

# The Counting Cord

A woman with dark hair tied back, wearing a blue jacket and orange pants, is carrying a large green fishing net with white floats. She is standing on a dark, pebbly beach with the ocean in the background. The net is draped over her shoulder and arm, and she is looking off to the side. The background shows a cloudy sky and the ocean waves.

## Sustenance from 'the Good Land'

*Fishery, greenhouses  
provide bountiful harvest*

*Preparation is key to  
feeding youth, Elders*

**Tribe celebrates Easter  
with gathering**

**Spring 2023**

**FREE!**



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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."







# *Chiqinik | Thank you*



The traditional value of Chiqinik reminds us to have thanks and to offer gratitude. In May, Elders including Diane Autry (bottom), Nelaine Martinez and Colleen McConnell make poppies to honor deceased veterans on Memorial Day.



# Yaghalí du?

Earlier this year, the Tribal Council and administration worked with the OSIYO Group to assess the Tribe's Education programs, services and available resources. The OSIYO Group, an American Indian professional services firm, has also been working with us to develop our strategic plan.

The Tribal Council has been evaluating the results and recommendations of the assessment. The assessment included a survey of Tribal Members, which asked for feedback on the programs currently offered at the Kahtnuht'ana Duhdeldiht Campus, as well as thoughts on other services that could be offered. The assessment also gauged the Tribe's desire and readiness to establish a Tribal school.

The Tribe has taken the step of hiring an education consultant to help us evaluate the different approaches to establishing a Tribal school. One path would be a charter school that would be a part of the Kenai Peninsula Borough School District. Another option would be to compact with the Alaska Department of Education and Early Development to provide education services. A third option would be for the Tribe to establish a school independently.

Members of the Education Strategic Planning Pillar, Gabriel Juliussen Jr., Mary Ann Mills and Bernadine Atchison have been working closely with the Education Consultant and administration on options to establish our Tribal school. Members of the Tribal Council, including the Education Pillar, Education committee, and administration had the opportunity to tour three Alaska Native education facilities. We visited the Knik Charter School in Mat-Su, and the Alaska Native Cultural Charter School in Anchorage. The schools are part of their local school districts, and blend academics with traditional cultural learning.

We also visited Ya Ne Dah Ah School, an independent school near Palmer run by the Chickaloon Village Traditional Council.

The state passed a measure last year that provides a pathway for tribes to compact for education, and we will be keeping a very close eye on the schools selected to pilot the program.

Our dive into this subject has been very informative. I appreciate the time that staff and students at each school shared with us, and I was happy to see Alaska Native values posted on the walls and put into practice in classrooms.

I look forward to seeing our Education programs grow as we integrate traditional values and culture into learning and help students of all ages thrive.

Thank you,  
Ronette Stanton,  
Tribal Council Chair



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## Helen MacLean honored for culture preservation work



Above: Joel Isaak hugs Helen (Dick) MacLean after presenting her with a gift during a celebration recognizing her receipt of an Honorary Doctor of Education degree from the University of Alaska Fairbanks this spring. The gathering was held at the Tribe's Kahtnuht'ana Duhdeldiht Campus. MacLean has made countless contributions to the preservation of Dena'ina language and culture, including her work with the Tribe's Dena'ina Language Institute.

Top Right: MacLean, third from left, receives hugs from Tribal Council Members Liisia Blizzard and Bernadine Atchison, and Council Chair Ronette Stanton. The Council recognized MacLean for her work. "We are grateful for your expertise and your help as we move forward writing, speaking and singing our songs in the Dena'ina language," Blizzard said.

Middle Right: MacLean and Elizabeth Solie applaud a speaker. Solie is the second daughter of MacLean's five children.

Bottom Right: Melissa Shaginoff poses for a selfie photo with MacLean during the celebration.





## Workforce development on Quarterly Meeting agenda



*Tribal Council Members and administration staff tour the Anchorage School District's Alaska Native Cultural Charter School, where Alaska Native values hang from banners throughout the building. Pictured from left: Council Vice Chair Wayne D. Wilson Jr., Executive Director Peter Evon, Chair Ronette Stanton, Yaghanen K-12 Administrator Sara Battiest, Council Member Mary Ann Mills, interim Education Director Teresa Smith, Tribal contractor Austin Stevenson and school principal Sheila Sweetsir.*

Tribal Members gathered at the Kahtnuht'ana Duhdeldiht Campus and online on April 29 for a Quarterly Membership Meeting.

