

The Counting Cord

A woman with long, vibrant red hair is standing outdoors, leaning against a large, moss-covered tree trunk. She is wearing a traditional Indigenous outfit, including a red beaded headband with long tassels, a red beaded necklace, and a red beaded bodice. She is also wearing a black leather jacket over a red dress. The background is a soft-focus forest with autumn-colored leaves.

A legacy of song
*Preservation project
nears completion*

Food and fellowship
*Traditional Foods Potluck
draws a crowd*

Making fitness fun
*Dena'ina Wellness Center
gym offers new classes*

Fall 2023

FREE!

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A Legacy of Song



On the front cover:
Josie Jones photographed for The Counting Cord in
Portland, Ore., by [Jasmine J. Photography](#).

The Counting Cord

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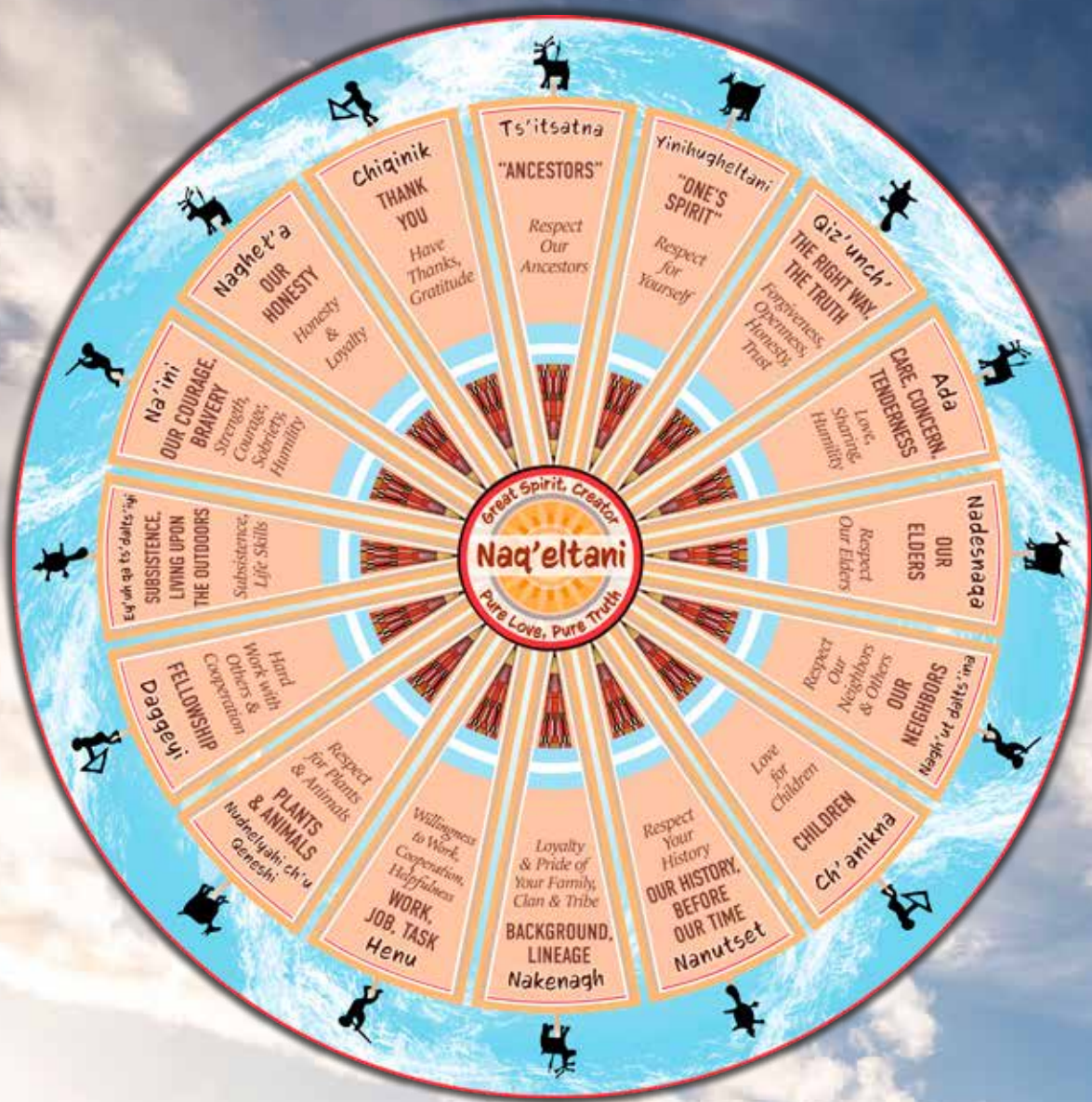
Dena'ina naqenaga



Marking the days with a counting cord

A counting cord, niłnuqeyishi, "the thing that is knotted," is a traditional Dena'ina string calendar. Knots or beads or feathers are tied into the cord to mark the days or record special events.

