

# The Counting Cord

## Nitnuqeyishi



September-October 2018

KENAITZE INDIAN TRIBE NEWSLETTER

## Forum shines light on epidemic

Since she began working at Na'ini Family and Social Services in December 2016, Stacey Larion said she has screened more than 200 victims of domestic violence – and that doesn't take into account that many victims are part of a large family, and there may be secondary victims of violence, too.

"I don't know anybody who hasn't been affected by domestic violence on some level," Larion, who played a lead role in organizing the second annual Community Forum on Violence Against Women, said.

During the forum's panel discussion, Barbara Waters, Batterer Intervention Program facilitator at the LeeShore Center, shared some more numbers, holding up a spreadsheet of domestic violence charges filed this year – 158 charges filed between Jan. 1 and June 29.

With the prevalence of violence against women in mind – "epidemic" is how many at the forum described the issue – Larion said she wanted to set some achievable goals in planning the event.

The top priority, she said, is to raise awareness within the community. She hopes to see improved collaboration within the community, and to make



Tia Holley speaks during the forum.

## TDHE to rename Toyon Villa

The Toyon Villa Apartments need a new name.

The Kenaitze/Salamatof Tribally Designated Housing Entity is looking for suggestions for a new name for the apartments adjacent to the Dena'ina Wellness Center campus on the bluff in Old Town Kenai.

It is hoped that a Dena'ina word or phrase will be suggested for the apartments, which the tribe acquired in 2014.

Suggestions may be emailed to Sonja Barbaza, Housing Representative, at [sbarbaza@kenaitze.org](mailto:sbarbaza@kenaitze.org).



In perfect form and uniform, U.S. Surgeon General Jerome Adams joins Mary Kuepper and Erica Long in a set of pushups during a tour of the Dena'ina Wellness Center. Dr. Adams heard how activity and fitness are part of the tribe's Dene' Philosophy of Care during his tour in August.

## A model for wellness

Not only is U.S. Surgeon General Jerome Adams impressed with the integrated approach to health care at the Dena'ina Wellness Center, he wants to share it with the rest of the country.

Dr. Adams brings a lot of energy and enthusiasm to the post – demonstrated when he jumped right in to do pushups in the Dena'ina Wellness Center gym during a tour of the facility in August.

But he also showed insight into the successes and challenges of providing health care in Alaska and across the country, asking questions and sharing his personal

experience at the Henu' Community Wellness Court and interacting with staff at the Wellness Center.

Dr. Adams, nominated to the post in 2017, said he is making a point of visiting all 50 states to see first-hand what works when it comes to health care. He said it would be presumptuous for officials sitting at desks in Washington, D.C., to be making decisions for the rest of the country.

At the Henu' court, Dr. Adams was introduced to three of the program's participants. He asked questions of each of them, focusing on why Henu' was working for them where other programs hadn't.

Participants gave him a number of reasons. The Henu' court can draw on resources at the Wellness Center and other Tribal programs to create an individualized path toward wellness, rather than the one-size-fits-all approach of other treatment options. And all of those resources can be found in one place; otherwise, it could be overwhelming for a person in recovery if they had to go to multiple agencies to get needed help or care.

After hearing from participants, Dr. Adams shared the impact that addiction has had within his own family. His brother, he said, is in prison for crimes stemming from addiction. He has asked for treatment, but has never been able to get it. When he's released, he can't get a job, and without anything to look forward to, falls back into his previous behavior.

"His story is not uncommon," Dr. Adams said, adding that one of his goals is to figure out what's working and then find ways to make resources available to those who need them.

At the Dena'ina Wellness Center, Dr. Adams heard about the Dene' Philosophy of Care, and loved that the first thing you see when you enter the facility is the Skilak Lake Kitchen – just like home. He said that if he were looking for health care for himself, the Dena'ina Wellness Center model is what he would want it to look like.

"I love that you call it a wellness center," Dr. Adams said. "Ten percent of

See **SURGEON**, p.2



Dr. Adams, seated at center, shares elements of his own family story with Kenaitze's Tribal Council, administration leadership and Henu' Community Wellness Court participants. Dr. Adams asked the participants what they believed would help provide better outcomes for people facing addiction. "We need to create a society where it's hard to fail rather than one where it is hard to succeed," Dr. Adams said.



# Do you know these people? Help us update their Tribal Member Services address

If your name is on this list, the post office has returned mail we have tried to send. Please call Jessica Crump at 907-335-7204 or email her at [jcrump@kenaitze.org](mailto:jcrump@kenaitze.org) so that we can update your records.

Sonya Astad	Christopher Frostad	Benjirmen Kilgore	Jon Sacaloff
Allan Baldwin	Brian Frostad	Zachary Kooly	Nick Sacaloff
Jonathon Baldwin	Vivian Gaines	Douglas Lecceardone	James Sanders
Maximillian Baty	Amber Gardner	Cindy Lesamiz	Veronica Sandoval
Joel Blatchford	Tanner Geiser	Ryan Lewis	Alvaro Sandoval
Amanda Bliss	Elijah Gesh	Cherie Lindstrom	James Scaggs
Claude Bocatch	Amee Gibson-Rehder	Anthony Lorenzo	Sarah Scott
Autumn Boling	Justin Graham	Calvin Mack	Carol Seibert
Sharon Boling	William Green	Calvin Mack	Michael Seibert
Camryn Boulette	Mathew Gregoire	Gerald Mahle Jr.	Kendra Shepherd
Erica Branson	Garrett Grothe	Gerald Mahle Sr	Lori Sloan`
James Brown	Cameron Grothe	Nadine Maupin	James Smagge
Richard Brunni	Steven Hallstead	Shawn Mccurdy	Elisha Smith
Mariano Busane	Keith Hallstead Jr	Lane Mccurdy	Erica Smith
Manual Busane	Joseph Hansen	Anthony Mesa	Shannon Smith
Margaret Byron	Solari Harker	Violet Mesa	Landis Smith
Michael Carlough	Danielle Hartnett	Natasha Miller	Winston Smyth
William Carlough	Nathaniel Hartnett	Mikayla Miller	George Stockwell
Tina Chaffin	Samuel Hatfield	Brittney Mills	Ruby Stratton
Marie Chaffin	Sentilla Hawley	Casey Mitchell	David Stroman
Kenneth Chaffin	Priscilla Hawley	Richard Mueller	Jonathan Swan
Hazel Costanios	Preston Hawley	Karina Munson	Emma Tanner
James Cross	Emily Hawley	Brandi Murphy	John Taylor
James Cross Jr	Donna Hembroff	Michael Norbett	Jeffrey Taylor
Megan Cunningham	Virginia Hoak	Nathan Ollestad	Crystal Tilley
Edward Darien	David Holzwarth	Alexis Oskolkoff	Logan Trigg
Lisa Darien-Hileman	Jessica Huf	Kayla Osness	Taha Trigg
Rebecca Davis	Natasha Huf	William Overstreet	Courtney Tweedy
Lisa Dean	Taylor Huf	Christian Paxton	Megan Webb
Clifford Dean	Raymond Ivanoff	Devan Paxton	Ruby Williams
Tracy Deitz	Naomi Jackinsky	Dawn Paxton	Stephan Wilson
Emelie Demidoff	Jay Jennings	Delores Petterson	Brandon Wilson
Mack Dolchok	Tamara Johansen	Lucy Pitto	Joshua Wolf
Clifford Dolchok	Ryan Johnson	Snowydel Poage	Norman Wood Jr
Jay Edelman	Randee Johnson	Denali Poage	Neshonie Wright
Drasanna Edelman	Austin Johnson	Jenna Pomeroy	Alyssa Wright-Nelson
Edwin Edelman Jr	Sarah Johnson	Cameron Ramos	Devin Zajac
Jamie Edwards	Alison Jones	Analisa Ramos	Elsie Dexter
Jarroed Edwards	Josephine Jones	Roger Randall	Sarah Tressler
Courtney Edwards	Zane Juliussen	Miles Richardson	Marisa Garrigues
David Engelstad	Elizabeth Ketah	Autumn Richardson-Card	Jana Garrigues
Patricia England	Travis Kidder	Christina Rifredi	Baldwin Daniel
Daniel Faucett	Marshall Kidder	Darick Robison	
Katheryn Frostad	Seth Kilgore	James Rouse Iii	