The Tribal Council provided a number of program updates during the meeting. One update was regarding Public Law 102-477, the Indian Employment, Training and Related Services Demonstration Act. This law allows tribes to integrate employment, training, and related services into a single program with a single budget. This would allow the Tribe to merge various grant programs into a single,

comprehensive workforce development program.

"It allows tribes to develop a plan so it fits each tribe's needs," said Tribal Council Secretary Brenda Smith.

The Tribal Council and administration are working with the Bureau of Indian Affairs and Cook Inlet Tribal Council to identify which of the Tribe's current programs might be eligible, and where there might be opportunities to grow or expand services.

Council Members also shared ways in which the Tribe is exercising its sovereignty with other

government entities. For example, the Tribe has weighed in on management of the Kenai Peninsula Borough's Unit 395, a tract of land near Cooper Landing that encompasses the future route of the Sterling Highway, and a place to which the Dena'ina people have historic ties.

The Tribe is also opposing an extension of a Clean Water Act waiver for a wastewater treatment plant in Anchorage, sharing a resolution to that effect with the Environmental Protection Agency. The Tribe is working with other tribal organizations in the region to build support for this issue.

The Council also announced that a consultant has been hired to evaluate different paths forward to develop a Tribal school. Potential options include a charter school, tribal compacting with the state, or the Tribe establishing a school independently. Education committee members toured several Alaska Native schools in Anchorage and Mat-Su in early May.

Tribal Council Treasurer Gabe Juliussen Jr. reported that Corvus Design had been selected to provide planning and design services for the Tribe's Elder housing project. Corvus is working on the first phase of the project, which will include 18 units located on the 160-acre parcel near the end of Redoubt Avenue in Kenai.

Tribal Members were also updated on the strategic planning process; other construction projects; work related to the Title IV-E plan; and the Kahtnuht'ana Dena'ina Health Board and the Tribe's Enrollment committee.





# Tribe advocates for clean water



*Asplund Wastewater Treatment Plant*

The Kenaitze Tribal Council is voicing its opposition to the City of Anchorage's request for an extension to a waiver for Environmental Protection Agency wastewater discharge requirements.

The Tribe contends that the discharge of lightly treated

wastewater has the potential to harm salmon by reducing oxygen levels and increasing the presence of toxic substances and algal blooms.

Since 1985, Anchorage has received a Clean Water Act waiver for the Asplund Wastewater Treatment Plant at Point Woronzof on Knik Arm. According to the Environmental Protection Agency, the plant discharges about 7 million gallons of treated wastewater per day into Cook Inlet.

The plant meets standards for primary treatment, but has a waiver for secondary treatment that would remove additional suspended solids and oxygen-using compounds before wastewater could be discharged.

The inlet's strong currents and tidal changes, which dilute the discharged wastewater, are cited as justification for the waiver.

As a sovereign nation, the Kenaitze Indian Tribe is dedicated to the protection of its people and resources. Citing the potential for lightly treated sewage to harm the Cook Inlet ecosystem, including the salmon runs that provide food, economic and cultural benefits for the community, the Tribe is calling on the EPA to deny an extension of the waiver.

The resolution also calls on the EPA to uphold its responsibility to protect the environment and public health, and to enforce current standards for the treatment and discharge of wastewater.

## Rudy Wilson hired as Tribal Operations Director

The Kenaitze Indian Tribe is pleased to announce that Rudy Wilson Jr. has accepted the position of Tribal Operations Director. Rudy's first day in his new role was April 13.

As a Tribal Member, Rudy grew up in Kenai and remembers meeting up with friends at the Tribe's Ames Road property, where the Tribe's offices were located in trailers.

Rudy has spent the past 30 years building a career in the oilfield, including more than 20 years of experience in personnel management. He has expertise in safety, construction, transportation, general maintenance and project management.

When he retired from oilfield work, Rudy's family and friends

encouraged him to apply for the Operations position within the Tribe. The position provides the opportunity for him to learn the Tribe's internal operations. It also provides an opportunity for him to learn more about Kenaitze culture. While he grew up hunting and fishing, the youth cultural programs now in place were not yet in existence, something he considers a huge benefit for Tribal youth today.

Away from the office, Rudy appreciates being able to spend time with his family. He enjoys commercial fishing, trips to his cabin, snowmachining, hunting and fishing, and learning more about the Tribe's culture.

Rudy said he sees plenty of similarities between the oil and gas



*Rudy Wilson, Tribal Operations Director*

industry and the Tribe's structure and operations. He will be putting his skills to work to help make the Tribe more efficient and viable for years to come, "to assure Kahtnuht'ana Dena'ina thrive forever."









