Walking the walk

Executive directors hired

Nelson to lead Tribal Administration

The Tribal Council is pleased to announce that Dawn Nelson has accepted the position of Executive Director for Tribal Administration.

Nelson accepted the position in September after filling the role on an interim basis since July.

“I am honored to accept my new role as the Executive Director of Tribal Administration,” Nelson said. “I am excited about the possibilities I see ahead for the Tribe and look forward to working with the Tribal Council and our staff to make the possibilities a reality.”

Nelson has been the Tribe’s Human Resources Director since August 2016. In that position, she worked closely with past executive directors, the Tribal Council, the Tribal Employment Rights Ordinance.

Dawn Nelson

Polinski takes reins of Health Systems

The Tribal Council is pleased to announce that Julia Polinski has accepted the position of Executive Director of Health Systems.

Polinski was hired in late October. In her new role, Polinski will oversee the Tribe’s health care operations. She will report to the new Health Board, which in turn reports to the Tribal Council.

Julia Polinski

Henu’ court celebrates first graduates

It took a lot of hard work, but Eli Darien and Dale Vaughn are walking on the right path.

The Henu’ Community Wellness Court recognized its first graduates with a celebration at Tyotkas Elder Center in October. Henu is the Dena’ina word for a willingness to work, and through their hard work, participants in the joint-jurisdiction court find themselves on the Yaghelich datl’ – walking on the right path.

“This has been an awesome experience. I wouldn’t trade it for anything,” Vaughn said. “… It was a lot of hard work, but I’m so grateful for this program.”

Henu’ celebrated its second set of graduates in November, when Shawna Taylor and Heather Armstrong officially completed the program.

To mark their graduation, Vaughn and Darien were given new names from Tribal Court Chief Judge Susan Wells.

Mary Ann Mills, Jennifer Showalter Yeoman and Diana Zirul take the Oath of Office from Phyllis Bookey after they were elected to two-year terms on the Tribal Council during the Annual General Council Meeting at the Dena’ina Wellness Center.

To mark their graduation, Vaughn and Darien were given new names from Tribal Court Chief Judge Susan Wells.

Darien received the name Biq’di k’edet, Dena’ina for “His heart

Tribe sets course for coming year

Tribal Members re-elected two sitting Tribal Council Members, and elected a third candidate with past Tribal Council experience Oct. 6 at the Annual General Membership Meeting.

Incumbents Diana Zirul and Jennifer Showalter Yeoman were re-elected to serve two-year terms on the Tribal Council. Tribal Members also elected Mary Ann Mills, a current Tribal Court Judge and past Tribal Council member, to a two-year term.

Mills replaces longtime Council Member James O. Segura Sr., who received a warm ovation for his service after election results were announced.

Of the nine candidates on the ballot, Zirul received the most

Mary Ann Mills, Jennifer Showalter Yeoman and Diana Zirul take the Oath of Office from Phyllis Bookey after they were elected to two-year terms on the Tribal Council during the Annual General Council Meeting at the Dena’ina Wellness Center.
Polinski also will handle the Primary Care Director duties on an interim basis while recruitment to fill that position continues. “I’m proud to improve the quality of care and customer service while being sensitive and compassionate to the needs of the community that we serve,” Polinski said.

Polinski comes to the Tribe with 15 years of experience in health care, the past 10 in leadership positions. Most recently, she was the Practice Manager and Project Manager at Bayhealth Medical Center in Dover, Delaware, where, she planned, coordinated, directed and supervised 15 medical facilities and practices, with more than 70 providers and over 50 employees.

Polinski said she’s excited to join the Tribe’s health care system, which has garnered national attention. She said she thinks her past experience and her perseverance to succeed will make her good fit for the Kenaitze Indian Tribe and the Dena’ina Wellness Center.

Polinski is familiar with the Kenai Peninsula, having spent time here when her husband was stationed in Anchorage. She earned bachelor’s degrees in Biological Sciences and Natural Sciences from the University of Alaska Anchorage, and a master’s degree in Health Care Administration from King’s College in Pennsylvania.

In addition to the opportunity to work with the Tribe, Polinski also was attracted to the quality of life the Kenai Peninsula offers. “I love fishing, I love the outdoors,” she said. “I’m excited to get back to enjoying life and having that work-life balance.”

Polinski has two daughters currently in college. A fun fact about her, she said, is that this moves brings her from the First State – Delaware – to the Last Frontier – Alaska.

Polinski said she and her husband have had returning to Alaska on their bucket list. “It’s a dream turning into reality for us,” she said.

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

**Tribal Member Services** is seeking addresses for the following Tribal Members.

To update your contact information, please call Jessica Champ at 907-335-7204 or email jchamp@kenai.org.

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Schimmel receives CIRI Youth Award

Sam Schimmel, a Kenaitze Indian Tribe Member, has received a Youth Recognition Award from Cook Inlet Region Inc.

Schimmel, a first-year student at Stanford University in California, spent his time between the Kenai Peninsula and Washington. He learned traditional subsistence techniques from his family at a young age. The strength of his cultural identity helped him adapt to challenging circumstances, and prompted him to advocate for countering the effects of inter-generational trauma, such as suicide and substance abuse, by reinforcing family and community bonds and preserving Native lands, cultures and traditions.

Schimmel has served as an intern for the Alaska’s Congregation delegation, a youth representa-tive at the Alaska Federation of Natives convention, and a youth panelist for the Western Region Generation Indigenous Youth Conference, where he joined Sen. Nelson.

**NELSON, FROM P. 1**

Nelson brings with her more than a decade of experience in the health care industry and business administration. She has been a very friendly and always willing to lend a hand in support of one another.”