**SURGEON FROM P. 1**

health is health care. “(Health is) our environment and everything around us. We focus on sick care, not wellness.”

Dr. Adams also touched on the idea of resilience and building a healthy community.

“The way you build resilience is through culture, community and traditions,” Dr. Adams said.

From the kitchen, Dr. Adams ducked into the fitness area, where he jumped in on a workout, before moving along to the integrated workspace and the un’ina talking rooms. He stopped to talk with Estelle Thompson, a Traditional Healer at the Wellness Center, and Craig Culver, Primary Care Director, and said he loved seeing practitioners of modern and traditional medicine

working side-by-side. He said in most places, those services are found in separate facilities.

“One of the things I love, and we saw it in Anchorage at the Southcentral Foundation, it that it’s not ‘either-or,’ it’s ‘and,’” Dr. Adams said. “Why do we have to make it ‘either’?”

Dr. Adams said he would like to look at ways to incentivize the integration of physical health and behavioral health. He said he can now point to the Dena’ina Wellness Center as a model for how it might work when grants are designed.

“This is a tremendous asset for the community. It’s a model for the rest of the country,” Dr. Adams said of the Wellness Center.

Dr. Adams also commented

on the opioid epidemic that has impacted Alaska and the rest of the country, and the challenges in addressing the issue.

“We can’t rely on having an addiction-trained specialist in every community – but the opioid epidemic has touched every community,” Dr. Adams said.

Referring to Henu’ participants, Dr. Adams said he was struck by the ability and willingness of people in recovery to help others – an added benefit of the therapeutic court.

“One life you invest in ... can turn around and save other lives,” Dr. Adams said.

The Surgeon General’s visit to Kenai concluded with a meeting with members of the Tribal Council and officials from the Indian Health

Service. Discussion centered on areas in which government agencies can help – and areas in which government gets in the way. One of the main topics was the barriers people in recovery face after completing treatment, including limited access to housing, transportation and employment opportunities.

Tribal Council and administration described the limited options available to assist those with barrier crimes on their record – and the significant time and resources that go into pursuing those options. While no specific commitments were made, visiting officials agreed that it would worth looking for solutions to the problem at the federal level.



# NOTE FROM THE COUNCIL CHAIRPERSON

Hello,  
Fall is here and the weather has been amazing so far. The silvers are here but fishing season is finally coming to an end with the moose now in our sights.  
The Council established the Kahtnuht'ana Dena'ina Health Board whose responsibility will be to advise the Council on all matters related to health care services. Soon you will receive a letter regarding the application process to serve on the Health Board. I would encourage Members who are interested in the health system to apply. Later this fall, you will also receive notice of additional opportunities to serve on various committees.  
A success story for the Tribe is our Henu' Community Wellness Court. Not only has the Tribe received state recognition for its success with the Court, but we were honored to be selected to host a visit from Surgeon General Jerome Adams. The Surgeon General reached out to the Tribe in search of an alternative solution to deal with substance abuse



after hearing about our therapeutic court. This fall, the Henu' Court will have its first graduate, who also happens to be a Tribal Member.  
The Council has received many applications for the Executive Director of Health Systems, Executive Director of Tribal Administration and the Senior Executive Assistant for the Council. We will begin the interviews in the coming weeks.  
The Council hired a recruiting firm to assist in the hiring of two additional physicians. In the meantime, we have contracted with a company who has provided a temporary physician while we are recruiting these physicians.  
We look forward to seeing you at the Annual Meeting on Oct. 6. Please remember to RSVP to be registered for the special RSVP drawing.  
Sincerely,  
*Wayne Wilson Jr.*  
Wayne Wilson Jr.  
Tribal Council Chairperson

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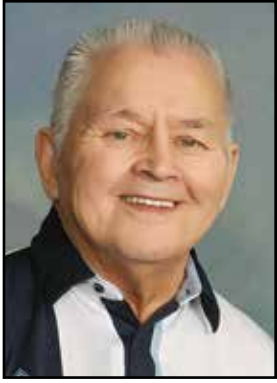
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## Native Pride

Josh Atcheynum of the Native Pride Dancers performs a warrior dance for Kenai Middle School students on Sept. 5. The dance group, which celebrates the spirit and beauty of indigenous cultures through music and dance, performed in Kenai, Ninilchik, Homer and Seldovia. The visit was sponsored by the Native Youth Community Project.



## Moving soon? Please keep in touch

Please keep your contact information current so you don't miss important mailings from the tribe.  
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## 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 and like us on Facebook at 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.





## VIOLENCE, FROM P. 1

the community more aware of the services offered by the tribe.

The June 29 forum included a wide-ranging panel discussion, and wrapped up with attendees breaking into small groups to focus on steps to achieve specific goals. While the groups worked independently, there was general agreement that events that raise awareness of the issue need to be held at a time when they are more accessible to community members.

To open the panel discussion, participants were asked a question about the community impacts of violence against women. Tia Holley, an Alaska Native Women's Resource Center board member, said that "violence is not our tradition."