# Tribe celebrates Easter with gathering



*Left: The Easter Bunny (sometimes known as Jonny Wilson) poses for a photo with Chantilly Baye's baby Gretta Hileman during the Easter party.*

*Above: Children scramble for eggs during the Easter egg hunt.*

This year's Easter party was truly a multi-generational event as Kenaitze and Salamatof families gathered for the annual celebration.

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"This is a generational event," said Sharon Isaak as she watched children and teens swarm the Kahtnuht'ana Duhdeldiht Cam-

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'This is a generational event, Elders are hopping along, and trying to keep up with those grandkids'

*Sharon Isaak*

*Tribal Member*

pus playground in search of Easter eggs. "Elders are hopping along, and trying to keep up with those grandkids."

Katherine Juliussen said she is not able to attend many Tribal functions, but was attending the Easter party with her daughter and grandkids.

"I see a lot of friends that I haven't seen in a long time," Juliussen said.

Juliussen said it was her first time in the Kahtnuht'ana Duhdeldiht

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*Cassel Miller picks out glitter for Easter art he was creating with his dad Nathan Conner.*

Campus, but her grandchildren go to school there.

"It's nice," she said of the facility, which opened last fall.

Isaak said the building provided a perfect venue for the event. Tables and activities were set up in the large Gathering Space, the buffet-style meal was served in the dining area, and the Easter egg hunt was held on top of the crust-ed snow on the playground.

"To be able to use this facility, it really accommodates the opportunity to do this," Isaak said.

Isaak said she could feel the excitement in the air.

"Just listen to the chatter and enthusiasm as they're getting

ready to bolt for those eggs," Isaak said.

Adam Segura said Easter is his 10-year-old daughter Portia's favorite holiday.

In addition to his wife and children, Segura said he saw plenty of familiar faces and lots of extended family at the event.

"It's very family-oriented," he said.

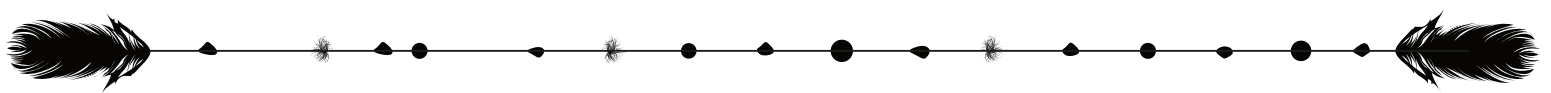
Michael and Sarah Segura said they appreciated all of the activities geared toward kids. There was a piñata, face painting, cookie and egg decorating, and pictures with the Easter bunny, among others. There were also raffle drawings for people of all ages.

Michael Segura said their 2 1/2-year-old daughter Sophie wasn't quite old enough for last year's party, but now with 2-month-old Oliver added to the family, it might be the start of a new family tradition.

Isaak said she was especially grateful for the Tribe's employees who put on the event. Staff were involved in planning the party, putting together Easter baskets and prizes, preparing and serving the meal, facilitating activities, and setting up and cleaning up after the event.

"This is great. My kids look forward to it each year," Adam Segura said.





# Lab earns CLIA recertification



*Medical Technician Gerald Martell prepares a specimen in the Dena'ina Wellness Center's state-of-the-art lab.*

The Laboratory and Radiology team at the Dena'ina Wellness Center recently received its Clinical Laboratory Improvement Amendments recertification.

Laboratory Director Masood Safari reports that the Dena'ina Wellness Center lab was found to be in 100 percent compliance, with no deficiencies, during its CLIA survey.

CLIA certification ensures that labs meet standards for accuracy, precision and reliability in their testing. Reliable, accurate testing

is essential to providing quality care. It allows care providers and un'ina to receive a correct diagnosis and make decisions about their treatment.

The CLIA program is governed by the federal Centers for Medicare and Medicaid Services, and certification is important for the Tribe to provide lab and imaging services.

CLIA certification is a tribute to the skill and professionalism of the Laboratory and Radiology staff.

The Laboratory and Radiology department was expanded

in 2020 and 2021 as part of the Dena'ina Wellness Center remodeling project, making space for new, state-of-the-art equipment. The equipment allows staff to perform more tests onsite, and produce more accurate and detailed results in a very short time. In many cases, staff can do in just a few minutes what previously took hours or more.

Lab staff currently can perform 73 different tests. They perform approximately 2,200 tests each month – a number that continues to grow.



