

The Counting Cord



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Winter 2022

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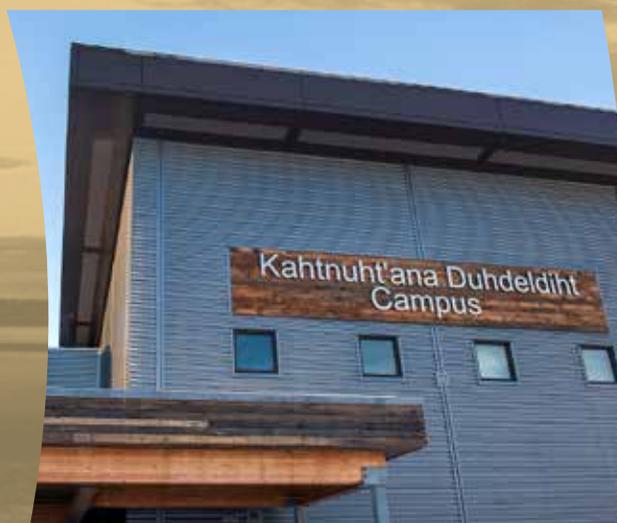
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Daggeyi | Hard work with

Daggeyi is the Dena'ina word for fellowship. As one of our traditional values, daggeyi means that we cooperate and work hard with others. Since time immemorial, working together has been an important part of Dena'ina culture. It is by working together that we store food for the winter and build shelter from the cold. Today, we work together to help each other face the challenges of modern life. Following our traditional value of daggeyi helps "to assure Kahtnuht'ana Dena'ina thrive forever."



h others and cooperation



Daggeyi youth interns Jenna and Jalyn Yeoman get help from Kenaitze's Ken Hoyt during a drum making workshop in January. With work and cooperation - daggeyi - the interns learned to craft a traditional instrument.



Yaghali du?

I had the pleasure of walking through the Kahtnuht'ana Duhdeldiht Campus recently, and it is so exciting to see our vision becoming a reality. Just a few months from now, there will be children in the building, engaged in learning.

With the finish line in sight, construction crews are working on all of the finishing touches. Paint is going on the walls, and tile in the restrooms. In the education wing, classroom names and paint colors reflect the course of the Kenai River, Kahtnu, from Kenai Lake, Sqilan Bena, all the way to Cook Inlet, Tikahtnu.

On the outside of the building, the appearance has been enhanced with the use of reclaimed wood from the Libby, McNeil and Libby cannery, where many Tribal Members worked over the years. If you've driven by recently, you may have noticed the beautiful illuminated sign on the side of the building.

As the building was designed, we focused on not just how we will use the space now, but also on how we will use the space in the future. We deliberately included room to grow, and the Tribal Council and Education Committee have been planning how we can build out our education programs strategically. Where there aren't currently resources or people available – such as more instructors to teach the Dena'ina language – the Tribe will create or train our own.

A special event is being planned for Tribal Members to come and tour the new building. Please watch for an announcement.

The Kahtnuht'ana Duhdeldiht Campus is meant to be more than just a place for learning. It will serve as a hub for our community and a place to preserve and share our knowledge, helping us “to assure Kahtnuht'ana Dena'ina thrive forever.”

Duk'idli, respectfully,
Bernadine Atchison



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Kahtnuht'ana Duhdeldiht nears completion



The Tribal Council toured the Kahtnuht'ana Duhdeldiht Campus in December and the Tribe's existing education facilities in January. At top, Tribal Council Members walk from the Kahtnuht'ana Duhdeldiht Campus following the December tour. Above, Rachel Gilbert, Education Director (in pink hardhat), gestures while talking about the multi-purpose area of the new building. At right, the Tribal Council and administration staff receive an update on the Tribe's Early Head Start program during the January tour of the Tribe's educational facilities. Bottom right, the tour included a stop at the Early Childhood Center on North Willow Street.





Tribal Members honored for dedication, contributions

During the December Quarterly Membership Meeting, four Tribal Members were recognized for their dedication to Alaska Native culture, heritage and communities.

Alex Shadura and Joel Isaak each received Tribal Member Legacy Awards. Susan Wells was honored with an Elder Recognition Award, and Malakai BeDunnah received a Tribal Youth Recognition Award.

Tribal Member Legacy Award



Alex Shadura received the Tribal Member Legacy Award.

