have fun riding bikes like I did growing up.”

Jennifer Showalter Yeoman, Tribal Council Chairperson for Kenaitze, said the party was a great family event. She also thanked Salamatof for contributing to the Easter party and for its support of the tribe’s “100 Books for a Bike” program, which rewards Early Childhood Center students with new bikes for reaching reading goals.

“All of our kids have benefited from that in many, many ways – whether it’s from literacy or it’s getting on a bike and getting that clean exercise going on,” Showalter Yeoman said. “This is a lot of fun for all of our families.”

Back out on the playground, as her grandchildren stood beside her holding buckets of plastic eggs, Brown said she appreciated the efforts of event organizers and looked forward to attending again in the future.

“We just want to thank the organizers and the volunteers,” she said. “They made it a lot of fun for these kids. It’s a good way to start the celebration of summer.”



At top, Chelsea Hendriks watches as her daughter Lovë high-fives Salamatof Native Association Chairman Kaarlo Wik as she picks up the bike she won at the party. Above, Rusty Seaman helps Gavin Schoof during the egg hunt on the playground.



# Yaghali Nusdlan

## *He or she got well*



## Tribe begins new suicide prevention project

With an emphasis on awareness and prevention, the tribe has launched a new program aimed at reducing suicide rates across the community.

The program is named Yin-ihugheltani – meaning “one’s spirit” – and operates as part of the Behavioral Health Program at the Dena’ina Wellness Center. It is funded by a five-year grant from the Center for Substance Abuse Prevention.

Although the effort is in its early stages, project leaders have started shaping a framework for the program.

A 12-member advisory group made up of tribal and community members was formed to help set goals and priorities. Project leaders completed a community readiness assessment in which community members were interviewed about their views on suicide. The pro-

gram also hosted a gathering in February that included drumming, snacks and time around the fire, with suicide awareness and prevention information made available to attendees.

Project coordinator and tribal member Audre Gifford said the tribe has lost some of its members to suicide and that the issue affects the entire community. She hopes the new program encourages people to get involved, but also appreciates that suicide can be a difficult topic to discuss.

“I think it’s important to know that it’s a problem in our community and that we need to talk about it,” Gifford said. “What I really encourage people to do is reach out.”

To learn more about the new program, please contact Gifford at [agifford@kenaitze.org](mailto:agifford@kenaitze.org) or call the Dena’ina Wellness Center at 907-335-7500.



Actors perform at the Dena’ina Wellness Center in “The Winter Bear,” a play that teaches how to use culture to avoid suicide. The play is one of several activities hosted by a new tribal program.

## Dena’ina Wellness Center offers a mix of tobacco cessation resources

Quitting tobacco can be difficult, and frustrating, but support is available if you’re willing to try.

That was the message Dena’ina Wellness Center health care professionals conveyed in February when the tribe participated in “Through with Chew Week,” a nationwide effort aimed at reducing the use of smokeless tobacco and raising awareness about its dangers. Throughout the promotion, free tobacco quit kits were made available at the Dena’ina Wellness Center – and 91 were distributed.

Deb Nyquist, Director of Wellness, said she hoped that anyone considering quitting understood at least two things:

“That their overall health will improve, and we have direct services available.”

The Wellness Department delivers an array of tobacco cessation services. The department offers two types of tobacco quit kits – one targeting cigarette use and another targeting smokeless tobacco use – that are available year-round. It also has tobacco cessation specialists on staff who offer assistance to those interested in living a tobacco-free lifestyle.

Another good resource, Nyquist said, is the Alaska Tobacco Quit Line. The line offers many resources, including online coaching, tobacco information and nicotine replacement starter kits.

Tobacco use, Nyquist added, affects people of all ages and walks of life.

“We work with 18-year-olds all the way up to Elders,” she said. “It’s really a range.”

According to the Peninsula Smokefree Partnership, which helped organize “Through with Chew Week” efforts on the Kenai Peninsula, Alaska adult use of smokeless tobacco ranged from 4 to 6 percent from 1996 through 2015. Youth smokeless tobacco use declined from 16 percent in 1995 to 12 percent in 2015.

Jenny Olenдорff, Peninsula Smokefree Partnership program coordinator, said it’s important for people to understand the dangers of using tobacco.

“The use of smokeless tobacco, including chewing tobacco, is a serious problem in Alaska,” Olenдорff said. “Smokeless tobacco has serious health effects and is not a safe alternative to cigarettes.”