The Counting Cord publication is the newsletter of the Kenaitze Indian Tribe. It is published quarterly to mark the days and record the special events of Kahtnuht'ana Dena'ina, "the Kenai River People."



Ts'itsatna is the Dena'ina word for ancestors. Respect for ancestors is one of our traditional values. Here, Tribal Member Jonny Wilson displays a traditional spruce wood fish spear with a hand-carved moose bone estl'eni (barbed point). The Tribe's Cultural Resource staff will use the spear to demonstrate one of the fishing techniques Dena'ina ancestors once used.

Ts'itsatna | *Ancestors*





Yaghali du?

I hope you've had a productive fall, and are ready to settle in for the winter. Between the Ch'k'denetyah yuyeh greenhouses, the educational fishery, and weekly foraging activities, the Tribe's staff have been busy helping those we serve with opportunities to participate in traditional harvest activities.

One of the highlights of my fall calendar is the annual Alaska Federation of Natives convention. It is a wonderful opportunity to gather with people from across the state, catch up with friends and colleagues, and discuss important issues relevant to the Alaska Native community.

We heard from a number of state and federal leaders during the convention, including Secretary of the Interior Deb Haaland, and U.S. Representative Mary Peltola.

One of the resolutions passed at the convention that has garnered headlines calls for Congress and the federal government to protect and expand subsistence rights for Alaska Native people. Subsistence is a complex issue, and debate on the topic reflected its importance in the face of declining salmon returns on many Alaska rivers.

The Kenaitze Indian Tribe submitted two resolutions for consideration.

One of our resolutions asks AFN to recognize the importance of clean lands and waters, particularly as it pertains to a Clean Water Act waiver the city of Anchorage receives for one of its wastewater treatment plants. The resolution was referred to committee, but the Tribe will continue to advocate for clean air, land and water around our traditional lands.

Our other resolution, which was approved at the convention, is in support of Missing and Murdered Indigenous Women. The Save Our Sisters Act would enhance coordination between regional AMBER Alert networks and tribal communities. The resolution, which was advanced to the convention via the Elders and Youth Conference, calls on Alaska's congressional delegation to introduce the proposed legislation.

I am grateful for the work we do to help Kahtnuht'ana Dena'ina, and all Alaska Native people, thrive forever.

Duk'idli,
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Tribal Council Chair



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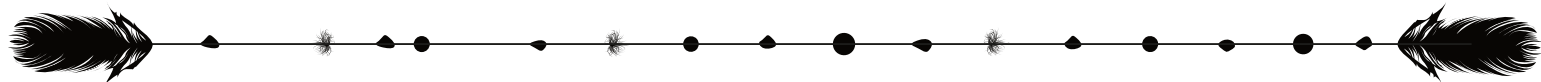
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Orange Shirt Day: Remembrance and reconciliation



Top Left: Sage smolders next to an eagle feather during an Orange Shirt Day ceremony at the Dena'ina Wellness Center's Raven Plaza to remember the many Indigenous people who have been negatively affected by a boarding school experience. Orange Shirt Day encourages support for reconciliation and awareness of the intergenerational trauma boarding schools brought to children and their families. Top Right: Karen Trulove, Traditional Healer, uses sage to smudge Bessie Phillip. Bottom Left: People gather for the remembrance ceremony. Bottom Right: Sharon Isaak, right, comforts Mary Hunt after Mary talked about the abuse she and her siblings experienced while in a boarding school at Holy Cross.



Making fitness fun

New classes at the Dena'ina Wellness Center gym have un'ina looking forward to Mondays.

"It's a good way to start the week," said Kaarlo Wik after a recent Monday morning Hatha Yoga class. "It stretches you out, gets you ready for the week, and it's not too strenuous of a workout."

"It makes me look forward to Monday a little more," added Ginger Wik.

Hatha Yoga is one of two yoga classes that have been added to the gym schedule in recent months. Personal Trainer Danielle Newton also leads a Vinyasa Yoga Flow class at the gym.

"Hatha is good for beginners. It's a little slower, and more broken up," Newton said. "Vinyasa is more flowy, and more of a workout."

Newton said yoga classes had been requested by un'ina, "those who come to us." Newton pursued a 200-hour yoga instructor certification through a Kenai-area studio, and found that she enjoys it even more than she thought she would.