Alex Shadura was a business and Alaska Native leader who worked for better economic, educational and social conditions for Alaska Native people. He was active in the founding of the Kenai Natives Association and the Kenaitze Indian Tribe, serving on the Kenaitze Tribal Council and as Tribal Council Chair.

Shadura also was active in the establishment of Cook Inlet Region Inc., serving on the Alaska Native corporation's interim board of directors in 1973-74. He was elected to the board in 1977, and played an important role in securing a land settlement for the Alaska Native people of Cook Inlet.

Shadura, a World War II veteran, was also active in politics throughout his life, and was a familiar face at the State Capitol.

Tribal Member Legacy Award



Joel Isaak received the Tribal Member Legacy Award.

Joel Isaak started his journey as an artist at a young age. He has followed his passion to represent Alaska Native culture in his art. He uses traditional materials in his work, such as salmon skins, moose hide, porcupine quills, and birch bark.

Isaak has created three major bronze installations representing Alaska Native culture, including "Łuq'a Nagh Ghilghuzht," which means "Fish Camp," at the Dena'ina Wellness Center in Kenai; "Grandma Olga" at Ship Creek in Anchorage; and "One's Spirit" at the Yukon-Kuskokwim Hospital in Bethel. Isaak's work has been displayed in galleries across Alaska and beyond.

Isaak also has made significant contributions to preserve the Dena'ina language. He is a Dena'ina language educator at Kenai Peninsula College, and part of the Kenaitze Indian Tribe Dena'ina Language and Culture Revitalization Project. He is the Tribal Liaison for the Alaska Department of Education and Early Development, and is working toward his PhD in Indigenous Studies at the University of Alaska Fairbanks.

Elder Recognition Award



Susan Wells received the Elder of the Year Award.

Susan Wells has been a Tribal Council Member and served as a Tribal Court Judge and Chief Judge. In 2018, she was recognized for her work with a Judicial Award of Excellence from the National American Indian Court Judges Association.

Wells helped to form the Henu Community Wellness Court, a joint-jurisdictional therapeutic court operated by the Tribe in partnership with the Alaska Court System. The court serves adults who face legal trouble stemming from substance use. Wells continues to support Henu graduates as they move forward in their sobriety. She has also been involved with the Kenai Peninsula Reentry Coalition.

Wells served the community as a teacher, and has been supportive of educational opportunities for Tribal Members.

Tribal Youth Recognition Award



Malakai BeDunnah receives the Tribal Youth Award from Tribal Council Treasurer Diana Zirul.

Malakai BeDunnah was born in Soldotna, where he and his family still live. His parents are Shari and Jason BeDunnah, and his maternal grandmother is Sharon Isaak.

Malakai, an eighth-grader, previously attended the Aurora Borealis Charter School and is currently participating in the IDEA homeschool program along with his siblings under his mother's guidance. He has excelled in his academics with a special love for history, especially when it applies to his Alaska Native heritage.

Malakai participates whenever possible in activities and Tribal events at the Tribe's Waterfront property with his family and fellow Tribal Members. As his grandmother says, "fishing is in his blood." Through his grandmother, uncle Joel Isaak, and other family members, he has gained an appreciation for traditional foods such as salmon, hooligan, moose and berries, and the art of Native craftsmanship.

Malakai's determination has led to his participation in various sports, with support from his family. His loves include baseball and pickleball.

The Tribal Council encourages all of our youth to strengthen their knowledge of their Native heritage, because young people are the Tribe's future and our future Tribal leaders.

Council provides construction update



Clayton Simpson and Tyler Crane with Crane Plumbing and Heating work in December to install a heater for one of the Tribe's two greenhouses.



Both greenhouses are located at the Tribe's Shanteh t'uh property, off Beaver Loop Road.

During the Tribe's quarterly meeting in December, the Tribal Council provided an update on three construction projects that are underway or in the works.

Progress continues at the Kahtnuht'ana Duhdeldiht Campus. Siding panels are complete and include panels around the main entrance that resemble fish scales. A 25-foot wide lighted sign has been added to the front. Construction is scheduled to wrap up this coming spring.

Inside the building, construction crews are installing and finishing interior walls and installing mechanical ducts, sprinklers, and electrical systems. The staircase in the main lobby also has been installed.