### Mouth cancer self-screening tips

One danger of smokeless tobacco use is mouth cancer, which can be deadly. Chances of recovery greatly improve when the disease is discovered early. Help protect yourself by completing these self-examinations on a monthly basis:

#### Face and neck

Look in the mirror. Do both sides of your face and neck look the same? Gently press your jawbone to feel for lumps.

#### Lips and gums

Pull down your lower lip. Are there white or red patches or sores that bleed easily? Are there any signs of irritation, like tenderness, burning or a sore that will not heal? Look very carefully at where you place your tobacco. Do you see color changes or rough areas? Squeeze your lip and cheek between your fingers. Are there bumps or soreness?

#### Roof of the mouth

Tilt your head back and open wide. Do you see any discoloration, sores, bumps or swelling?

#### Floor of the mouth

Put the tip of your tongue on the roof of your mouth. With one finger, press around the floor of your mouth. Do you feel sores, bumps or swelling?

#### Tongue

Stick your tongue out. Grab it with a clean piece of cloth or paper towel. Move your tongue from side to side. Do you see any color changes or bumps?

### Call it quits

The Alaska Tobacco Quit Line can be reached at 1-800-QUIT-NOW or at [www.alaskaquitline.com](http://www.alaskaquitline.com).



# People faring well

## Health fair encourages healthy lifestyle choices

After she had visited each booth and filled her bag with an array of items promoting good health, the woman thought about her parents.

“My mother died of lung cancer and my father died of colon cancer,” she said. “It really hits home.”

Isabel C., who requested that her full last name be omitted for privacy reasons, was among those who attended a health fair at the Dena’ina Wellness Center in March. The event, hosted by the tribe in partnership with Southcentral Foundation, included displays and activities as visitors learned about cancer prevention, healthy lifestyle choices and more.

There was an appearance by “Nolan the Colon,” an inflatable replica of the human colon used to raise awareness about colorectal cancer and the importance of screening.

Alaska Native and American Indian people experience high rates of colorectal cancer, making it important to get screened and make healthy lifestyle choices.

For Isabel, who was born in Alaska and recently returned to the state after living in Arizona, the fair helped her better understand the disease. She also received information about heart disease, picked up healthy recipes focusing on whole-grained foods, and learned healthy and safe ways to cook meat.

By the end of the fair, she had accrued an assortment of pamphlets and brochures and planned on reading them when she got home. She said it’s getting more important that she pay attention to her health as she ages.

“You’re not like Superwoman anymore. You’re a retired one,” she said. “You’ve got to learn the growing old pains.”

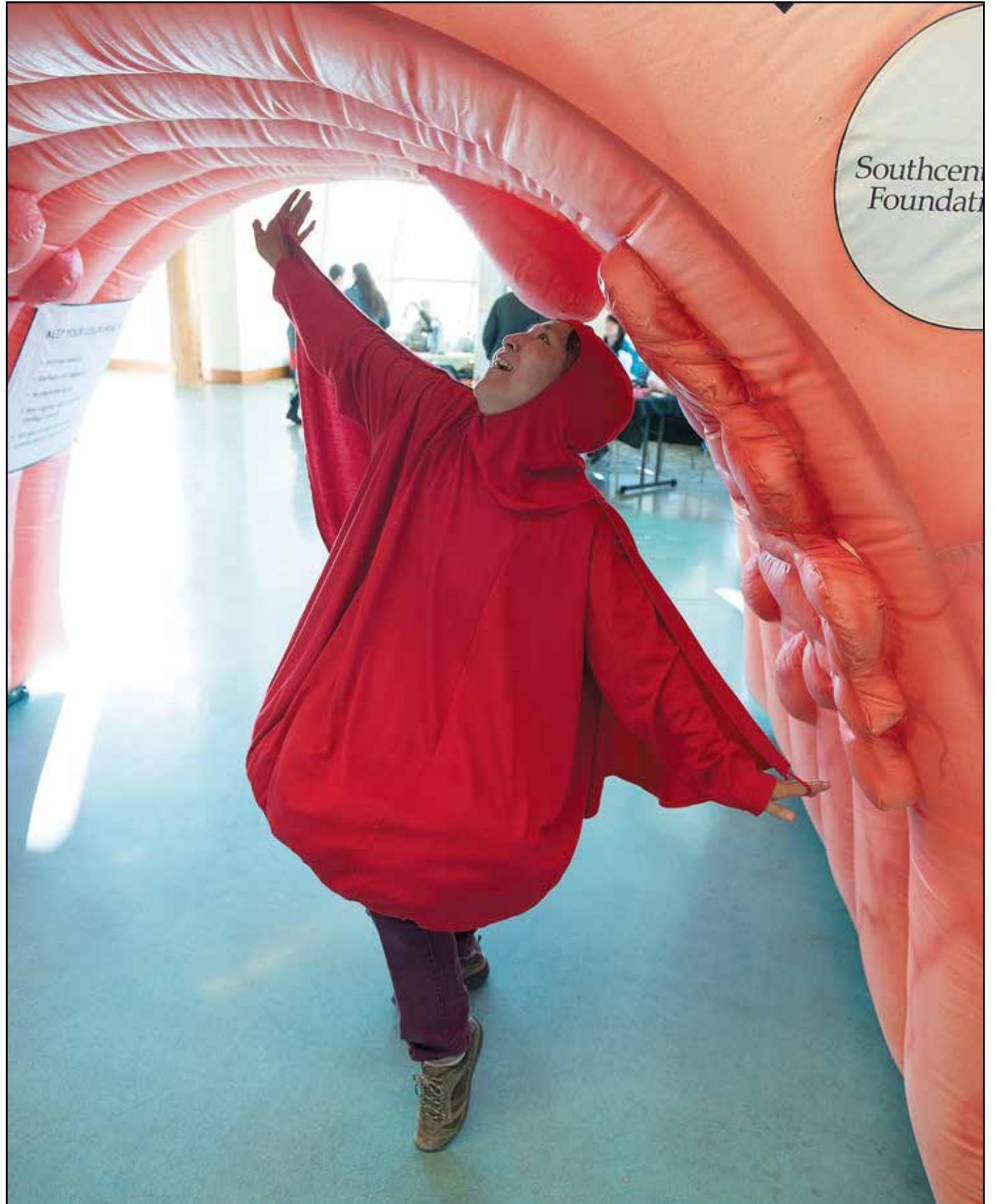
Another attendee, Cecil Anowlic, who frequently participates in activities at the Tyotkas Elder Center, also learned a lot.