"If we follow the values of our ancestors, we will have a violence-free life," Holley said.

When asked why it continues to be a problem, Sgt. Paul Cushman of the Kenai Police Department said "we're not doing a great job of making it clear that it's not acceptable."

"It is a generational problem. Trauma tends to repeat itself," Christa Chellini, a legal advocate for the LeeShore Center, said, adding that community members don't look after each other like they used to.

"We've stepped away from being a community. We don't do that anymore. People are almost afraid (talking about domestic violence) will affect them like a disease, and they close themselves off to it. We're still making excuses. We need to keep pushing to make people aware, but people have choices. We need to make a choice to be a community again."

On the subject of changes that could be made to reduce the incidence of violence against women, Cushman suggested that a mentoring group for men who are in intervention programs would be beneficial.

Karen Stroh, the shelter manager at the LeeShore Center, circled back to changing societal acceptance of violence.

"It pervades society, but it is absolutely ignored," Stroh said.

She compared the needed change in social attitude to campaigns to raise awareness for people to use seatbelts and child car seats. What was commonly accepted a generation ago is not tolerated today.

That type of push for awareness hasn't happened on the issue of domestic violence.

"Where's the responsibility in our community to ensure everyone in our community remains safe?" Stroh asked.

Scot Leaders, the district attorney in Kenai, discussed challenges in the legal system for women



Karen Stroh, shelter manager at the LeeShore Center, answers a question during a panel discussion at the Community Forum on Violence Against Women at the Kenai Visitors and Cultural Center. Other panel members include LeeShore Center Legal Advocate Christa Chellini, Kenai District Attorney Scot Leaders, Na'ini Family and Social Services Child Advocate Crystal Schwartz, Tribal Court Judge Mary Ann Mills, Alaska Native Women's Resource Center board member Tia Holley, LeeShore Batterer Intervention Program Facilitator Barbara Waters, and Kenai Police Department Sgt. Paul Cushman (not pictured).

who come forward to report acts of violence. Victims may be left wondering if anyone will believe them, or if anything will be done, while Leaders says he has to weigh available evidence to determine the likelihood of success at trial. The high burden of proof – reasonable doubt – can be one of the biggest obstacles, he said.

Crystal Schwartz, a child advocate with the tribe's Na'ini Family Services, said a person may be slow to come forward due to years of victimization.

Waters said victims often want to save their relationship, but also may face financial and other pressures, such as access to transportation or housing. Often, women that leave an abusive situation are forced to start over with nothing.

Cushman said victims need as much support as possible throughout the process. He said the process frequently starts with a police officer knocking on the door because a neighbor or concerned family member made a report –

just being a friend.

"When women come forward, people back away. They don't know what to do or how to help," Schwartz said. "No professional can stand in place of a friend at 2 a.m. when you're having a breakdown. They need friends, they need healthy social connections."

Chellini added a thought on the way in which you should listen.

"Don't listen to answer; don't listen to have a response," Chellini said. "You don't have to know anything. You just have to listen."

Cushman drew applause with his answer to an earlier question about what community members should not do when it comes to helping victims of assault.

"We need to never, ever, ever give up on victims," Cushman said. "... It can be exasperating and frustrating, but we cannot grow weary of doing good. We're the lifeline. We're here to help. If we give up on them, who have they got?"

In an interview after the forum, Larion and Schwartz shared some additional thoughts on ways to raise awareness of the issue.

For men, Schwartz said, attending events and doing more to understand the prevalence of the violence against women is a good place to start.

"At a very practical level, stop brushing this under the rug," Schwartz said.

Larion said her hope for next year is to have a true community forum.

"We want our community engaged and involved," she said. "I want anyone to understand how to help someone. ... I want to create a climate in our community that wraps victims in love and support."

**'It is a generational problem. Trauma tends to repeat itself.'**

– Christa Chellini

"When it's been normalized since childhood, it can be hard to recognize," Schwartz said. "I know many people who have told their story, and then been so overwhelmed, they just want to back out of it."

Tribal Court Judge Mary Ann Mills said she thinks victims can feel re-victimized by the nature of an adversarial court system.

"A lot of things need to be looked at, but the main thing is to remain human," Mills said.

Panelists were asked why they think victims in Alaska tend to return to their abuser many more times than women in the Lower 48.

Holley said that women generally don't want the family to break up; they simply want the violence to stop. She also cited "institutional racism" within the court system.

"When a Native victim gets involved in the system, she is more likely to lose her children than a non-Native victim," Holley said.

and doesn't get any less scary after that.

"It's slow and painful, and right or wrong, weighted toward the defendant," Cushman said. "We need to understand, as much as we can, what they're going through, that it is just a terrifying process."

Chellini said one of most effective ways to help is to call an advocate.

"We understand, and have been trained on how a victim or survivor will react," Chellini said.

For example, timelines can become jumbled for someone experiencing trauma, and they may recall a detail later that they didn't mention at first, and may be hesitant to share it.

"It's really, really important to have someone who understands," Chellini said.

The panel discussion concluded with comments about the importance of supporting victims of violence against women, including



# ‘A very special place’

## K’beq’ hosts cultural gatherings in August

When you think about places to share the Dena’ina way of living, the K’Beq’ Cultural Site is a perfect spot.

K’Beq’, which means “footprints,” is situated along the Kenai River in Cooper Landing, a place known as Sqilantnu in Dena’ina, or “ridge place river.” Visitors to K’Beq’ can view the Darien-Lindgren cabin, stroll along a boardwalk with interpretive displays, and learn about Dena’ina culture from Tribal Members and staff.

On four Fridays in August, that included cultural presentations from Yaghanen Youth Program staff and participants. Visitors to K’Beq’ could watch the Del Dumi Drum Group and Jabila’ina Dancers; learn about traditional uses of plants and berries; play the Intertribal Drum; and dance the Kahtnuht’ana way.

“It’s just a nice place, and a very special place for the Tribe,” Yaghanen Program Administrator Michael Bernard said. “I don’t think we get out here to appreciate it as much as we should.”

Benjamin Baldwin, a Tribal Member who formerly worked at K’Beq’, teamed up with Yaghanen Youth Advocate Sandy K Wilson to share knowledge of edible berries and traditional uses of plants. Leading a walk along the site’s boardwalk, the two could hardly go a few feet before finding another plant or berry to share.

Both stressed the importance of showing respect for the plants to be harvested.

Wilson said she tells people to be thankful, and to “pick with a happy heart” – if you’re stressed, your harvest won’t be as good.

“I usually thank the berry plant, and tell them what I’m using it for,” Wilson said.

Baldwin said respect for the plants you are gathering is a vital part of Dena’ina culture.