Greenhouses have returned to Shanteh t'uh, the Tribe's property on Ames Road off Beaver Loop. The Ch'k'denetyah yuyeh Greenhouse was relocated from Kahtnuht'ana Qayeh, next to the Dena'ina Wellness Center, and a second greenhouse has been erected. Contractors are installing heaters, natural gas connections, lights and electrical service.

Plans for the Kahtnuht'ana Dena'ina Community Hall and Harvest Pavilion at the Tribe's Waterfront property also are moving forward. A Request For Proposals was published on the Tribe's website in January. The building will have space for up to 299 people, and will provide additional opportunities for Tribal and Tribal Member gatherings.



New Tribal Judges take their oath

Two additional Tribal Court Judges were sworn into service in January. New Judges Samantha Singleton and Alexander Coxwell join Chief Judge Evelyn Dolchok, Second Chief Judge Dale Segura and Judge Russell Wilson. Above, the Tribal Council and new Tribal Court Judge Samantha Singleton pose for a photo after Judge Singleton was sworn into service. Pictured from left: Council Chair Bernadine Atchison, Council Members Virginia Wolf and Liisia Blizzard, Council Secretary Ronette Stanton, Council Treasurer Diana L. Zirul, Tribal Court Judge Samantha Singleton, Council Vice Chair MaryAnn Mills and Council Member Wayne D. Wilson Jr. Below left, Tribal Council Chair Bernadine Atchison swears in new Tribal Court Judge Samantha Singleton. Below right, Judge Alexander Coxwell.





'Elevate our understanding'

Baldwin pursues degree in International Relations

Ben Baldwin has been busy.

Baldwin earned his bachelor's degree in Alaska Native Governance from Alaska Pacific University in December, and is set to begin work on a master's degree



Ben Baldwin

'I want to be able to elevate our understanding of what tribes can be and can do, and expand the vision of who we are.'

in International Relations through Harvard Extension School, Harvard University's Division of Continuing Education.

In addition to his studies, Baldwin has been active in Kenaitze tribal governance. He is a member of the Tribe's Court Code, Finance and Education committees. He is a member of the Cook Inlet Region Inc. Shareholder Participation Committee, and recently became the Parliamentarian for the National Indian Education Association Board of Directors.

Baldwin has been able to incorporate his tribal governance work with his studies. For example, his senior presentation was on tribal courts as an expression of sovereignty. He drew on his experience with the Court Code Committee in developing his presentation.

"Tribal courts really are the expression of tribal sovereignty – they are a legal vehicle for expanding self-determination," Baldwin said.

Baldwin said his interest in studying international relations comes from the status of tribes as sovereign, independent nations. At a NIEA board meeting, he said, it was noted that because tribes are sovereign nations, the organization is actually an international association.

"I want to be able to elevate our understanding of what tribes can be and can do, and expand the vision of who we are," Baldwin said.

'Tribal courts really are the expression of tribal sovereignty – they are a legal vehicle for expanding self-determination.'

Baldwin said he has been working on his bachelor's degree "on and off" for about 12 years. He said he appreciates the support he's received from the Tribe. He's excited to be graduating, though he said he wishes that Chuda Sasha (Sasha Lindgren) was here to see it.

"The Tribe has helped out a lot, with scholarships, and people who want me to succeed," Baldwin said.

Baldwin said that when it comes to his tribal governance work and his studies, he is following his heart.

"I just love my people," Baldwin said. "I want my people to thrive and prosper. "It's important to work for more than just myself."

Learn more about the Tribe's scholarship opportunities at www.kenaitze.org/education/college-and-career-training/.

Zirul recognized with national award

Diana L. Zirul was recently honored for her work to improve health care for Alaska Native and American Indian people in Alaska.

The National Indian Health Board 2021 Area and Regional Impact Award recognizes individuals and organizations that have affected change or impacted health care and public health services for their Indian Health Service area or region.

In her acceptance remarks, Zirul said she was honored and humbled to receive the award.

"When asked what sovereignty means to me, I am reminded of the words of my mentor and fellow councilperson, 'We are not corporate, we are sovereign,'" Zirul said. "These words have guided me as I advocate for self-governance and self-determination throughout Indian country."

Zirul serves on a number of health- and wellness-related boards and committees at the local, state, and national levels.

In nominating Zirul for the National Indian Health Board award, former Alaska Native Health Board President and CEO Verné Boerner wrote, "Each title is listed because Vice Chair Zirul will not serve in title-only; she meets each obligation with passion. She exemplifies the cultural leader who values accountability and meets each commitment with a perfect combination of tenacity and humility."