# Sustenance from 'the Good Land'







*Above: Jessica Newton, Greenhouse Coordinator, prunes a cucumbervine growing in one of the Tribe's two greenhouses in mid-May. Produce is delivered to Tyotkas Elder Center for use in lunches.*  
*Left: Jennifer Showalter Yeoman picks hooligan from the Tribe's net in May.*

The Dena'ina word for the Kenai Peninsula is Yaghanen, which means "the Good Land," a reference to the bountiful resources they found here.

Yaghanen continues to provide sustenance for the Kenaitze Indian Tribe, from the salmon that come to the net every summer to the food that grows in the Tribe's greenhouses.

"It's satisfying to have hundreds of families come down (to the fishery) during the summer, and have a good time doing it," said Jake Kooly, the Tribal Harvest Program Supervisor.

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When Tribal Members first set the net in the educational fishery in 1989, facilities at the Waterfront were little more than a campfire on the beach. Improvements over the years have led to much greater efficiency when it comes to processing fish, such as cleaning stations with running water, a smokehouse, and additional vacuum packers. The Harvest Shop opened in 2019, and the Tribe is cutting the ribbon on its new Kahtnuht'ana Dena'ina Community Hall and Harvest Pavilion with the Opening of the Net in June.

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The expansion of facilities at the Waterfront has coincided with a growth in Tribal membership and an increase in use of the educational fishery. Kenaitze and Salamatof Tribal Members are eligible to sign up for a tide.

Kooly said that in recent summers, families have signed up to fish every tide available. There are 60 slots available in June and 120 slots in July and August.

"Those are the tides where we're targeting reds, then we roll over to silvers in the fall," Kooly said.

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Last season, 9,110 fish came to the Tribe's net, including 8,199 red salmon, 648 silver salmon and 263 pink salmon.

Kooly has a background in commercial fishing, and appreciates the work of the fishery crew to bring everybody together and make sure everything runs smoothly. With different families fishing each tide, that means multiple new groups of people at the Waterfront each day, some of whom may need more assistance than others.

However, he is also mindful that the Tribe's fishing season isn't a sprint to catch as many fish as quickly as possible, but a well-paced marathon. He said it's important to help fishery users understand the Tribe's traditional values, and to apply them to the endeavor.

"The fun part is to get everybody out there, and get the whole Tribal community involved," Kooly said.

Community involvement also is a part of the Ch'k'denetyah yuyeh Greenhouses at Shanteh t'uh, the Tribe's Ames Road property. The Tribe maintained greenhouses and an outdoor garden there in the 1980s and 90s. Greenhouses have returned to the site after a couple of years on the Kahtnuht'ana Qayah campus next to the Dena'ina Wellness Center in Old Town Kenai.

"When the greenhouse was on campus here, the purpose was for it to be an educational greenhouse for un'ina to come in and learn about fresh food and nutrition, and how to plant and harvest foods," said Tawna Duncan, the Wellness Director at the Dena'ina Wellness Center.



*Hooligan are the first fish caught in the spring at the Tribe's Educational fishery. Silver salmon come to the net in the fall.*

Elders would come into the greenhouse, as would youth from the Tribe's Education programs.

In 2019, the Tribe completed a food security assessment. Among other things, the assessment found that the people the Tribe serves are at greater risk for food insecurity than the general population. They also face higher health disparities, and their access to fresh foods is limited.

With that information and the move of the greenhouse program back to Ames Road came the opportunity to do something to address food insecurity, Duncan said.

16 were in the new greenhouses were planted in February 2022. Greenhouse produce includes a variety of greens, lettuce, cherry tomatoes, zucchini and squash. Outdoor planting areas

also were added for potatoes, cabbage and strawberries.

By August, the greenhouses and garden were producing 250 pounds of produce each month. While most of the produce goes toward lunches at Tyotkas Elder Center, there is also enough to share with the Na'ini Family and Social Services Food Cache.

The Food Cache is open to all members of the community. People may access the Food Cache once per month.

On average, the Food Cache distributes about 100 food boxes each month. Social Services Technician Krista Holloway, who maintains the Food Cache, said that what's in each box can vary depending on each family's size and need, but generally contains three to four days' worth of food.





*Food grown in the Tribe's greenhouses is distributed to Tyotkas Elder Center and the Tribe's community Food Cache.*

Available resources, such as access to a stove or microwave, also are factored in.

The Food Cache also provides hygiene products, and can supply things like sleeping bags and handwarmers for those in need.

Part of Holloway's job is to make sure the shelves are stocked.