He discovered tips for preventing bad cholesterol and came away appreciating the importance of eating a balanced diet.

What might have been most surprising, he said, was learning how much sugar is in certain soda and energy drinks.

“Back then, we didn’t have that kind of stuff,” Anowlic said of his earlier years.

This was the third consecutive year the tribe partnered with



Bessie Phillip played the role of a colon polyp during Nolan the Colon’s visit to the Dena’ina Wellness Center health fair. The inflatable prop helps teach the value of colon cancer screenings.

Southcentral Foundation to host the event, which was free to attend. The event covered a range of health issues.

There was a fitness booth where visitors learned about the importance of exercise. There was a beading activity dedicated to breast and cervical cancer. There was a dental station complete with oral health information.

Also available was information about the tribe’s suicide prevention program, food security and sovereignty, and family and social services, among others.

“We are promoting the whole scope of things here,” said Deb Nyquist, Director of Wellness.



Elena Howell looks with surprise at the sugar contained in various drinks during the health fair. “Now I learned something,” she said. “No more pop for me!”



# Job shadows learn to ‘follow your heart’

As a foreign exchange student attending Kenai Central High School for the past six months, Jen Almosawi has been living thousands of miles away from her family and friends.

But she felt right at home during a recent visit to the tribe’s Dena’ina Wellness Center.

Almosawi, who lives in Bahrain, and about a dozen other high school students participated in a job shadow event at the center in February. “Job Shadow Day,” in its 23rd year, was organized by the Kenai Chamber of Commerce to give students hands-on experience in career areas of their choice. Dozens of area businesses and organizations participated in the 2017 event, which was open specifically to juniors at Kenai Central High School.

“It was a fantastic and amazing opportunity. I learned a lot, a lot, a lot about it, and I’m so happy I got to do it,” Almosawi said. “I feel like it narrowed down my choices for college and now I feel like I’m even more passionate about what I want to do. I feel like it’s the right job for me.”

Almosawi, who arrived to Alas-



Physical Therapist Paul Carlson talks about treatment options with Job Shadow Day participants from Kenai Central High School.

ka this past September and will stay until June, joined two other students to shadow Tim Gillis and Kyle Newman of the Behavioral Health Department. The group spent most its time in one of the center’s talking rooms, sitting in a circle for a freeform discussion about careers in psychology, psychiatry and counseling. Each student asked an array of questions and took notes.

Almosawi, who hopes to become a psychologist, said her main desires are to help people and build meaningful relationships.

“In this job, you really, really have to love people and love working with them and care about them and what you do, or else it will not be a good fit,” Almosawi said.

Fellow group participant Melia Harding became interested in the mental health profession because

of a personal experience, having received treatment for emotional stressed caused by seizures.

Hardin’s dream job, she said, is to work with children who suffer from Post-Traumatic Stress Disorder.