Zirul has served as a Tribal Council Member since 2016, and is the current Tribal Council Treasurer. She is also Chair of



Diana L. Zirul

the Tribe's Kahtnuht'ana Dena'ina Health Board, as well as Chair of Nit Quenach' Delghesh, an Inter-tribal Consortium.

Zirul is Chair and Primary Representative for the Unaffiliated Alaska Native Tribal Health Committee; Primary Representative for the Anchorage Service Unit Tribal Health Council; and Treasurer on the Board of Directors for the Alaska Native Tribal Health Consortium.

Zirul recently became Chair of the Alaska Native Health Board, and was named to the State of Alaska Governor's Advisory Council on Opioid Remediation. She is also the Alaska Alternate Member for the National Indian Health Board, and Primary Delegate for the Alaska Area for the Indian Health Service Tribal Self Governance Advisory Committee.

"She finds a harmonious path and puts the best interest for each of the entities she has ac-

"When asked what sovereignty means to me, I am reminded of the words of my mentor and fellow councilperson, 'We are not corporate, we are sovereign. These words have guided me as I advocate for self-governance and self-determination throughout Indian country.'"

cepted a leadership role in without sacrificing consistency of values or position across all. She honors Tribal Sovereignty and self-determination and makes strides towards our collective missions," Boerner wrote.



USPHS Alaska Native Health Service Staff, 1958

'How things got started'

Photo connects present, past at Dena'ina Wellness Center

**'I've had that
(photograph) since
1958, and I'm proud
of it because it's one
of the first Native
hospitals in Alaska.'**

A photograph taken in 1958 is the latest addition to the Dena'ina Wellness Center, and the image shows an important piece of the history of health care for Alaska Native people.

The photograph shows the staff of the Alaska Native Health Service hospital in Anchorage. Included in the photo are Tribal Members Evelyn (Baktuit) Boulette and her sister, Marlene (Baktuit) Supko.

"I've had that (photograph) since 1958, and I'm proud of it because it's one of the first Native hospitals in Alaska," said Boulette.

At the time, the hospital dealt primarily with tuberculosis patients. Boulette worked in the hospital's lab.

While she said she didn't have any experience when she first started as a lab worker, Boulette said she found the work to be fascinating, and picked it up quickly. Eventually, she conducted all of the tuberculosis testing for the whole hospital.

"I loved it, and I found it very rewarding," Boulette said.

While health care has advanced dramatically since



Evelyn Boulette, pictured at the Dena'ina Wellness Center, has seen many changes to health care. She worked at the Alaska Native Health Service hospital in Anchorage during the 1950s.

1958, Boulette said one of the biggest changes has been the growth of support services available to those receiving care. For example, when a patient with tuberculosis was admitted to the hospital back then, they might stay in the hospital for a year or more. If that patient had

children, there was no support or services available to help care for them like there are today, she said.

Boulette recently retired from serving on the Tribe's Kahtnuht'ana Dena'ina Health Board. She said she learned a lot from the experience.

'It was nice to be part of something, especially here in Kenai where I was born and raised.'

"It was nice to be part of something, especially here in Kenai where I was born and raised," Boulette said.

The Alaska Native Health Service photo is displayed in the hallway near the reception area at the Dena'ina Wellness Center. Boulette said it serves as a good window to the past.

"I'm very proud of it. It shows a little history," Boulette said. "... It represents how things got started here."



Birch bark baskets stand the test of time

Birch bark is flexible, durable, waterproof and rot-resistant. With those qualities in mind, participants in a recent birch bark basket making workshop were thinking about how they would use the baskets they were making.



Helen Dick holds a piece of birch bark while talking about how to work with the material to make baskets.

"I'm going to use it to pick berries in the summertime," said Frieda Bean, one of the class participants. "I'm really happy that I'm learning how (to make birch bark baskets). I didn't make this basket for nothing; I made it for a pur-

pose. I'm happy when whatever I make is useful."

There are many traditional uses for birch bark containers. Helen Dick, a Dena'ina Elder who was leading the class, said the material can also be used for cups, bowls



Helen Dick talks about how to select birch bark for basket making at the beginning of a class at the Dena'ina Wellness Center.