“You ask the plant for permission to pick it, and say ‘thank you’ that it’s giving itself to you,” Baldwin said. “It’s important to have the proper interaction with the things we take.”

It’s also important, when gathering wild plants, to know what you’re doing, Baldwin said. Some plants look similar, and consuming the wrong one could have severe consequences.

“The best way to do that is to go out with people who know what they’re doing, so that knowledge can be passed on, the way it’s



Ben Baldwin, far right, points out edible plants growing near a house pit during a wild plants and berries tour at K’beq Cultural Site in Cooper Landing. The talk was one of several events held during Fridays in August.



During a stop alongside the Kenai River, Baldwin tells a story about how ch’wala - the spruce tree - became so important to Dena’ina people.



Hope Joy Shirley, 2, licks wild cranberry-banana jam from her face at the end of the presentation.

always been,” Baldwin said. During the stroll along the K’Beq’ boardwalk, Wilson and Baldwin pointed out a cornucopia of plants that can be used for food or medicine – low bush cranberries, rose hips, spruce, birch, fireweed, old man’s beard, fiddlehead ferns, high bush cranberries, horsetails, willow, crowberries, and mountain hem-

lock were among the plants they discussed. “One of the things the Dena’ina believed was that in order for plants to come back, they had to be used, and used properly,” Baldwin said. Along the way, both shared stories about the plants learned from parents and grandparents.

Wilson said her grandparents told her that when fireweed got as tall as it was going to get, that indicated how much snow was going to fall that winter. Baldwin shared the Dena’ina story of how Spruce and Dog became so important to the Campfire People, the animals’ term for humans. Baldwin said he gleaned much of his knowledge from his grandparents and his mother. His grandfather, Dick Baldwin, was an agricultural consultant for the state of Alaska and wrote a book on the topic. Baldwin said he enjoys sharing what he’s learned. “It’s a great way to keep our culture alive,” he said. Baldwin continues to use traditional plants. He said he recently came across an “incredible” patch of black currants along Tustumena Lake. While his grandparents have passed away, eating things like the berries he collected brings back memories. “When you eat (traditional foods), you keep those alive,” Baldwin said.



With an assortment of wild plant products in front of him, Baldwin describes how to select and use Labrador tea.



# Summer camps make science fun

When you think of science, you might think of stuffy old professors in lab coats. But the goals of the Tribe’s Janteh Science Camps is to change that perception.

“We want (our kids) to really love science,” Brenda Trefon, Environmental Program Coordinator, said. “We want them to go back to school thinking science is something they love, something they’re good at.”

She also wants students to think of science as fun.

This past summer’s camps inspired some well-rounded future scientists. The program offered a “Growing Green” camp, which focused on food and sustainability; an Earth Camp, which focused on Earth science; and Ocean Camp, with an emphasis on marine biology.

Ocean Camp, which was held in late July, culminated with a trip to Seward for a Kenai Fjords cruise and an overnight stay at the Alaska SeaLife Center, a public aquarium and marine research, education and wildlife response facility.

Before their trip to Seward, campers visited the other end of the Kenai Peninsula, exploring the Homer Spit.

Kluane Pannick-Pootjes, a camp participant, explained the “belly biology” campers did in Homer.

“You lie on your belly on the dock, and look into the water,” Pannick-Pootjes said. “We saw crabs, jellyfish, sea anemones, and sea stars.”

Pannick-Pootjes said it was fun to be able to touch the sea stars.

Gracelyn Moore said she learned about keeping trash out of the ocean, and efforts to “clean up all the trash that people put in there.” She also enjoyed making wind chimes and beading, but was especially hoping to see whales on the Seward excursion.

Emilee Wilson added sea urchins to the list of creatures spotted from the dock in Homer, and said the boat trip was the highlight for her. She also mentioned a shopping trip for school supplies.

Laural Schadle, Environmental Program Assistant, said campers were able to stock up on items like protractors and rulers – things they will need to be prepared for science and math class when school starts up.

William Wilson said he wasn’t quite as excited for the reminder that school is right around the corner, but said his favorite part of the camp was the art projects and beading. He created a necklace using beads and a shark tooth.

Kiya Hudson said she thought “the best part is going to be



Jenna Yeoman takes a photo of Gracelyn Moore while Kiya Hudson watches at a stop on Fox Island in Resurrection Bay during the group’s Kenai Fjords tour.



Brianna Blankenship, Madison Reams and Jalyn Yeoman watch a harbor seal at the Alaska SeaLife Center in Seward.

spending the night at the SeaLife Center.”

She also learned a lot about sea worms, she said, and was able to observe some in the water in Homer. Cora Sagoonick said she learned a lot about sea animals that live in the water and also spend time on land – like the Steller’s sea lions or the various sea birds that were spotted from the boat.

Campers had the chance to observe puffins, murres and cormorants, among other sea birds. They spotted sea lions and harbor seals, and watched two different humpback whales feeding.

At the Alaska SeaLife Center, campers participated in several activities, including a squid dissection and bioluminescence activity.

Campers also got to explore the center in their pajamas before it was time for lights out.

“I think having the kids for an overnight gives them a better camp experience,” Trefon said. “It lets

them really build friendships and get to know other Tribal Members.”

With trips to Homer and Seward, Schadle said the camp involved more travel than other science camps. The goal, she said, is to introduce kids to science.

Located in Fort Kenai, just across from the Dena’ina Wellness Center campus in Old Town Kenai, the Environmental Program office is now home to a Kenaitze Science Library. Resources are available for students and parents, including homework help and printer access. For more information or for a schedule, call Environmental Program Coordinator Brenda Trefon at 907-398-7933.

“We’re trying to get kids introduced to the idea that science can be fun” Schadle said. “We decided to do all these cool marine biology field trips.”

The Environmental Program will host a number of activities throughout the school year. Watch for family activities once each quarter, a recycling party sometime between Thanksgiving and Christmas, and an Earth Day activity next spring.



Emilee Wilson, Kiya Hudson, Jalyn Yeoman and Brianna Blankenship explore the touch tank at the Alaska SeaLife Center in Seward.



# 'Giving back to the system'

## Campers learn fish lifecycles and continue traditions

When you're processing 50 fish, many hands make light work. And when all those hands belong teenagers interested in learning about the process, it even makes all that work fun.

"This is what the educational fishery is about – teaching the next generation," said Sandy K Wilson, a Youth Advocate with the Yaghanen Youth Program who coordinated the Senior Fish Camp with her fellow staff members.

Held in late July, fish camp participants learn all the steps for harvesting and preserving salmon, from picking the net to filleting to smoking to pressure cooking. With 50 salmon coming to the net, campers were able to get plenty of practice, and bring home plenty of salmon to share with Elders and their families when the week was over.