"Anybody can do yoga. You don't have to be 'bendy.' All levels can come to class – there are so many different options and modifications I can help people with," Newton said. "It's a lot of good stretching. It loosens up your muscles, it's great for your joints, mindfulness, balance – so many things."

Newton has found that yoga has also been a good tool for outreach with some of the Tribe's other programs. For example, she's done



Danielle Newton, a certified personal trainer and yoga instructor at the Dena'ina Wellness Center, leads a group through a yoga session in November. Yoga is a new offering in the center's gym.

yoga sessions with participants in the Behavioral Health Youth Services program.

Other group fitness classes on the gym schedule include Circuit Burn and Back, Booty and Core.



Kaarlo and Ginger Wik ease into a posture while practicing yoga in the Wellness Center class.

"We change things up based on what people are asking for, and what's most popular," Newton said.

Newton said she attended a fitness conference in Los Angeles over the summer, and came away inspired with more ideas to engage people on their fitness journey.

The gym has plenty of equipment for those who want to work out on their own, including a pair of climbing treadmills to go with two regular treadmills. Personal Trainers at the gym are available to un'ina for individual sessions, as well as for fitness consultations.

"That's great for someone who is new. I can give recommendations for where to start," Newton said.

Ginger Wik said the classes are a good way to try new things in a comfortable setting.

Kaarlo Wik said the gym is great resource, and that he ap-

preciates being able to bring a workout buddy.

"Having a partner makes you more committed to the effort," he said.

The Dena'ina Wellness Center gym is open to Tribal Members and those who are eligible for services at the Dena'ina Wellness Center. Check at the Wellness desk for workout buddy program details. The gym is open from 6:30 a.m. to 6:30 p.m., Monday through Friday.

For more information, call 907-335-7588.

Find the current month's gym schedule on the Tribe's website at

<https://www.kenaitze.org/denaina-wellness-center/wellness/>

Walk-in Primary Care services temporarily unavailable

In order to provide the best possible access to health care during the week, the Dena'ina Wellness Center's limited Saturday and walk-in services have been temporarily discontinued.

Like other health care providers across the country, the Kenaitze Indian Tribe is working hard to increase the number of staff during a time of rising demand for services. We have taken steps to retain the valued staff we already have and have hired a recruiting firm to expand our pool of applicants for available positions.

We appreciate the opportunity to partner with you in wellness and apologize for any inconvenience this temporary change may cause. For information about referred or emergency health services at non-tribal medical providers and facilities, please visit the Purchased and Referred Care page on our website.



HUD Secretary announces grant



HUD Secretary Marcia Fudge, at center, joins members of the Heartbeat of Mother Earth Drum Group for a song during a stop at the educational fishery site.

'We know that your communities are made up of much more than buildings and facilities. Your tribe is your culture and heritage and traditions. So today, as a leader in the Biden-Harris administration, it is my responsibility to do all that I can to support your right to not just live, but to thrive forever.'

Marcia Fudge, U.S. Department of Housing and Urban Development Secretary



Kenaitze Tribal Council Treasurer Gabe Juliussen, third from left, gestures while talking to Regional HUD Administrator Margaret Salazar and HUD Secretary Marcia Fudge during a roundtable discussion between HUD officials, the Kenaitze Tribal Council and members of the Kenaitze/Salamatof Tribally Designated Housing Entity.

The Kenaitze/Salamatof Tribally Designated Housing Entity hosted a visit from U.S. Department of Housing and Urban Development Secretary Marcia Fudge in August.

Secretary Fudge was in Kenai to make a big announcement: the TDHE has been awarded a \$7.5 million Indian Housing Block Grant to support an Elder housing project. Secretary Fudge made the announcement during a press conference at the Kahtnuht'ana Duhdeldiht Campus.

"We know that your communities are made up of much more than buildings and facilities," Secretary Fudge said in announcing the award. "Your tribe is your culture and heritage and traditions. So today, as a leader in the Biden-Harris administration, it is my responsi-

bility to do all that I can to support your right to not just live, but to thrive forever."

During her visit, Secretary Fudge toured the Dena'ina Wellness Center and TDHE offices, where she heard from individuals who have received assistance through Housing programs. She also met with the Tribal Council and TDHE Board Members at the Kahtnuht'ana Dena'ina Community Hall and Harvest Pavilion at the Tribe's Waterfront.

The Tribe and TDHE requested the \$7.5 million HUD IHBG competitive grant to ensure that low- and moderate-income Elders have access to safe, stable and affordable housing. The Tribe will provide \$2.5 million in matching funds.

The grant is one of 22 awarded for investments in affordable housing in tribal communities across the country, totaling \$128 million. Funds are designated for purposes such as new construction, rehabilitation, and infrastructure to support affordable housing in tribal communities.