Helen Dick uses her hands to coax the bark into a basket shape.

and plates. They're lightweight to carry, she said, and don't make noise when you're walking.

"You can use it for berries; you can use it for lots of things," Dick said.

Birch bark baskets can even be used for cooking. The basket is filled with water. Stones are heated in a fire, and placed in the water to make it boil. Food can then be cooked in the boiling water.

Dick said she learned to make birch bark baskets from her grandmother. A rectangle-shaped piece of bark is selected and folded at the corners to make the basket. A strip of willow is used around the basket's rim to keep its shape. Spruce root or sinew is used to keep the willow in place.

Each basket is as unique as its maker, Dick said.

"Different people make different kinds" of baskets, Dick said.

Bean said that the piece of bark she selected influenced the shape of her basket.

"When I started bending, it formed a certain way. Some baskets might not be shaped exactly the way you envisioned," Bean said.

Linda Ross said it would be meaningful to be able to give the basket she was making as a gift.

"Helen told me when I made my first one, you cannot keep it. You



Linda Ross selects a piece of birch bark to work with. The bark was soaking in water to make it more pliable.

have to give it away," Ross said. "The Dena'ina, this is the way they do it. They're used for a lot of different things. They really are quite strong."

Tia Holley, a Wellness Consultant at the Dena'ina Wellness Center who was helping with the workshop, said one of Helen's lessons for the day was, "if it doesn't work, try again."

That was a lesson that Margie Revet took to heart. Her first attempt at a birch bark basket, two or three weeks prior to the workshop, "was disastrous," she said.

"This time around, I know what I'm doing a little bit more," Revet said.

Revet was using sinew to stitch around the rim of her basket, and was thinking about a crisscross pattern to give it a decorative element. She said she'd like to give handmade baskets as gifts – when she gets better at making them.

Bean said she grew up in Tununak making grass baskets, but said using birch bark was completely different.

"I had seen birch bark baskets here and there and thought, that's something I want to learn how to make," Bean said.

She has used leftover pieces of bark for things like earrings and tiny baskets, including one that

came out shaped like a canoe or Viking ship.

Rose Anowlic said she appreciated the opportunity to learn how to work with birch bark.

"To learn these crafts, I feel very privileged, especially with Helen here to teach us," Anowlic said. "It's a lot of fun, and you have something really special when you're done. That's what I like, to have something special and meaningful."

Dick said she likes to see the satisfaction people have when making their own baskets.

"A lot of the time, when you make your own stuff, it makes you happy," Dick said.

'Keep on trying'

Support available, no matter how long it takes

A little more than three years ago, Kandy Dushkin drew inspiration from her children and kicked a 40-year smoking habit.

And despite challenges in her life, she's still drawing inspiration from her children to keep herself smoke-free.

The anniversary of Dushkin's quit date was Oct. 23, but she lost her oldest daughter in November, she said.

"My first thought was, 'I have to have a cigarette,' but I didn't," Dushkin said. "... She was so happy I had quit, and she wouldn't want me to start again."

Instead, Dushkin said, she keeps chewing her gum – she prefers Extra Classic Bubble.

Dushkin also has appreciated the support from the Wellness staff at the Dena'ina Wellness Center. Even though she quit smoking three years ago, she keeps in touch.

"Mostly, I just let them know that I'm doing OK," Dushkin said.

Levi Sutton, a Wellness Consultant and state-certified Tobacco treatment Specialist, said that's exactly what the Wellness staff is there for.

"We're always here, no matter what stage you're at," Sutton said. "We're here to counsel people through hard times, cravings and withdrawals."

For those thinking about quitting, the Dena'ina Wellness Cen-



Kandy Dushkin recently celebrated three years of smokefree living.

ter makes it easy to get started. Those who receive services at the Dena'ina Wellness Center can get a referral from their primary care provider, or stop by the Wellness desk, next to the gym, without a referral to get started on a tobacco use questionnaire. Free quit kits also are available.

Un'ina may also make an appointment by calling 907-335-7500, or contacting Sutton directly at 907-335-7583.

In fact, Sutton said that 75 to 85 percent of his appointments with people beginning their tobacco quit journey are done over the phone. He walks people through the steps and helps them make a plan, which can include nicotine replacement therapy. He also encourages those he works with to set a quit date, and to come up with small goals along the way.