Wilson said she holds a deep appreciation for having the opportunity to share her knowledge.

"I remember when the fishery first opened, I was almost a teenager," Wilson said. "Before that, my family hardly got any fish."

After the fishery opened, she

and an ulu for cutting the fillets into strips for smoking.

"When you make strips, always cut to the tail – otherwise, the meat will fall off," Bottorff said.

She also leaves strips attached in pairs with a little bit of skin – it saves on the time and effort of tying string to hang them for smoking.

Bottorff also showed campers how to process fish heads for soup. "Who wants to eat the eyeballs?" she asked – but there were no takers among the fish camp participants.

Campers then had an opportunity to try their own hand at filleting a salmon.

"Everyone cleans their fish a little different," Josh Grosvold said. "You can learn something new from



Dr. David Wartinbee, a retired Kenai Peninsula College biology professor, talks during the camp about the many tiny bugs that play a vital role in the life cycle of a salmon.

Denali Bernard, a high school freshman, said part of the appeal of Fish Camp is getting her hands dirty.

"It's really fun being here. I like cutting fish a lot," Bernard said. "I've done heads a lot, but I haven't really done fillets as much."

Cheyenne Juliussen, a high school sophomore, is an old hand at filleting fish – she had plenty of practice at her grandparents' fish site in Coho. In fact, she learned from Bottorff, she said. Still, there's always something more to learn.

"I like learning how to fillet in different ways than I already know," Juliussen said.

Campers said they learned quite a bit from Wartinbee's presentation on stream ecology and the life cycle of salmon. Wartinbee also offered some scientific insight on why traditional methods of preserving fish were successful.

"There are only a few salmon cultures in the entire world, and those are the folks who figured out how to preserve and use fish year-round," Wartinbee said.

Campers were able to glean a lot from the session. Judah Eason, from Ninilchik, said it all came together for him with the salmon life cycle – juvenile salmon feed on invertebrates that feed on leaves that fall into the water from riparian habitat, which receives important nutrients from the salmon that die in the river after spawning.

"It made sense that fish are giving back to the system," Eason said.

Alexis Kinneveauk came to Fish Camp from Anchorage. A freshman, she said she hadn't realized how complex stream ecology is, particularly "the bugs."

"All I thought about was the fish, but not all the other little things in the streams and the creeks,"

Kinneveauk said.

Campers also had the opportunity to dissect a salmon in an activity with Park Ranger Leah Eskelin at the Kenai National Wildlife Refuge visitor center in Soldotna.

"We teach the kids how to fillet fish, how to clean them, but we never knew all the anatomy," Wilson said. "It was interesting taking fish apart one piece at a time."

The camp is based at Spirit Lake near Kenai, where campers stay in cabins and have the opportunity to enjoy other activities like canoeing and campfires. They also had a visit from Tia Holley, a Wellness Consultant at the Dena'ina Wellness Center. Holley showed campers how to make a salve from spruce, devil's club and yarrow to ease aches and pains.

"I think that's very important as part of their culture, too, learning about (traditionally used) plants," Wilson said.

Campers have the opportunity to earn a half credit for a high school elective by participating in the camp and completing a project and work book – or "fun" book, as they are referred to at camp.

Beyond learning about fish, campers also learn traditional values.

"We teach the kids to be respectful to the Earth, to the land, to the fish," Wilson said. "Any parts of the fish we don't use, we return to the ocean."

"We're teaching the kids to be thankful and grateful, and to work together."

Wilson said she was grateful to have a group of kids so willing to learn.

"I'm really excited that these kids are going to pass this knowledge along to the next generation, to their kids," Wilson said.



Tribal Elder Mary Lou Bottorff shows fish campers how to fillet a salmon during a presentation at the Tribal fishery.

was able to learn from her extended family – parents and grandparents, aunts and uncles.

"Now, I'm teaching my kids, but also teaching the kids at Yaghanen, passing down traditions," Wilson said.

Campers started their week with a presentation from Dr. David Wartinbee, a retired Kenai Peninsula College biology professor, on the life cycle of salmon and the science behind traditional preservation techniques.

From there, they went down to the Tribal net, where they were treated to a fish processing demonstration from Mary Lou Bottorff, a Tribal Elder.

Bottorff shared her technique for filleting salmon, showing how she uses a long fillet knife for the fillets,

watching others. They might have a system that makes it easier for you."

Grosvold, who is entering his senior year of high school, has attended Fish Camp for several years. He said he likes spending the week with friends and processing fish. He said he sees a rhythm to the week.

"Getting the fish, cleaning it, getting it ready for the smoker, then you can it," Grosvold said.

Judah Eason, a high school junior from Ninilchik, was impressed with Bottorff's technique.

"I thought it was cool how she didn't waste a bit of meat – and she was fast, too," Eason said.

Eason said fish eyeballs are an acquired taste.

"I've tried fish heart and fish eyeballs. I'm not really a fan," Eason said.



# Planting the seed

## Head Start alumni find Tribe a good place to start careers

One remembers goofing off during the class picture. Others remember the bus rides, time spent on the playground, and learning to tie a shoelace.

The Early Childhood Center's Head Start preschool program was launched 20 years ago, and its early graduates are now young adults. After starting their education with the Tribe, some are now finding the Tribe a good place to start their careers.

"It's a little bit like planting a seed," Charmaine Lundy, a long-time staff member at the Early Childhood Center, said. "We don't see the bloom, but we know it's going to be there."

Teresa Smith, the Early Childhood Center Administrator, said staff aren't always able to see the end result of the education that began with Head Start, so they appreciate seeing former students come back as interns or employees.

In addition to several employees, there are a number of high school-age students, many of them graduates of the Tribe's Head Start program, who are beginning to explore possible career paths through internships with the Tribe.

Some of those former students found their career path early on.

"It had always crossed my mind that one day I would work for the Tribe," said Ashley Segura, the Human Resources Recruiter for the Tribe.

Others weren't so sure.

Jonny Wilson said he began working for the Tribe while he was in high school, in Housing and with the fishery. After college, he worked at Tyotkas as a custodian before joining the Yaghanen staff, where he is a Youth Advocate.



Jonny Wilson

Wilson said working for the Tribe is something he didn't necessarily think he'd be doing. "After high school, I thought I was going to leave the state and never return," Wilson said, "but once I figured out this is home, I came back pretty quick."

Segura started her employment with the Tribe as a student clerk in 2014, moving over to Tribal Government and then back to the administration front desk before taking on the Human Resources Technician role. This year, she became a Human Resources Recruiter.