"Whenever we're low on something, I go shopping again," Holloway said.

With the recent increase in the cost of groceries, Holloway said she tries to stretch the budget as far as she can, looking for products that are less expensive and more nutritious.

In addition to produce from the greenhouse, the Food Cache also receives salmon from the fishery that is distributed to Kenaitze and Salamatof Tribal Members. The Food Cache also receives donations.

At Ames Road, more growth is planned for this summer.

"We're going beyond feeding our Elders to addressing food insecurity on a larger scale for Tribal Members and Alaska Native people," Duncan said.

There are three acres of land designated for the project at Ames Road. Plans include an 8-foot fence to keep the moose

out, as well as fruit trees and raised planting beds for traditional plants. An ADA-compliant path will provide access for hands-on learning and harvesting opportunities.

Plans also call for an outdoor seating area and gathering space.

"A gathering space is a very important part of Alaska Native culture – this goes back thousands of years," Duncan said.

Education will continue to be a component of the greenhouse and garden program, with nutrition workshops, fresh food demonstrations, and other opportunities for people to learn.



# 'Preparation is key'

Thought and planning go into feeding youth, Elders



*Emma Weyiouanna prepares carrots to serve with a meal at the Kahtnuht'ana Duhdelhiht Campus.*

A lot of thought and planning goes into the more than 400 meals that come out of the Kenaizte Indian Tribe's kitchens each day.

"It usually takes two to three weeks to plan out the menu for the month," said Kim Pyfer, the Food Services Supervisor at Tyotkas Elder Center.

"Our first thought is, what do we think our Elders are going to like?

We try to do the foods they love, and we also try to introduce them to new foods," Pyfer said.

Holidays or special activities for the month also play into menu planning, as do nutrition and any dietary restrictions an Elder might have.

"Not only do we put thought into nutrition, we go a step further and make sure we're able to

provide substitutes (for those with special diets)," Pyfer said.

Menu planning also depends on what foods and ingredients are available, and how long they take to be delivered.

At the Kahtnuht'ana Duhdelhiht Campus, the menu is on a six-week rotation. The Tribe participates in the USDA's Child and Adult Care Food Program, and the



menu had to be included in the grant application. The program requires meals that meet a number of nutrition guidelines, such as inclusion of whole-grain foods and servings of fruits and vegetables.

Marjorie Weeks, the Food Services Coordinator at the Kahtnuht'ana Duhdeldiht Campus, said the menu made the move from the Early Childhood Center to the new Education building last fall, along with the Early Learning programs. The menu is updated when nutrition guidelines change. For example, the focus has changed from total sugar in food to the amount of added sugar.

When the Education programs moved to the new campus, food services also became a bigger production. Staff at the Kahtnuht'ana Duhdeldiht Campus prepare 300 meals each day – breakfast and lunch – for children in the Tribe's Early Learning programs. Another 50 meals are prepared for school-aged children in the Yaghanen after-school program.

With more on the menu, the Education program is able to place a monthly order with a local food service distributor. The monthly orders are supplemented with shopping trips to and deliveries from area grocery stores, including the 28 to 30 gallons of milk the Education programs go through each week.

Staff at Tyotkas also use a combination of deliveries and shopping trips to stock the pantry. Deliveries come about twice a week, and can be anywhere from 15 to 30 cases of food, depending on what's going on.

"We order from a couple of different companies that deliver,

and we run around to different stores to get the freshest stuff we can get," Pyfer said. "We work really hard to make sure that we get fresh vegetables and fruits. We work to make it as fresh as possible."

That includes coordinating with the staff at the Tribe's Ch'k'denetyah Yuyeh greenhouses for farm-to-table produce.

"We let them know what we need, and incorporate what they provide into our meals and salads," Pyfer said.

Tyotkas also serves salmon that come to the Tribe's educational fishery net every Friday. Pyfer said that Elders love fish, and staff come up with different recipes to try. Tyotkas also got its own smoker for smoked salmon.

"That went over like hot cakes," Pyfer said.

Mexican dishes also are popular with Elders.

Pyfer said new dishes that have gone over well include a salmon bowl with some exotic vegetables, and pork pesole, a traditional Mexican stew. Egg drop soup also got rave reviews.

Tyotkas prepares an average of about 85 meals a day. About 58 percent of those meals are served in-person at Tyotkas. Thirty percent are delivered to Elders who aren't able to make it in to Tyotkas, and 12 percent as picked up as to-go meals.