Last year, the Tribe was awarded a \$5 million IHBG competitive grant and started planning for the Elder housing project. A 160-acre parcel by the intersection of North Forest Drive and Redoubt Avenue in Kenai has been identified for the location of the project.

The Tribe has been working with a planning and design firm on conceptual designs for the project. Buildings will feature one- and two-bedroom units with a central common area.



U.S. Dept. of Housing and Urban Development Secretary Marcia Fudge announces on Aug. 30 a \$7.5 million grant to the Kenaitze/Salamatof Tribally Designated Housing Entity for Elder housing during a press conference at Kenaitze's Kahtnuht'ana Duhdeldiht Campus.



Secretary Fudge heard from three recipients of the housing entity's services, including Sarah Rigsby, who described how she went from receiving services to delivering them as a member of the Housing department's staff.



A Legacy of Song



Josie Jones leads the Jabila'ina Dancers and Tribal Council into the Gathering Place to start the 2023 Annual General Membership Meeting at the Kahtnuht'ana Duhdeldiht Campus. Jones has been working to create a songbook of Tribal music.

Four Seasons Song

Revised from the Hawaiian by Donita Slawson as taught by Peter Kalifornsky

$\text{♩} = 120$
f Cheerful

He-yi, he-yi, he-yi, he-yi, he-yi, he-yi. Dun'-ech', dun'-ech'.

Nu-qe-li nu-qe-li, nu-qe-li, nu-qe-li, nu-qe-li, nu-qe-li. Du - nit, du - nit.

Sha-ni, sha-ni sha-ni, sha-ni, sha-ni, sha-ni. Yu - duch', yu - duch'.

Qe - liq', qe - liq', qe - liq', qe - liq', qe - liq', qe - liq'. Du - duch', du - duch'.
Repeat until drum signals end

From a young age, Josie Jones was instilled with a passion for traditional Dena'ina songs. She hopes that her efforts to preserve those songs in written form will inspire the same passion in others.

"I hope and pray that the people who end up with the songbooks continue to use them, so our music and culture are preserved forever," said Jones.

Jones has been putting the finishing touches on what she describes as a seven-year passion project: a written collection of the words and music to the songs she learned in her youth as a member of the Jabila'ina Dance Group and partic-



Josie Jones, left, sings with Raven Willoya and other Tribal Members during the 2023 Annual General Membership Meeting.

participant in the Tribe's Yaghanen youth programs.

Jones' mother, Maggie Jones, was involved with the Yaghanen program and a longtime leader of the Jabila'ina Dance Group. Jones said that she and her twin sister, Alison, inherited their mother's love of music.

"My mother was very passionate about the music, and made sure that the kids all knew what the songs were, and were excited to do that," Jones said.

Jones started her song preservation work when she was a junior in college, studying for her Vocal Performance degree. Previous ver-

sions of the songbook, including the one from 2006 that she was using, had words to the songs, but not the melodies.

"Our songs come from an oral tradition, so they don't have specific writing, and they're taught person-to-person," Jones said. "What was written down didn't necessarily have a melody line to show what the song sounds like. That was something, while I was in college, I thought, 'Oh, maybe the Tribe could use this.'"

Two other events gave an urgency to Jones' work. Her mother passed away in 2017, and the pandemic in 2020 made Jones realize how easy it would be to lose

traditional knowledge and culture if people aren't actively sharing it.

"When my mother passed away in 2017, it left a huge hole in the Tribal community, especially when it came to the dance group and the music. I wanted to make sure that my mother's legacy continued with the most accurate, up-to-date form of the music that could be preserved," Jones said.

Jones worked from her old song sheets and a CD recording of the songs that was made in 2006, listening to the songs and putting the notes into a music transcription program.



Ali Jones, left, and her sister Josie, right, stand with their mother, Maggie Jones, at the groundbreaking ceremony for the Dena'ina Wellness Center in August 2012.

"I would just go note for note, making sure that, 'Is this what it sounds like? Is this what it is on the recording?'" Jones said. "And then what I would do is use the 2006 book, and put the words and description into the music."

Jones spent about two years working through the songs on the CD, but hit a sticking point in 2019 with a song in the 2006 songbook that she couldn't remember. It wasn't on the CD, so she started reaching out to others to figure out the tune. During that process, she learned that before she passed away, a recording had been made of her mother singing and dancing all of the songs.

It was initially thought that the recording had been lost due to a technical issue, but when she approached the Tribe looking for resources to complete the project a year and a half later, she learned that the recording had been recovered.