Help is also available to quit chewing tobacco and vaping. Sutton said he's happy to talk with parents who have questions about their kids using vapes, and encourages them to come in together to talk about it.

Those who do not receive services at the Dena'ina Wellness Center may use the Alaska Tobacco Quit Line, 1-800-QUIT-NOW (1-800-784-8669) for resources, coaching and support.

For those who are struggling to quit, Dushkin has this advice: don't give up, keep on trying.

"I tried to quit many times before I finally did it, and if I could do it, anybody could," Dushkin said. "I bet I tried to quit 50 times before I was finally able to. And if you can't quit for yourself, quit for those who love you."



Wilson earns biology degree

Julianne Wilson received a bachelor of science degree in biology from Fort Lewis College in Durango, Colorado in May 2021. Wilson is from Kenai.



Stanton earns justice studies degree

Alyssa N. Stanton recently received a bachelor of science degree in justice studies with a minor in psychology from Grand Canyon University College of Humanities and Social Services in Phoenix, Arizona.

Boulette in the spotlight

Matthew Boulette, an Assurance Senior with Moss Adams, was recently in the spotlight in a company newsletter.

Moss Adams, an accounting firm headquartered in Seattle, Washington, with offices throughout the western United States, celebrated Native American Heritage Month in November. Boulette was invited to share some thoughts on what his Kenaitze heritage means to him, and the role family plays in his culture.

For his spotlight, Boulette wrote, "I am a proud Tribal Member of the Kenaitze Indian Tribe situated in Kenai, Alaska. Growing up in Alaska, I was fortunate to spend a large part of my time with my Grandma (Evelyn Boulette). I get my Native heritage from her, and I attribute a large amount of my personality and



worldview to growing up around her and our Indian tribe. The values of the Kenaitze Indian Tribe are family, stewardship, beliefs, and education. I have always been grateful for my upbringing and for experiencing the culture of my Indian tribe."

Boulette said his heritage allows him to better serve other tribal governments, and he routinely works with tribes and tribal enterprises.

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 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.



Tribe receives CARF accreditation

The Tribe recently received notification that it has earned a three-year accreditation from CARF, the Commission on Accreditation of Rehabilitation Facilities. The Tribe first earned CARF accreditation in 2015.

CARF International accredits the Tribe's integrated Behavioral Health and Primary Care services; outpatient Behavioral Health services for adults, chil-

dren and adolescents, including substance use disorder treatment for adults; and the services provided through the joint-jurisdictional therapeutic Henu Community Wellness Court.

CARF accreditation shows the Tribe's commitment to continually enhance the quality of its services, and to focus on the satisfaction of those who receive those services. It shows that the Tribe's services conform to internationally accepted standards through policies, procedures and practices.

A three-year accreditation, the highest accreditation CARF awards, shows that the Tribe is able to demonstrate quality improvement from previous CARF surveys.

Accreditation also serves as validation of the professionalism of the Tribe's staff, and dedication to providing high quality services for un'ina.

Tribe earns PR recognition

Staff in the Tribe's Communications department were recognized during the Alaska chapter of the Public Relations Society of America's Aurora Awards presentation in September.

Will Morrow, Technical Writer, received a third-place award for Writing Portfolio for work created for the Tribe's Counting Cord newsletter and other publications. The Tribe's Communications staff was also recognized with an Honorable Mention in the Integrated Communications category for work done to support the Tyotkas Elder Program's meal delivery service over the past year.

The annual awards encourage professional public relations performance and technique, and acknowledge exemplary work in the field. The Tribe has won more than a dozen Aurora awards during the past six years.

Are you covered?

You may be eligible for Tribally Sponsored Health Insurance!

The Alaska Native Tribal Health Consortium is offering Tribally Sponsored Health Insurance for Alaska Native and American Indian people.

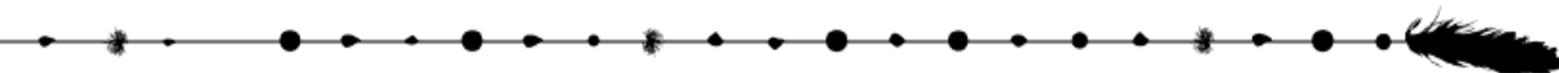
- No cost to those who qualify.
- More services available to you and your family.
- Coverage for medical care when traveling or away from Tribal health facilities.