Brandi Bell, Elders and Transportation Manager, said that staff will suggest new recipes to try, and sometimes an Elder will share a dish they enjoy.

"Elders will come in and say, 'I ate this,' and we'll give it a try," Bell said.

Regardless of what's on the menu, Bell said that Tyotkas staff strive to provide an entire dining experience. Elders appreciate the meal, but also enjoy chatting with



*Adalynne Wardlow passes luncheon meat to her classmate Micah Reynolds during a family style lunch in an early learning classroom. Children set the table, serve food and help with cleanup afterward.*





*Above: Cali Sanchez sets the table for her classmates in an early learning classroom at the Kahtnuht'ana Duhdeldiht Campus. Children help serve lunch and then eat together family style.*

*Left: Kim Pyfer, Food Services Supervisor, slices strawberries to add with blueberries, blackberries, raspberries and grapes to the fruit cups she was assembling for a recent lunch at Tyotkas Elder Center.*

servers, prep cooks and kitchen staff who come out to the dining room to serve them.

"Everyone in the building participates. There's so much going on here, it takes all of us, but when you see the smiles, it's worth it," Pyfer said. "We have a great team, from the Chef to the Dishwasher – it comes together because we have such a great team."

Assistant Cook Jade Huntsman said she loves cooking, and also loves being able to serve nourishing meals to Elders.

"I love cooking, and I love hearing the Elders say how much they enjoy the meal, and how much effort we put in to making sure they're getting healthier meals" Huntsman said. "... We try to do

it from scratch. We try not to use many processed foods, so there is a lot of prep involved. After lunch, it's cleaning and prep. It's all endless prep, basically."

Prep is a big part of the work at the Kahtnuht'ana Duhdeldiht Campus, too.

"Preparation is key," said Valerie Anderson, Education program Cook.

"By Monday afternoon, we're starting to prep for Tuesday," Weeks said.

Meals for children in the Early Learning pre-school programs are loaded onto carts and served family-style in the classrooms. Kitchen staff said they enjoy getting calls for seconds, and get to see happy faces smeared with what they've

been eating. Likewise, staff appreciate seeing students literally licking their lips when the Yaghanen after-school program arrives in the dining area for their evening meal. Favorite dishes include homemade mac and cheese, and beefy nachos. Salmon and tuna patties are also popular.

Anderson said everyone is encouraged to "just try a little bit," and added that it's rewarding to see a child who was reluctant to try something come back for seconds or thirds.

"I love to cook, and I really love, with the after-school kids, when they start lining up for seconds while we're still serving firsts," Anderson said. "We really enjoy what we do."









# Bequsilna, *'those who are gone'*

## William 'Uncle Bill' Segura



Lifelong Kenaitze Native, William W. Segura Sr., 78, passed away Feb. 6, 2023, at Central Peninsula Hospital after battling cancer.

Funeral services were held Feb. 20 at Holy Assumption of the Virgin Mary Russian Orthodox Church in Kenai. He was laid to rest in the church cemetery.

Bill was born Jan. 17, 1945, in Kenai to Victor A. and Madrona (Darien) Segura. He lived his whole life in Kenai. He served in the U.S. Army in 1965 and then for a little over 5 years in the Alaska National Guard.

Bill managed the Wildwood Theater and was later the coordinator of the Kenaitze Educational Fisheries.

Bill was preceded in death by his parents, Victor and Madrona Segura; his wife, Esther Segura; faithful companion, Julia Wilson; brothers, Ed, Victor, Jim and David Segura; sisters, Gertrude Frostad and Rita Smagge; and daughter, Elizabeth Segura.

Those left to cherish his memory include son, William Segura Jr. of Anchorage; niece, whom he thought of as a daughter, Sandy K. (Emil) Wilson of Kenai; grandkids, Clara Bradford, Marq Blooflat, and Hanna Wilson all of Texas, Savanna Wilson of Kenai, Andrea Segura of Anchorage, William Wilson, Jonathan (Marissa) Wilson, Julianne Wilson, Andrew Wilson and Samiel Wilson all of Kenai; great-grandkids, Aubree Segura, Amauri Blooflat, A'metrius Blooflat and Ezra Taplin all of Texas; brother, Richard (Patty) Segura; sister, Clare (Van) Swan; and numerous nieces, nephews and cousins.

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

## Carl Patrick Wells



Carl Patrick Wells, 44, of Soldotna, was delivered into the Arms of his Lord on Passover, April 6, 2023, in Pamona, Cali-

fornia after a brief illness caused by MRSA.