"So, I was able to finish up the songbook. I always thank my mother for helping me with this last part of the project, especially since this video is so fantastic for making sure that the music is always preserved," Jones said.

Jones said she is grateful to all who helped her with the project, including past and present Yaghanen teachers, Jabila'ina Dance Group members and their parents, and others who have helped fill in the gaps along the way.

All told, the new songbook includes the words and music to 29 songs. Jones said her sister contributed artwork, making it a family project.

"Each song is either traditional, so thousands of years old, up to songs that are current, so songs that my mother wrote for the Tribe back in the 2000's that the Jabila'ina Dance Group still uses today," Jones said. "Another bit of

the songs were gifted to the Tribe from other tribes. It's really awesome to see this collection of tons of history, and awesome melodies, all put together in one place."

Jones said her favorite song in the book is one that her mother wrote called Heyi K'elik'a, which means Winter Song.

"It's like a country Dena'ina song about playing in the wintertime," Jones said.

Jones said her favorite traditional song is Mosquito Song, which starts with the line, "A man had a misfortune."

"It's just too fun," Jones said.

Jones said the songbook project has helped her grow as a musician. She is learning Dena'ina, and hopes to eventually write a song in Dena'ina for her band.

Another part of the project was to develop some new music to help teach Dena'ina.

"Teachers now have access to a ton of songs to help them learn the language and share it with children. They have new songs they can use to further their understanding of the language, and have fun doing it," Jones said.

As she has developed her music preservation skills, she also sees the potential to recover additional music through archival recordings.

"The big thing is, when it comes to this project as a whole, why I really did it, what it boils down to is my mom," Jones said. "A lot of things have changed since she passed. I'm really grateful that I did this to help the Tribe, and to make my mother proud."



Council seats filled during Annual Meeting



Election Judge Kathryn Rodgers swears in Bernadine Atchison, Ronette Stanton, Michael Juliussen and Wayne D. Wilson Jr. after the four were elected to two-year Tribal Council seats.

Tribal Members gathered on the first Saturday in October to elect four candidates to two-year terms on the Tribal Council.

Ronette Stanton, Bernadine Atchison, and Wayne D. Wilson Jr. were re-elected, and Michael Juliussen was elected to the Council. They join Council Members Brenda Smith, Gabe Juliussen Jr., and Mary Ann Mills.

Voters were able to vote for up to four candidates. Ten candidates were listed on the ballot, and there were no nominations from the floor during the meeting.

Stanton received the highest vote total, with 149. Atchison received 131 votes, Juliussen had 129, and Wilson had 97.

Other candidates on the ballot included Maria Sweppy (94 votes), Diana Zirul (90 votes), Liisia Blizzard (77 votes), Virginia Wolf (65 votes), Audré Hickey (62 votes), and Sarah Dillon (38 votes).

Following the Annual Meeting, the Tribal Council met to determine officers for the coming year. Atchison was selected to serve as Tribal Council Chair. Mills will serve as Vice Chair. Stanton will

serve as Secretary, and Smith will serve as Treasurer.

Blizzard leaves the Tribal Council after 12 years of service. Prior to being elected to the Council, Liisia worked for the Tribe for 23 years. Interim Executive Director Chelsea Hendriks thanked Blizzard for her dedication to the Tribe at the conclusion of the Annual Meeting.

During the Tribal Member comment portions of the meeting, a number of questions were raised regarding the Qiz'unch' Tribal Court, including qualifications and training for Tribal Court Judges, use



Top: With a historical photo from a slideshow displaying above them, the Heartbeat of Mother Earth Drum Group and Tribal Members sing during lunch. Above: Linda Ross casts her vote as Jeff Swan, Kimberley Sweet (holding grandchild Rory Lazaros) and Paul Shadura II queue for a ballot.

of outside attorneys, and questions about the court process in general.

In response to the questions, Atchison proposed a future Quarterly Membership Meeting dedicated to the topic.

Two motions also were made from the floor. One was to direct the Tribe's administration to improve op-

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portunities for Tribal Member-owned businesses to participate in the Tribe's construction projects.

The other motion was for the Tribe to install flagpoles to display the American, Kenaitze and other flags outside of Tribal facilities.

The Annual Meeting kicked off with a spirited performance

by the Tribe's Jabila'ina Dance Group, joined by the Tribal Council. Following an opening prayer and pledges of allegiance and national anthems in English and Dena'ina, Tribal Council Members provided updates for those gathered in person and participating online.

Stanton noted the "significant strides" the Tribe made during the past year. She highlighted the Kahtnuht'ana Dena'ina Community Hall and Harvest Pavilion at the Waterfront, among other recently completed construction projects.