You and your family may qualify for Tribally Sponsored Health Insurance if you are:

- Alaska residents;
- Eligible for services at a Tribal health facility;
- Not covered or eligible for other health care coverage; and
- Meet certain other criteria.

To learn more, contact the Dena'ina Wellness Center Un'ina Navigator at 907-335-7500. Visit www.anthc.org/tship for more information.





Cooking with Kenaitze:

Spice things up on game day

This month, all eyes have been on the sports world, with the Super Bowl and the Winter Olympics on the schedule. Whether you're gathering to watch the big game or just for fun, this month's recipe, Salmon Dip Jalapeno Poppers, is sure to spice up your party. This recipe is a great way to make use of some of the salmon you put up last summer or fall, and combines it with readily available ingredients, many of which you might already have in the cabinet or pantry.

Salmon Dip Jalapeno Poppers

Yields: 6 Servings (2 Jalapeno Poppers per serving)

Prep time: 20 minutes

Cook time: 20 minutes

Ready in: 40 minutes

Ingredients:

8 ounces Neufchatel cheese or cream cheese (room temperature)
1-2 garlic cloves (chopped)
12 jalapenos
¼ cup of panko crumbs
4 ounces sharp cheddar
1 tablespoons lemon juice
3 teaspoons dried dill or 2 tablespoons fresh dill
½ cup nonfat plain Greek yogurt
4 ounces smoked salmon or baked salmon
½ teaspoon pepper
Salt to taste
2 tablespoons chives

Directions:

1. Preheat oven to 400 degrees F.
2. In a food processor combine the cream cheese, lemon juice, Greek yogurt, garlic, cheddar, dill, pepper, salt and chives; pulse until blended. Add the salmon and pulse until blended. Taste and add salt if

necessary (a good starting point is to use ½ teaspoon of salt). Set the salmon dip to the side.

3. Wearing gloves (you can put plastic bags over your hands if you don't have gloves), slice the jalapenos in half lengthwise. Use a small spoon to scoop out the seeds and membranes.

4. Fill jalapenos with salmon dip and top with panko crumbs. Leave any extra salmon dip to the side.

5. Place the stuffed jalapenos on a baking sheet and bake for 10-12 minutes for firmer and spicier jalapeno poppers, or for 18-22 minutes for softer and more mild jalapeno poppers. Let cool for 5 minutes before serving.

6. Place any leftover salmon dip in a separate container or bowl and serve with whole wheat crackers or sliced vegetables (cucumbers, celery, carrots, etc.).

Tip: You can use sweet mini peppers or bell peppers instead of jalapenos in this recipe if you are sensitive to spicy foods.

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.

THE DENA'INA WELLNESS CENTER HAS COVID-19 VACCINES AND BOOSTERS FOR ALASKA NATIVE AND AMERICAN INDIAN PEOPLE.

- VACCINES ARE AVAILABLE FOR THOSE 5 AND OLDER.
- BOOSTERS ARE AVAILABLE FOR THOSE 12 AND OLDER.