Segura said she doesn't remember much from Head Start.

One thing she does recall was a time close to Christmas, when there a bunch of small items put out and students could pretend to shop for gifts for their families, even wrapping the items up. She also remembers playing in a loft area, and the teeter-totter and sandbox on the playground.

Ashley's sister Jessica Segura said one of her most vivid memories is of riding the bus, which picked her and up and dropped her off near her family's Kalifornsky Beach Road-area home.

"I remember the bus driver would tell us if we didn't listen, he would lick our lips and stick us to the window," Jessica Segura said.

Jessica said she and her sister did quite a bit of volunteer work for the Tribe, helping out at Tyotkas, annual meetings and various potluck events, even helping to deliver firewood as part of the energy assistance program.

"Any events the Tribe would have, we would be there," Jessica said.

Jessica was a member of the Youth Council and traveled to Washington, D.C., where she heard Michelle Obama speak. She got a handshake and a hug from the first lady as well.

Laural Schadle said she recalls holding things up during a Head Start class picture.

"I remember taking the big group picture, and we had to retake it like six times because I wanted to be on the slide – but I kept sliding down," Laural said.



Laural Schadle

Schadle also remembers a lot of art projects with paint and feathers, a field trip to the Nikiski Pool and

cutting fish from the net.

Julianne Wilson said she remembers her dad teaching her to tie her shoes, and being excited to share that knowledge with the Head Start staff.

"I was really excited to show Mr. Mike, my teacher at the time, that I could tie my shoes," she said.

Jonny Wilson said he doesn't recall all that much from his Head Start days.

"I know I got sent home quite a few times back then," he said.

Schadle said she always hoped to land a job with the Tribe's Environmental Program – camps with Program Director Brenda Trefon were a highlight for her growing up.

"I like planning camps, and doing things like this," Schadle said during a Kenai Fjords tour with marine biology camp participants.

Schadle said she is pursuing a degree in science, and likes to see kids get excited about the subject. Working as a Program Assistant is helping her toward that goal.

This past summer, Julianne Wilson worked as a Tribal Fishery Education Assistant, following in her older brother Jonny's footsteps.

"I wanted to work at the fishery ever since I was 11, and my older brother worked there," Julianne Wilson said.

Julianne Wilson said that ever since she learned how to fillet a fish in camp, she's been in love with the process. While fishing was slow this summer, she said she still enjoyed the experience.

"It was slow, but it was fun when we did catch fish," she said.

Julianne Wilson had a second summer job working as an archaeologist assistant for the U.S. Forest Service, providing additional documentation for known archaeological sites. In that position, she had the opportunity to work with programs like the Tribe's Susten Archaeology Camp.

She has since returned to Valley City State University in North Dakota for her sophomore year of college, where she's studying environmental science. While she said she's still exploring career options, she said she'd like to work for the Tribe again in the future.

Jessica Segura worked as an intern with the Early Childhood Center's after-school program in 2017. She had to spend time in Anchorage to be closer to her doctors while she was pregnant, but after giving birth, was ready to return to work this past spring. She browsed the available openings on the Tribe's website, and was hired

in May, with a short break before resuming her duties as the Early Head Start Administrative Assistant in June.

Jessica Segura said she likes to work with children, something that has made working with Early Childhood Center programs a good fit. And with a child of her own, she'll be taking advantage of Early Head Start and Head Start services herself.

"Now that I have a kid of my own, I will be able to enroll him in the program, and when he turns 3, I can enroll him in Head Start and start him where I started," she said.

Early Childhood Center staff are excited to see things come full circle.

Lundy said that she's had students who have come through the Head Start and afterschool programs say that as soon as they're old enough, they'd like to come work at the Early Childhood Center.

"We're succession planning for 12 years down the road," Lundy said. "When those first ones take over, it will be so much their program. They'll have such a sense of belonging and ownership."

Since starting with the Tribe, Ashley Segura said she's tried to picture herself working somewhere else – and can't.

"A lot of my family says that too – they don't see me working elsewhere," Ashley Segura said.

Ashley Segura said that she has found that being able to advance with the Tribe has come with challenges, but it has been rewarding.

"I've definitely learned a lot, but I still have a lot to learn," she said.

Ashley Segura said she likes working in human resources.

"Interacting with people, and I like the way HR works and the things that we do," she said.

Likewise, Jonny Wilson said he finds his work at Yaghanen to be fulfilling. He's had the opportunity to work with his younger brothers and sisters as they've participated in the Yaghanen program, and his mother, Sandy K Wilson, works in the same department.

Wilson said he enjoys the work he does with Yaghanen.

"The whole job itself is rewarding. I get to watch these kids grow up. It's even more rewarding to see them walk across the graduation stage," Wilson said.

Wilson said he's continuing to learn and grow in his position. He's planning to take the Dena'ina language class at Kenai Peninsula College, knowledge he can then share with kids in the Yaghanen program.

He doesn't see himself changing jobs any time soon.

"I like this job too much," Jonny Wilson said. "It's hard to quit something you like to do."



Julianne Wilson



# Early Head Start up and running

September marks an exciting month for the Early Childhood Center as Early Head Start staff begin home visits with participating families and also move into their new space in the Na’ini building.

The new Early Head Start program serves children ages 0 to 3 – it is open to pregnant women as well as infants and toddlers up to age 3. Children ages 3 or 4 by Sept. 1 can enroll in the Tribe’s Head Start preschool.

Early Head Start Coordinator Diane Bernard said staff are excited to be able to reach families in their homes.

Early Head Start staff began home visits Sept. 4. The program has three teams of two home visitors. One team member works with a child or parents while the other observes and takes notes. Visits are scheduled with families once a week, year round, and last about 90 minutes.

“Home visitors help families obtain skills, and teach families how to be advocates for their children,” Bernard said.

Staff are able to watch each child for developmental milestones, and design an individual learning plan tailored to each child’s needs.

On a typical home visit, a home visitor might introduce an activity with a child, and then have a parent do it, giving the family a skill they can work on together between visits.



Kenaitze Procurement Manager Royal Brown explains the floor plan of the new home-based Head Start program to Trevondia Bokykin, a Program Specialist with Head Start in Washington, D.C., and staff during a construction tour at the end of July.

“We can help families obtain skills, and give them confidence in the things that they’re doing right,” Bernard said.

Early Head Start also offers socialization opportunities every other week, providing a time for children to come together and interact while parents can connect and network. On the alternate weeks, parent training is offered.

Early Head Start staff are eagerly anticipating the move into their new space. Dubbed the “Foundation,” it is located in the basement of the Na’ini building on the Dena’ina Wellness Center campus. Construction crews have spent the summer renovating the space. It includes reception and working areas for program staff,

office space, a kitchen area and a fellowship room. There also will be plenty of built-in storage, and, if needed, staff will have access to a storage shed to be installed next to the building.