Stanton also cited strengthened partnerships at the local, state and federal levels. The Tribe has voiced its opposition to an extension of a Clean Water Act waiver for an Anchorage wastewater treatment facility, and is working with the City of Kenai and the Fish and Wildlife Service to replace a culvert near the Kenai Cemetery that would improve salmon rearing habitat.

Stanton shared the new walk-in Primary Care appointments at the Dena'ina Wellness Center, and that the Tribe has been working with a consultant to improve its Tribal Employment Rights Ordinance. She also touched on the work of the Dena'ina Language Institute and the Tribe's language revitalization efforts.

Wilson reported that the Nit Qenach'delghesh broadband project has funding for infrastructure, but has not yet secured funding for operations. In addition to walk-in appointments in Primary Care, Wilson also reported that Dental and Optometry services at the Dena'ina Wellness Center will be available for all employees.



Providing limited access to employees will increase revenue to the Tribe without affecting access for un'ina.

Smith reported that the Tribe has been working to make the approval process for policies and procedures more efficient. One of the policies to be updated was the drug and alcohol testing process for employees. The policy change was accompanied by training for managers and supervisors.

Smith said that the Tribe has weighed in on a Kenai Peninsula Borough-owned parcel of land in Cooper Landing, and would like to see the land remain undisturbed due to its historical significance.

Smith also said that the TERO ordinance was being reviewed and revised to "ensure it fits the best interests of the Tribe and those impacted by it."

Gabe Juliussen Jr. reported that the Tribal Council had received the

assessment of the Tribe's Education programs, and is working with a consultant to determine the best path forward for developing a Tribal school.

Juliussen also said the Tribal Council and administration have not been as effective as they could be in managing large projects. Juliussen said the Tribe is working to "get ahead of projects" so that it doesn't spend more than is necessary.

In response to a question later in the meeting, Juliussen said the Tribe has contracted with a Tribal Member with expertise in project management to outline the appropriate steps to take for dealing with large projects.

Juliussen said that the Tribe has requested to combine two grants from the federal Department of Housing and Urban Development into one project to build 32 units of Elder housing on the parcel on

Redoubt Avenue in Kenai. Juliussen said the goal is to complete the project by the end of 2027.

Atchison reported that the Tribe has been reaching out to universities for the return of artifacts and ancestral remains.

Blizzard reported that the Constitution committee has reviewed the Tribe's Constitution and is planning informational meetings to share proposed changes.

Blizzard also reported that the Enrollment committee had approved 128 enrollment applications over the past year, bringing the Tribe's total enrollment to 2,023 Members.

Mills reported that the Tribe continues to work on its Title IV-E plan implementation. Title IV-E is a federal law that provides partial reimbursement for costs associated with foster care, guardianship and adoption of Tribal children.

Tribal Member Awards

During the Annual General Membership Meeting, three Tribal Members were recognized for their contributions to Alaska Native Culture, heritage and communities.

Mary Lou Bottorff was recognized with the Tribal Member Elder Award, presented to her by Wayne D. Wilson Jr.

"She is what people strive to become – a good person who shares and cares," Wilson said.

Rika Murphy was recognized with the Tribal Member Legacy Award. Bernadine Atchison, who is one of Murphy's granddaughters, presented the award to Murphy's descendants, who filled the stage for the presentation. Murphy played a key role in organizing the Tribe as a political entity in the early 1960s, and working toward federal recognition in 1971.

Mason Ray Miller was presented with the Tribal Member Youth Recognition Award by Liisia Blizzard. Miller, a seventh-grade student, was recognized for his mentorship and care for his disabled younger brother, as well as his efforts to learn and practice Dena'ina language and culture. He participates in Dena'ina Language Institute workshops online, and has learned about his Dena'ina roots from his time spent with his relatives at Point Possession. He hopes to work as a Culture Instructor for the Tribe in the future.



Food and fellowship

Traditional Foods Potluck draws a crowd

Blinn and Nancy Dull are happy to attend the potluck again. "We waited for a whole week, we were excited," Nancy Dull said.

Once a month, the tables at Tyotkas Elder Center are filled with a variety of traditional foods for a community potluck.

"We waited for a whole week, we were excited," said Nancy Dull.

Nancy and her husband Blinn recently moved to the area from Dillingham. They brought some dried fish and akutaq to share.

Elders filled the dining room at Tyotkas to attend the potluck, eager to socialize with others and enjoy the food. Lively groups of friends and family gathered around the tables.

"Any kind of Native food. I grew up with it, so I have to have Native food," said Nora Milligrock of her favorite dishes.

Milligrock grew up in the Norton Sound area, and said one of her favorite foods is seal oil. She said one of the reasons she appreciates the potluck is because she gets to try things she doesn't have regular access to.