Carl was born in Anchorage, on Sept. 20, 1978, to Kerry David Wells and Susan Elise Marrs Wells. He grew up in Soldotna, graduating from Skyview High School in 1996. He worked for his grandfather at Kenai Supply, Inc. until 2000, and went on to work locally in construction, the oil-field, and heavy equipment operation. In the early 2000s, he built his house south of Soldotna, and later became the owner-operator of Grassworks Landscaping. In 2014 he took to the road as a long-haul truck driver throughout the Lower 48.

He was a descendant of Cook Inlet Region, Inc., a shareholder in Kenai Natives Association, Inc, a member of the Kenaitze Indian Tribe, IRA, and a member of Peninsula Christian Center.

Carl is survived by his father, Kerry Wells, mother Susan Marrs Wells, brother Craig Wells, sister Katherine "Katie" Wells, step-father Michael Carpenter, all of Soldotna; uncles Kevin Wells (Idaho), Keith Wells (Nevada), Kent Wells (Wisconsin), Patrick Marrs (Seward), Carl Marrs, aka "Uncle MyName" (Anchorage), auntie Rhonda Nordenson (Anchorage), auntie and uncle Jo and Earl Smith (Hawaii); Anchorage cousins Ole and Shannon Nordenson, Emil Marrs, Crystal and John Mocerri; cousins Luke Thibodeau (Kenai), Sam Thibodeau (Colorado), Shawna and Dave Steele (Texas), Jessie and Jared Remington (Washington), Keegan



Marrs (Sitka), Landis and Jennifer Smith (West Virginia), and many friends and adopted family, Roy and Marcita Riley (Indiana), Matt Steffy (Homer), and Teddie Purdy (Kenai), to name a few.

He was preceded in death by grandparents William and Cleone Wells and Rollen and Elsie Marrs; uncle Emery Thibodeau, aunt Anne Wells Thibodeau, uncle Bruce Nordenson, cousins Jason Thibodeau, Maria Thibodeau, and stepsister Danielle Rae Carpenter.

Read his full obituary at <https://legcy.co/3VeRi2j>.

### **Raymond 'Ray' Benjamin Tepp**

Raymond "Ray" Benjamin Tepp, who was a loving son, loving father, and loved by his many friends, passed away April 22, 2023.

Funeral services were held Thursday, May 4, 2023, at Peninsula Memorial Chapel, followed by the celebration of life at Tyotkas Elder Center. Burial was at the Kenai Cemetery.

Raymond was born on Dec. 1, 1983, in Soldotna to Robert and Rose Tepp. He was baptized in the Holy Assumption of the Virgin Mary Orthodox Church in Kenai.



Raymond graduated from Kenai Alternative High School in 2002 and worked as a carpenter and a fisherman.

Raymond was preceded in death by his grandparents, Raymond J. Tepp, Marina Tepp, Benjamin Knight Sr., and Lucille Knight; his uncles, George Miller, Morris Miller, and Steven Tepp; and his aunt, Carol Dolan.

He is survived by parents, Robert and Rose Tepp; brother, Darrell Tepp; daughters, Talia Tepp, Allisia Rose Tepp, and Karina Brence; and sons, Mason Robert Tepp, and Spencer Mark Tepp; Tammy Tepp, the mother of Karina, Mason and Spencer; and soon-to-be grandson Axel Raymond Gaul.

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

# Share your news

***Do you have any news you'd like to share?  
Graduations, marriages, or births?  
Any other personal milestones?***

Email [news@kenaitze.org](mailto:news@kenaitze.org) to be considered for inclusion in a future edition of the Counting Cord.

## ***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, by phone at 907-335-7204 or by email at [jcrump@kenaitze.org](mailto:jcrump@kenaitze.org).





# Cooking with Kenaitze

Salmon is a favorite at Tyotkas Elder Center, and kitchen staff enjoy finding new ways to serve it. Elders especially loved the pickled daikon radishes that top off this sweet and savory dish.







# Tyotkas Salmon Bowl

Serves four

Brown Rice, cooked according to the package directions.

## Honey Garlic Glazed Salmon

### Ingredients:

1/3 Cup Honey  
1/4 Cup Soy Sauce  
2 Tablespoon Lemon Juice  
1 Teaspoon Red Pepper Flakes  
3 Tablespoons Extra-Virgin Olive Oil, divided  
4 6-ounce Salmon Fillets, patted dry with paper towel  
Kosher Salt  
Freshly Ground Black Pepper  
3 Cloves Garlic, minced  
1 Lemon, sliced into rounds  
Freshly Chopped Parsley, for garnish

### Directions:

1. In a medium size bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.
2. In a large skillet over medium high heat, heat 2 tablespoons oil. When oil is hot but not smoking, add salmon skin-side up season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, flip over and add remaining tablespoon of oil.
3. Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste the salmon with the sauce.