Early Head Start staff got a sneak peek of the space during a tour in late July.

“It’s really exciting,” Early Education Tutor Kari Pralle said. “We keep hearing about it, but actually seeing it makes it more real.”

Contractors installed a pair of 40-foot structural steel beams to open up the space and added insulation to the walls to muffle noise from the building’s plumbing and mechanical systems.

The floor is polished concrete, with a ribbon of blue winding

throughout to represent the Kenai River. There is plenty of light, with recessed lighting and track lighting all controlled by dimmer switches.

The color scheme for the space includes a palette of natural, earthy tones. Other touches include a screen of birch logs to separate the reception area from the work space, and feature walls with reclaimed wood from the old Libby, McNeill and Libby cannery.

In-floor heating will warm the space, and an air exchanger will keep fresh air circulating year-round.

Kathy O’Dell, an Early Head Start Teacher Specialist, got to see the support beams going into the building, and said the transformation has been amazing.

“It’s a beautiful space,” O’Dell said.

Abby Hanna, an Early Head Start Teacher Specialist, said she was excited to have adult chairs – though she’ll probably continue to use the child-size chairs much of the time.

Pralle said she appreciates all the thought that went into designing the new space.

“Children deserve beautiful spaces,” she said.

To learn more about Early Childhood Center programs, including Head Start and Early Head Start, call 335-7260 or visit [www.kenaitze.org/programs/early-childhood-center/](http://www.kenaitze.org/programs/early-childhood-center/).

## Fresh takes Greenhouse produce put to use in Tribal programs

Carey Edwards appreciates the fresh herbs coming out of the new greenhouse on the Dena’ina Wellness Center campus.

The cook at Tyotkas Elder Center, Edwards said the folks who visit for lunch rave about the rich flavors, too.

“I use them in everything,” Edwards said. “I do a lot of roasted dishes and soups, so they get well used.”

Named Ch’k’denlyah yuyeh, Dena’ina for “we grow something inside,” the new greenhouse has been supplying Tribal programs with fresh produce throughout the summer. Na’ini Family Services, for example, has been able to include lettuce, cabbage, zucchini and cucumber in some of its Food Cache boxes.

At Tyotkas, the fresh produce

is being used to supplement and enhance the menu.

“I do a kielbasa with roasted vegetables, and I put a lot of herbs in that,” Edwards said. “They love it.”

Edwards said the fresh dill goes well with salmon dishes, and thyme gets used with green beans.

“I love fresh herbs,” Edwards said. “I grow them at home, too. I’d much rather use the real stuff, especially when I’m doing a roast or steaks. They really give off a good flavor.”

This summer proved to be a learning experience for greenhouse gardeners. Dena’ina Wellness Center staff learned how to deal with pests, specifically aphids, which infested some of the plant beds midsummer. The solution was to release ladybugs into the green-



A cucumber hangs from a vine in the Tribe’s greenhouse.

house, which feed on the aphids. Gardeners also washed plants with a soapy solution to remove aphids – ensuring that the growing process remained organic and pesticide-free.

Trial and error – along with some Google research – also played a part in figuring out things like watering schedules and the right time to harvest different plants.

Wellness staff have been tracking this year’s harvest, carefully weighing the produce before it’s distributed.

Red kale and red cabbage were big producers in June, while cucumbers, squash, zucchini and green beans tipped the scales in July. August’s greenhouse production included more than 27 pounds of tomatoes, 20 pounds of potatoes and 13 pounds of cabbage.

All told, 133 pounds, 5.5 ounces of produce came out of the greenhouse from June through August.

Edwards said she is expecting next year’s growing season to be even better. And she’s putting together a wish list for some other plants she’d like to see take root.

“I would love to figure out how to grow basil, so if they figure that out, I want some,” Edwards said. “... Garlic would grow well in there, too. I’ve tried it at home, but you really need a greenhouse.”

She also said she’d take some extra dill, especially for salmon dishes, but she’s enjoyed trying new things as well. For example, this summer was the first time she’s used pineapple sage, and was pleased with the results.

“All I can say is keep it coming,” Edwards said of the fresh produce. “I love it.”



# Yaghali Nusdlan

## He or she got well



## With diabetes prevention class, a pound of cure

On a recent Thursday afternoon, four women gathered with three Dena'ina Wellness Center staff in the Skilak Lake Kitchen for a Diabetes Prevention Class.

While there was some time spent discussing the goals and content of the curriculum, there was just as much discussion of individual challenges and successes.

"It's mostly a support group, with some education sprinkled in," said Caraline Place, a Registered Dietician at the Wellness Center.

The class, which follows a Centers for Disease Control curriculum, is geared toward helping people prevent prediabetes from becoming Type 2 diabetes.

Participants started off the recent session by sharing their successes and challenges from the previous week, from keeping track of steps to coping with the stress of visitors to dealing with unexpected sad news.

They watched a video about a study that found that 1 in 3 American adults are prediabetic, but that healthy lifestyle changes were effective in preventing the onset of diabetes.

"Diet and lifestyle modification are scientifically proven to work better than any other intervention," Place noted.

Mollie Burton, a class participant from Nikiski, offered a reply: "Thank you for helping us save our lives."

Burton, who said she is originally from Southeast Alaska, said the class has been worth it.

"It helps having people that have the same goals as me, to hear some of the ways they cope with it, and learning about healthy ways to eat," Burton said.

Burton said being part of the class has motivated her to be more active.



Nina Weatherly, right, talks about her successes in the Diabetes Prevention Program at the Dena'ina Wellness Center with Bessie Phillip and Tina Mulcahy during a meeting at the center's educational kitchen.

"I got a pedometer, and I have a thing with myself that I've got to get my steps in," she said.

As part of the class, Burton said she's learned how to keep track of what she eats. She has been inconsistent, though, and said she's set a goal to improve in that area.

One tip she's picked up is to add things like cucumbers or berries to

water.

"It tastes really good, but it's a beverage that's healthy," Burton said.

Tina Mulcahy, who lives in Sterling, said she's getting back in the habit of taking time to focus on her own health. She said participating in the class has helped her dedicate one day a week to focus on her own

well-being, something she intends to continue.

Mulcahy said the connections made with her classmates have helped her.

"I'm pretty much a hermit, so it is good to connect with other people. You get different perspectives," Mulcahy said.

A former teacher herself, Mulcahy said she liked the way Wellness Consultant Levi Sutton, Place and Wellness Assistant Bessie Phillip lead the class.