Vern Nusunginya said his favorite is "salmon, definitely salmon." He's also a fan of Pilot Bread crackers and fry bread.

Blinn Dull said his favorite is "everything!"

Dull grew up in New Stuyahok, and said as boy, he used to get several meals on his way home.

"The old ladies would invite me to eat. I went house to house," he said.

Nancy Dull said one of her favorites is porcupine. With people coming from around the world to work in the fishing industry in Dillingham, traditional dishes take on an international flair. She learned how to make ado-bo-style porcupine from people from the Philippines.

The potluck meal started with a prayer to bless everyone and the food. People were served



Elders line up for traditional Alaska Native food in October during a traditional foods potluck at Tyotkas Elder Center. The monthly event, previously held at the Dena'ina Wellness Center, is now hosted at Tyotkas.

by age, with Elders served first down to young adults. The buffet tables were covered in many different dishes, including dried fish, seal oil, fry bread, salmon, and more.

Savanna Wilson, a Prep Cook at Tyotkas, said she was excited to try new traditional foods she hadn't had before. She also appreciates the fellowship of the shared meals.

"I like seeing the Elders all happy, and getting them all together," Wilson said.

The traditional foods potluck is open to all Alaska Native, American Indian and Native Hawaiian people. Guests are invited to bring a dish to share.

Tyotkas Elders Center is located at 1000 Mission Avenue in Kenai. For more information, call 907-335-7280.

This story was reported and photographed by Sabre Christoffersen, a Daggeyi Youth Intern working in the Tribe's Communications department.

Daggeyi internships are open to Alaska Native and American Indian people ages 14 to 24. The program places interns in different departments around the Tribe, as well as with outside organizations such as the Kenai National Wildlife Refuge and Kenai Watershed Forum.

Interns have regular check-ins with Daggeyi staff to see how things are going, as well as to learn about goal-setting and other employment skills. The Intern Coordinator also checks in with supervisors for feedback on a regular basis.

Open intern positions are posted on the Tribe's careers page, <https://www.kenaitze.org/careers/>. For more information, call 907-312-3602.





The potlucks feature a wide variety of traditional food, gathered from across Alaska.



Bequsilna, 'those who are gone'

James John 'Jimmy' Coveyou



Oct. 25, 1953 – Aug. 30, 2023

James John "Jimmy" Coveyou was born in Petoskey, Michigan. He came to Alaska at the age of 3 and was raised in Kenai.

Jimmy had many trades in his life. He was a member of the laborers union. He graduated from commercial refrigeration and air conditioning school and ran his own refrigeration business for several years, before venturing out into the culinary industry. He had a rib shack in Wasilla, and cooked for the Kenaitze Elders Lunch program. He loved to experiment with recipes and share his smoked fish, moose jerky and habanero jams.

Jimmy was preceded in death by his father John James Coveyou, mother, Gertrude L. Frostad, brother William W. Coveyou, and sister Deborah A. Coveyou.

He is survived by his sisters, Virginia Fraase of Kenai, and Car-

ey Edwards of Lawrenceberg, Tennessee, and many nieces, nephews and cousins and family that love him, and will greatly miss him.

A memorial service for Jimmy was held on Sept. 10.

Read his obituary at <https://bit.ly/JamesCoveyou>.

Onnolee June Ollestad



July 18, 1954 – Sept. 16, 2023

Judy Ann Darien



March 16, 1941 – Sept. 17, 2023

Have you lost a loved one?

For information about services and support provided by the Kenaitze Indian Tribe, please contact Jessica Crump, Tribal Member Services Supervisor, at 907-335-7204 or jcrump@kenaitze.org.

Kenaitze Indian Tribe 2024 Quarterly Membership Meetings

Saturday, Jan. 27, 2024
Saturday, April 27, 2024

*Details will be posted
prior to the meetings.*



Tribal Member News

Paxton earns medical degree



Tribal Member Devan Paxton graduated with her Doctor of Nursing Practice, Anesthesiology from Michigan State in May 2023.

Devan received her Bachelor's of Science, Cum Laude, Nursing, from Washington State University in 2013, where she also

received an award for Native American excellence from Dr. Robbie Paul (Nez Perce), director of Washington State University's Native American Health Sciences program.

Devan currently makes her home in Detroit, Michigan. The Kenaitze Indian Tribe helped make her vision of the future come true and she is eternally grateful for its support.

She is the granddaughter of Tribal Member Dennis Davidson and daughter of Dawn Paxton.