## Pickled Red Onions

### Ingredients:

2 Small Red Onions  
2 Cups White Vinegar  
2 Cups Water  
1/3 Cup White Sugar  
2 Tablespoons Sea Salt  
2 Garlic Cloves  
1 Teaspoon Mixed Peppercorns

### Directions:

1. Thinly slice the onions (it's helpful to use a mandolin). Place in a medium size bowl. Place garlic and peppercorns in each jar, if you're using jars.
2. Heat vinegar, water, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool and pour over the onions. Set aside to cool to room temperature, then store the onions in the fridge.

3. Your pickled onions will be ready to eat once they're bright pink and tender – about 1 hour for very thinly sliced onions, or overnight for thicker sliced onions. They will keep in the fridge for up to 2 weeks.

## Pickled Carrots and Daikon Radishes

### Ingredients:

1 Pound Carrots  
1 Pound Daikon Radish, peeled  
1 Cup Sugar, plus 2 Teaspoons  
1 Teaspoon Salt  
1 1/2 Cup White Vinegar  
1 Cup Warm Water

### Directions:

1. Julienne the carrots and the daikon radishes. Cut them in lengths of 2 1/2 inches and about 1/4-inch thickness.
2. Place carrots and daikon radishes in a large bowl. Sprinkle with 2 teaspoons sugar and 1 teaspoon salt. Toss the vegetable in the solution with your hand until well coated. Continue to toss for 3 minutes or until a daikon radish bends completely over without breaking.
3. Transfer the carrots and daikon to a colander, rinse with cool water and drain well.
4. In a separate bowl, mix together one cup of sugar, white vinegar, and warm water until sugar dissolves.
5. Put the carrots and daikon radishes into a clean jar or bowl and pour pickling liquid in each jar or bowl. Cover and refrigerate.

The carrots and daikon radishes taste best if left in pickle solution overnight. The flavor will improve with time and they will last in the refrigerator for 4-6 weeks. (In a pinch they will still taste good if allowed to sit in the solution for at least 2 hours.)

### To serve:

Place a scoop of brown rice in a bowl, top the rice with the glazed salmon. Add the pickled carrots and daikon radish on top of the rice next to the salmon. Add the pickled onions to the other side of the salmon. Add 2 or 3 slices of avocado on top of the rice across from the salmon.

Garnish with fresh chopped cilantro, green onion and a sliced lemon. Have a bottle of soy sauce on the table for those who can't eat rice without it.





# Dena'ina naqenaga

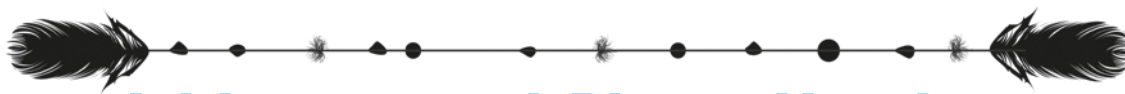


## Nutughedut *The tide is rising*

Dena'ina naqenaga is "our Dena'ina language." Find more Dena'ina language resources online at <https://bit.ly/TidelsRising> including an interactive audio dictionary with this and many more Dena'ina words and phrases.







## Addresses and Phone Numbers



**Administration Building**  
150 N. Willow St., Kenai  
907-335-7200



**Na'ini Family and Social Services**  
1001 Mission Ave., Kenai  
907-335-7600



**Dena'ina Wellness Center**  
508 Upland St., Kenai  
907-335-7500



**Tyotkas Elder Center**  
1000 Mission Ave., Kenai  
907-335-7280



**Kahtnuht'ana Duhdeldiht Campus**  
12271 Kenai Spur Highway, Kenai  
907-335-7667



**Qiz'unch' Tribal Court**  
508 Upland St., Kenai  
907-335-7219



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



**Kenaitze/Salamatof Tribally  
Designated Housing**  
1001 Mission Ave., Kenai  
907-335-7228



**KENAITZE**  
**INDIAN**  
**TRIBE**

150 N. Willow St.

Kenai, AK 99611

[www.kenaitze.org](http://www.kenaitze.org)

907-335-7200





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



TO

ASSURE

**KAHTNUHT'ANA DENA'INA**

THRIVE FOREVER

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