"I think these guys are doing a great job teaching," Mulcahy said. "Part of it is what you teach, but part of it is hearing the people

you're teaching."

The instructors said class participants have become much more aware of what they eat, and particularly of portion sizes. They get excited when they see progress, such as a big number of steps in a week, and have opened up with each other.

"It's become a safe class for them to come and share common struggles – I don't think they even knew each other before this," Sutton said.

The program had a kickoff meeting for the class in March, and the group has been meeting every Thursday at noon since April. July marked the halfway point of the 32-week program; for the second half, meetings are scaled back to once a month.

"They have the tools, they have the idea, they have the support – I want to see where they go with it," Sutton said.

Sutton said the instructors learned a lot from teaching the class this year, and will look for ways to tweak the curriculum when they start another class next spring.

For more information about diabetes prevention, reach Place at 335-7582; Sutton at 335-7583; or Phillip at 335-7584.

### Diabetes facts

- 1 out of 3 American adults have prediabetes, where blood sugar levels are higher than normal, but not yet high enough to be diagnosed as Type 2 diabetes.
- 9 out of 10 people with prediabetes don't know they have it.
- Prediabetes increases the risk of Type 2 diabetes, heart disease and stroke.
- If you have prediabetes, losing weight by eating healthy and being more active can cut the risk of getting Type 2 diabetes in half.
- To find out if you have prediabetes, see your doctor to get your blood sugar tested.

### Prediabetes risk factors:

- 45 years old or older
- Physically active less than 3 times per week
- Family history of Type 2 diabetes
- High blood pressure
- History of gestational diabetes or giving birth to a baby weighing 9 pounds or more
- Overweight

– Information from the Centers for Disease Control and Prevention [www.cdc.gov/diabetes/basics/prediabetes.html](http://www.cdc.gov/diabetes/basics/prediabetes.html)



# Cooking with Kenaitze:

For thousands of years, Dena’ina people have hunted and gathered food across Yaghanen, the good land. From moose to salmon to wild berries, food harvested from the land is important to Dena’ina life. Cooking with Kenaitze highlights ingredients and recipes relevant to Dena’ina culture. This time we focus on preventing diabetes.



**SPA WATER**

A favorite of participants in the Diabetes Prevention Program, make a pitcher of Spa Water to replace sugary sodas, sports drinks or juices. Fresh produce adds minerals and nutrients to the water, in addition to giving it a light, refreshing flavor.

You can try any combination of fresh fruits, vegetables and herbs, but here are some favorites:

- Mint
- Sliced cucumber
- Pineapple sage
- Fresh or frozen berries
- Sliced citrus fruits

**Directions:**

Add ingredients to a large pitcher (a clear glass container lets you appreciate your beverage's visual appeal). Partially crush herbs or leafy greens to help release their flavor. Fill the pitcher with water and give it a stir. Cover the pitcher with a lid or plastic wrap and let it chill in the refrigerator for a couple of hours for the water to absorb the flavors. Serve chilled or at room temperature. Enjoy!

**INGA BINGA’S SALMON SALAD**

Participants in the Dena’ina Wellness Center’s Diabetes Prevention Class learned that one way to eat healthier is to add grains such as quinoa to salads to create a hearty meal. This recipe combines quinoa with fresh salmon.

**Makes:** 4 Servings

**Ingredients**

**For the salmon:**

- 1 pound salmon fillets
- 1 lemon, juiced
- Beau Monde Seasoning, or any seasoning you like, to taste

**For the quinoa:**

- 1 cup quinoa, rinsed
- 2 cups water
- 2 cups cherry tomatoes, cut into quarters
- 2 cups minced arugula
- 3 tablespoons plain Greek-style yogurt
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons olive oil
- 1 clove garlic, crushed
- Dash sea salt

**Directions:**

**Make the salmon:**

1. Preheat the oven to 375 degrees or preheat the grill to medium.
2. Brush both sides of the salmon with lemon juice and sprinkle with the Beau Monde Seasoning. Arrange the salmon in a large baking dish or place it directly on the grill.
3. Bake or grill the salmon until cooked through, about 25 minutes in the oven or 10 minutes on the grill.

**Make the quinoa:**

1. In a medium saucepan, bring the quinoa and water to a boil. Reduce the heat to low and simmer until the quinoa is tender, about 15 minutes. Let the quinoa cool then add the tomatoes and arugula and stir to combine.
2. In a small bowl, whisk together the yogurt, lemon juice, olive oil, garlic, and salt. Add the yogurt mixture to the quinoa salad, and stir to combine.
3. To serve, place a small (4-ounce) piece of salmon on top of some salad. (Salmon can be served hot or cold over the salad.)

From the “What’s Cooking USDA Mixing Bowl,” [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

**RHUBARB SALSA**

**Ingredients**

- 4-5 Roma tomatoes
- 2-4 stalks celery
- 1 bunch green onion
- ½ red onion
- 2-4 cups sliced rhubarb
- 3-4 peppers, all colors
- 1 seeded jalapeno
- 5 limes, juiced
- 1 tsp brown sugar
- 2 tsp salt
- Pepper to taste
- Cilantro to taste

**Directions:**

Thinly slice/dice all ingredients and add to bowl. Juice the limes over the chopped vegetables, add in sugar, salt, pepper, and stir to combine.

*Recipe courtesy Bobbie Oskolkoff*

**SUBMIT YOUR FAVORITE RECIPE**

Chiqinik to those who submitted these recipes. Have a recipe to share? Email it to M. Scott Moon at [smoon@kenaitze.org](mailto:smoon@kenaitze.org)



# The Big Picture



Smoked salmon strips fill jars ready for the pressure canner during Yaghanen Youth Program's senior fish camp. See story, Page 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

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855-335-8865 fax

**Early Childhood Center**  
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907-335-7260

**Tyotkas Elders Center**  
1000 Mission Ave., Kenai, AK 99611  
907-335-7280

**Yaghanen Youth Program, Education and Career Development**  
35105 K-B Dr., Soldotna, AK 99669  
907-335-7290

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

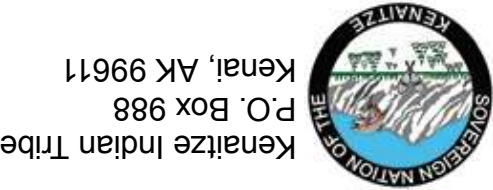
**Dena’ina Wellness Center**  
508 Upland St., Kenai, AK 99611  
907-335-7500

**Na’ini Family and Social Services**  
510 Upland St., Kenai, AK 99611  
907-335-7600

**Tribal Court**  
508 Upland St., Kenai, AK 99611  
907-335-7219

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

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



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