Raven (Rushing-Kuntz) Oiseau and Marisa (Garrigues) Oiseau married

Raven (Rushing-Kuntz) Oiseau and Marisa (Garrigues) Oiseau were married in an outdoor ceremony in Bellingham, Washington, on August 27.

Marisa is a Kenaitze Tribal Member. Her wedding attire included Athabascan beaded epaulets with



her yellow jumpsuit. The couple resides in Anchorage and works at The Bear Tooth where they met.

Marisa is the daughter of Marty and Alisa (Brown) Garrigues of Anchorage.

Do you have any news you'd like to share? Graduations, marriages, or births? Any other personal milestones? Email news@kenaitze.org to be included in a future edition of Counting Cord.

Stay up to date!

CDC recommends the 2023–2024 updated COVID-19 vaccines to protect against serious illness from COVID-19.

For those we serve, the Dena'ina Wellness Center offers updated COVID-19 vaccines.

Vaccines are available for adults, teens, and children aged 6 months and older.

Call 907-335-7500 to make an appointment.

If you test positive for the COVID-19 virus, call your health care provider to discuss treatment options.



Cooking with Kenaitze



**Salmon with Butternut Squash,
Zucchini and Tomato Gratin**



Salmon with Butternut Squash, Zucchini and Tomato Gratin

This recipe works whether you have fresh produce from your garden, greenhouse, or local grocery store, or you're using frozen squash and zucchini. Combine these harvest flavors with a serving of salmon for a hearty, healthy meal.

Yields: 4 servings
Prep: 15 minutes
Cook: 45-60 minutes
Ready in: 60 minutes

Ingredients:

2 tablespoons unsalted butter
2 cups frozen chopped onions
½ teaspoon dried thyme
1 medium butternut squash, quartered lengthwise, peeled and cut into ¼-inch thick slices
3 small zucchini, cut into ¼-inch thick slices
1 (14.5-ounce) can of fire roasted diced tomatoes
½ teaspoon sea salt
½ cup grated pecorino romano cheese
4 salmon fillets (4-6 ounces each), thawed
1 tablespoon olive oil
Italian seasoning
Garlic powder
Black pepper

Directions:

1. Preheat your oven to 350 degrees F and place the rack to the middle position.
2. In a medium skillet, heat the butter over medium heat. Add the onions and cook, stirring occasionally, until warmed through. Stir in the thyme and cook until fragrant, about 45 seconds. Spread the onions evenly in a 10-inch round baking dish.
3. Arrange the squash and zucchini slices in a layer over the onions. Spread the tomatoes evenly over the squash and zucchini. Cover the dish with foil.

You can use unbleached parchment paper between the food and the foil to prevent the foil from touching the food while it bakes. Bake for 15 minutes, then remove the parchment paper and foil. Sprinkle with salt and top with the grated cheese. Return the dish to the oven and bake for 15 to 20 minutes, until bubbling.

4. Cover a baking sheet with tinfoil and place the salmon fillets on top of it. Rub the olive oil on top of each fillet and then sprinkle the garlic powder, black pepper, and Italian seasoning over each fillet. Bake in the oven for 15-20 minutes until each fillet has an internal temperature of at least 145 degrees.

5. Remove the salmon and gratin from the oven. Place the gratin on a plate and top with a salmon fillet. Sprinkle with a little more cheese. Serve and enjoy!

Tips and substitutions:

- Use frozen butternut squash instead of fresh squash to reduce prep work.
- Use frozen zucchini squash blend instead of fresh zucchini to reduce prep work.
- Use fresh tomato instead of canned if you have 3 fresh tomatoes on hand. Alternate the tomato slices with the zucchini and butternut squash in step 3.
- Use chicken or any other protein source instead of salmon. Just be sure to cook other protein sources to their proper internal temperature to prevent illness.

Registered Dietician Stephen Kronlage assists un'ina at the Dena'ina Wellness Center with medical nutrition therapy, which includes managing weight loss, diabetes, IBS, weight gain, celiac disease, and other conditions through an individualized nutrition plan. To make an appointment, call 907-335-7500.



Dena'ina naqenaga



Yuyqush

Northern lights

Dena'ina naqenaga is "our Dena'ina language." Find more Dena'ina language resources online at <https://www.kenaitze.org/education/denaina-language-institute/>, including an interactive audio dictionary with many Dena'ina words and phrases.



Addresses and Phone Numbers



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907-335-7600



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907-335-7500



Tyotkas Elder Center
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Kahtnuht'ana Duhdeldiht Campus
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907-335-7667



Qiz'unch' Tribal Court
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907-335-7219



**Chuq'eya Qenq'a
Birch Tree House –Behavioral Health**
510 Upland St., Kenai
907-335-7300



**Kenaitze/Salamatof Tribally
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