“I learned a ton,” Harding said. “I knew I was interested in psychology but this definitely helped narrow it down and helped with knowing what I want to do in college, the path I want to take.”

Jaden Kisse, who also participated in the group, is interested in psychiatry. The 16-year-old plans to join the United States Marine Corps but hopes one day to become a psychiatrist.

After the event, he said he learned more than he had expected.

“It was a really big learning experience,” Kisse said. “I learned a lot about it, a lot that will probably help me not just with psychiatry but later on in life – just life tips.”

Newman, a chemical dependency clinician, encouraged students to be open-minded and flexible.

But above all, he added:

“Follow your heart and do what it is you’re passionate about.”

## Yaghanen children receive fire extinguisher training

Two at a time, they stepped forward and toed the line.

“On your mark. Get set. Go!”

The clock started.

One ... Two ... Three ... Four ... “Hurry, hurry!”

That’s the sequence that played out on a recent afternoon at the Yaghanen Youth Center as about 15 youngsters took turns racing against the clock. Except on this day, the goal wasn’t to cross a finish line – it was to extinguish fire.

That the flames were simulated did not matter.

“I’m trying to instruct them that fire extinguishers aren’t toys, that they’re tools, and how to properly use the tools so they can potentially save their parents lives in the event of a home fire – or themselves or a pet or anyone at any point in time in their life,” said trainer Jason Bailey, the tribe’s safety coordinator.

Bailey used a fire-simulating machine – which displayed flames on a digital screen – to teach participants how to hold and operate fire extinguishers. Working in teams of two, participants clutched life-size extinguishers that were connected to the simulator through a laser. When they took aim at the flames, the fire shrank or grew depending on how accurate teams were with the extinguishers.

Lathan Petersen, 12, had never used a fire extinguisher before he completed the training. In addition

to learning how to properly hold and aim them, he gained a better understanding of a fire extinguisher’s capabilities.

“I thought they lasted longer than they actually do,” said Peterson, a sixth-grader at Kalifornsky Beach Elementary School.

Peterson teamed with fellow student Joe Whittom to extinguish a blaze in about 4 seconds, though the duo was quick to point out that Bailey set the simulator to “easy” rather than a more difficult setting.

For Peterson, it was useful training because he expects to be home alone more often as he gets older and will take on added responsibility.

“If there’s a fire, I’m going to have to be the one to put it out,” he said.

William Wilson, a fifth-grader at Kalifornsky Beach Elementary, said



Kids learn fire safety from safety coordinator Jason Bailey, at right.

it was fun using the extinguishers.

Although he has never come face-to-face with a serious blaze, he agreed it’s important to know what to do if the situation occurs.

But his most important takeaway?

“If the fire extinguisher isn’t working, run,” he said.

The event was part of a larger effort by Bailey to train the tribe’s entire workforce on fire safety and fire extinguisher use. Bailey also has offered training at community outreach events, taking an educational approach.

His goal is to train as many people as he can in hopes that it makes a difference for someone.

As for his experience at Yaghanen, Bailey said the children embraced his message.

“They are very receptive,” he said. “Kids love learning new things, so any time you can put something in front of them, they are all about it. I think it plays to the children very well.”

### Fire extinguisher safety tips

#### It’s appropriate to use a portable extinguisher if:

- The fire is confined to a small area, such as a wastebasket
- The fire is not growing
- Everyone has exited the building
- The fire department has been called or is being called
- The room is not filled with smoke

#### To operate a fire extinguisher:

- Pull the pin
- Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism
- Aim low, pointing the extinguisher at the base of the fire
- Squeeze the lever slowly and evenly
- Sweep the nozzle from side-to-side



# Cooking with Kenaitze: Heart-healthy snacks

Three recipes to support your cardiovascular wellness



Blueberry (ts'igek'a) muffins can be a tasty addition to a heart-healthy diet.

## BLUEBERRY (TS'IGEK'A) MUFFINS

### Ingredients

1 ½ cups, plus 1 tablespoon, white whole-wheat flour, divided  
 ¾ cup old fashioned rolled oats  
 ½ cup lightly packed light brown sugar  
 1 tablespoon baking powder  
 ½ teaspoon ground cinnamon  
 ½ teaspoon kosher salt  
 1 cup, plus 2 tablespoons, non-fat milk  
 ¼ cup unsalted butter, melted and cooled  
 2 large eggs, at room temperature  
 2 teaspoons pure vanilla extract  
 1 cup fresh or frozen blueberries (do not thaw if frozen)