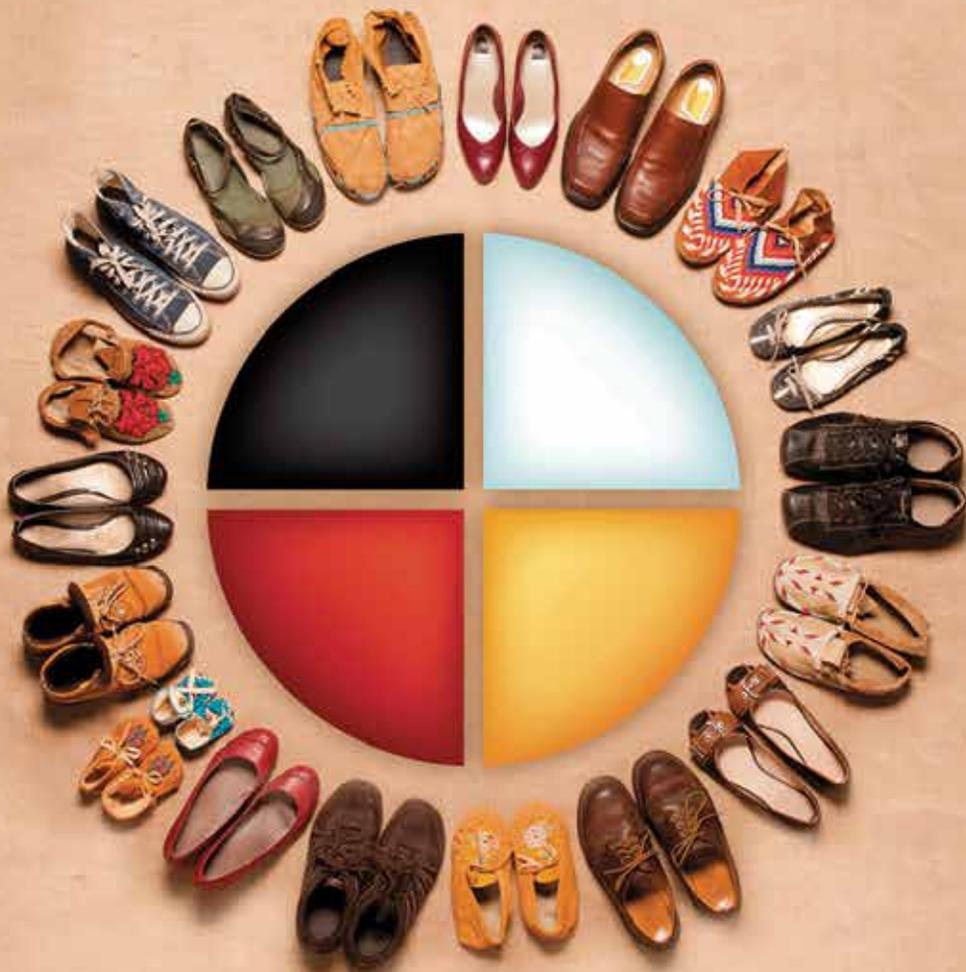
*CALL 907-335-7500 TO MAKE AN APPOINTMENT OR TO LEARN MORE.
DENA'INA WELLNESS CENTER • 508 UPLAND ST., KENAI*



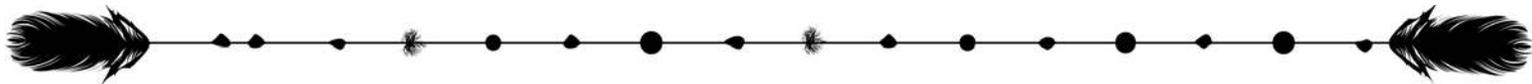
It's Not Too Late to Get a Flu Shot!

The Dena'ina Wellness Center has flu vaccines for Alaska Native and American Indian people.

- **Anyone ages 6 months and older can get a flu vaccine.**
- **Especially important for Elders, pregnant women, young children, and those with chronic health conditions.**
- **Protect yourself and your community. A flu vaccination reduces your risk of hospitalization with the flu.**



**Call 907-335-7500 to make an appointment or to learn more.
Dena'ina Wellness Center • 508 Upland St., Kenai**



Dena'ina naqenaga



heyi • *winter*

Dena'ina naqenaga is "our Dena'ina language."
Find more Dena'ina language resources online at
www.kenaitze.org/education/denaina-language-institute/,
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



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



Yaghanen Youth & Community Education
150 S. Willow St., Suite 5
907-335-7606



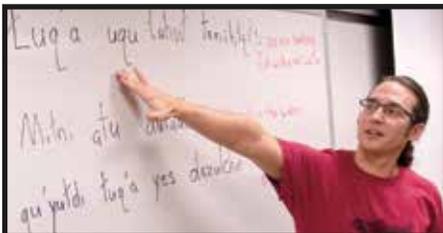
Chuq'eya Qenq'a Birch Tree House – Behavioral Health
510 Upland St., Kenai
907-335-7300



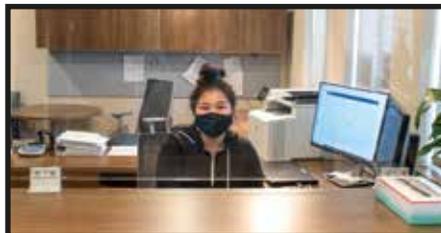
Early Childhood Center
130 N. Willow St., Kenai
907-335-7260



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



Dena'ina Language Institute
1001 Mission Ave., Kenai
907-335-7667



Kenaitze/Salamatof Tribally Designated Housing
1001 Mission Ave., Kenai
907-335-7200



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



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



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Kenai, AK 99611

www.kenaitze.org

907-335-7200



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



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