### Directions

Place rack in center of oven and preheat to 400 degrees. Lightly coat a standard muffin tin with cooking spray or line with paper liners; coat liners with cooking spray. Set aside. In large mixing bowl, stir together 1 ½ cups flour, rolled oats, brown sugar, baking powder, cinnamon and salt. In separate bowl, whisk together milk, butter, eggs and vanilla. Make a well in center of dry ingredients and add wet ingredients to the well; carefully stir by hand until blended. Gently toss blueberries with remaining flour and fold into batter, leaving excess flour in bottom of bowl. Divide batter between prepared muffin cups. Bake 18 to 20 minutes until golden brown and a toothpick inserted in the center comes out clean. Remove from oven and let cool in pan for 10 minutes, then transfer to a rack to cool completely

When Dena'ina Elders share their fondest memories, many times they include stories of hunting, gathering and preparing food across Yaghanen, the good land. From moose to salmon to wild berries, food is an important part of Dena'ina life. Cooking with Kenaitze focuses on ingredients and recipes relevant to Dena'ina culture. To recognize the importance of heart health, here are three recipes to support cardiovascular wellness.

## RED SALMON (K'Q'UYA) SALAD

### Ingredients

6-7 ounce can red salmon  
 2 medium green onions, thinly sliced  
 1 ½ teaspoons Dijon mustard  
 2 tablespoon organic hummus or light mayonnaise  
 1 tablespoon capers  
 1 teaspoon lemon juice  
 1 medium stalk of celery, diced  
 Hot sauce to taste (optional)

### Directions

Drain salmon and flake with fork. Mix in all remaining ingredients. Chill until ready to serve.



## HUMMUS

### Ingredients

1 clove garlic  
 19 ounce can garbanzo beans, half the liquid reserved  
 4 tablespoons lemon juice  
 2 tablespoons tahini  
 1 clove garlic, chopped  
 1 teaspoon salt  
 2 tablespoons olive oil  
 Black pepper to taste

### Directions

Chop garlic using a blender. Pour in garbanzo beans, reserving 1 tablespoon for garnish. Place lemon juice, tahini, chopped garlic and salt in blender. Blend until creamy and well mixed. Transfer mixture to medium serving bowl. Sprinkle with pepper and pour olive oil over top. Garnish with reserved garbanzo beans.

## SUBMIT YOUR FAVORITE RECIPE

Chiqinik to the Wellness Department for submitting these recipes. Have a recipe to share? Email it to M. Scott Moon at [smoon@kenaitze.org](mailto:smoon@kenaitze.org)



## The Big Picture



Kids scramble at the start of an egg hunt at the annual Easter Party at Mountain View Elementary School. See more on p. 7.

### Our Mission

To assure Kahtnuht'ana Dena'ina thrive forever.

### Our Values

These are the beliefs and principles that define our people and will assure our future as a tribe:

**Family:** Honoring and sustaining health and happiness of family as a first responsibility

**Stewardship:** Respectful use of land, resources and all creations

**Spiritual Beliefs:** Acknowledging the existence of a higher power and respecting spiritual beliefs

**Education:** Passing down cultural knowledge and traditions and supporting formal education

### Our Vision

By 2025, the Kahtnuht'ana Dena'ina have enhanced and strengthened the prosperity, health and culture of their people and tribe by:

- working toward united effort with Native organizations and other governments that impact our people.
- developing and implementing a tribal education system.
- living our traditional values and practices.
- empowering our sovereignty.
- continuing to demonstrate resiliency.
- striving for excellence in all of our programs.
- elevating the wellness of our people.
- using our talents and resources to ensure we are able to take care of ourselves and share with others.

## Addresses and phone numbers

#### Administration Building

150 N. Willow St., Kenai, AK 99611  
907-335-7200  
888-335-8865 fax

#### Early Childhood Center

130 N. Willow St., Kenai, AK 99611  
907-335-7260

#### Tyotkas Elder Center

1000 Mission Ave., Kenai, AK 99611  
907-335-7280

#### Yaghanen Youth Program

35105 K-B Dr., Soldotna, AK 99669  
907-335-7290

#### Environmental Program

1106 Mission Ave., Kenai, AK 99611  
907-398-7933

#### Dena'ina Wellness Center

508 Upland St., Kenai, AK 99611  
907-335-7500

#### Na'ini Family and Social Services, Education and Career Development

510 Upland St., Kenai, AK 99611  
907-335-7600

#### Tribal Court

508 Upland St., Kenai, AK 99611  
907-335-7217

**On the Web:** [kenaitze.org](http://kenaitze.org)

**On Facebook:** [facebook.com/kenaitze](https://facebook.com/kenaitze)



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