Among other priorities, Nelson will be working with Council on their initiative to provide education, training and employment opportunities for Tribal Members.

Sam Schimmel

Lisa Murkowski in signing a bill to create a commission for Alaska Native children.

Schimmel has been active in improving the health, safety and well-being of Native youth, and was selected as one of five youth from across the country named to the Center for Native American Youth’s 2017 class of Champions for Change. Schimmel’s concern about the effects of climate change on Arctic communities and subsist-ence lifestyles led him to work on a Smithsonian Institution research project for St. Lawrence Island and meet with U.S. Secretary of Agri-culture Tom Vilsack to advocate for government support during subsist-ence emergencies. Schimmel also was appointed to Gov. Bill Walker’s Climate Leadership Team and was selected as a youth delegate to the Tribal Nations Conference.

Nelson said moving back to Alaska in 2016 has allowed her to be closer to her family in Anchor-age and Soldotna. Living in the central Kenai Peninsula provides plenty of inspiration, she said. “I have the opportunity to live in an area where the natural beauty of the surrounding landscape inspires fishing, hunting, gardening and art, which are all things my family loves to do,” Nelson said. “I have always been inspired by Alaskans, and have found the people to be very friendly and always willing to lend a hand in support of one another.”
NOTE FROM THE COUNCIL CHAIRPERSON

Hello,

Well, the cold has arrived and snow is soon to follow, and I hope everyone is winterized up.

In October, we had another successful annual meeting with excellent food prepared by Tribal Member Virginia Frasse, owner of The Hearth Eatery, and her crew.

I would like thank James O. Segura for his service and dedication for all of his years on Council. I would also like to welcome Mary Ann Mills, who was recently elected to sit on Council.

The Council chose to keep the same officers as the previous year.

The Council has recently filled both of the Tribe’s executive director positions. Dawn Nelson was named the new Executive Director of Tribal Administration in September after filling the role on an interim basis since July. Julia Polinski has been hired as the Executive Director of Health Systems, a new position established by the Council in June.

At the Alaska Federation of Natives annual convention this year, Gov. Bill Walker made two major announcements. First, Walker became the first governor to apologize to all Alaska Native people for how they have been treated by the state of Alaska. It truly was historic and drew a very heartfelt reaction from everyone in attendance.

Wayne D. Wilson Jr.
Wayne D. Wilson Jr.
Tribal Council Chairperson

TRIBAL COUNCIL

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Jennifer Showalter
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Counil Member
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Tribal members needed to fill committee vacancies

Tribal Members age 18 and older who reside in the Kenaitze Indian Tribe service area are encouraged to apply for open committee seats. If you are interested in sitting on a committee, please submit a letter of intent outlining your experience and the reason you would like to join the committee.

Letters of intent may be mailed to Tribal Member Services Manager Sasha Jackson, 150 N. Willow Street, Kenai, AK 99611, or emailed to sjackson@kenaitze.org. The deadline to submit letters of intent is Nov. 30.

Committee and commission vacancies

- Hunting, Fishing and Gathering Commission: One vacancy
- Constitution Committee: Seven vacancies
- Court Code Committee: One vacancy
- Education Committee: Three vacancies; one youth vacancy
- Enrollment Committee: Three vacancies
- Elders Committee: Two vacancies
- TERO Commission: One vacancy
- Traditional Healing Committee: Two vacancies
- Finance Committee: Three vacancies
- Land Committee: Six vacancies

Moving soon? Please keep in touch

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

Send updates to:
Kenaitze Indian Tribe
Attn: Jessica Crump
P.O. Box 988
Kenai, AK 99611
jcrupt@kenaitze.org
907-335-7204

Find us on Facebook

From the editor’s desk

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

Find more information on the tribe’s website at kenaitze.org and like us on Facebook at facebook.com/kenaitze.

For story suggestions or questions about content, contact editor M. Scott Moon at 907-335-7237 or by email at smoon@kenaitze.org.
always in it.” Vaughn was given the name Bid’leq’ nazdlu, which means “He is smiling.”
Wells explained that Yaghelich datti is a sacred journey, and is attainable by anyone through hard work.
Vaughn said he could barely put his emotions into words. The court’s first participant, he said he was facing a three-year sentence when he learned about Henu’. It took some convincing for him to initially become a participant, but Vaughn said he feels he made the right choice.
“This program came along, and I chose the right path so I can continue to be a productive citizen of Alaska,” Vaughn said.
Vaughn said he is excited about his future. His goal is to go to work as a bull cook at Greens Creek Mine near Juneau.
“The Dale I see today is a different person than the Dale that entered the program,” said Bill Taylor, Vaughn’s attorney. “… I am so impressed with the amount of work he’s put in, and how much he’s changed. I know he’s going to be an asset to this community and has a bright, bright future in front of him.”
Darien said that when he first became a Henu’ participant, he figured he’d go through the program, get off probation and get on with his life. But he said about 16 weeks in, something changed.
“I decided I wanted to stay clean and sober, and help other people do the same thing,” Darien said.
“It seemed like (the change) just happened. My mind was finally clearing – I had been getting high since I was 14 years old.”
Darien said that addiction is a pattern, but that Henu’ has provided a new pattern for living.
“With that new pattern comes new meaning, one of light and clearing,” Darien said.
Darien has been working as a Tribal Fishery Education Assistant, and he said that being down at the net has helped him get closer to his field that has helped her.
Taylor said writing is therapy – I don’t know what that looks like yet, but I’m sure it’s going to be fun,” she said.
With her participation in Henu’ complete, she also has “more time to be a mommy now.”
Taylor said writing is therapy for her, and she’ll continue posting to her blog, whyareweforsaken.blogspot.com.
“Maybe some of the stuff I write can help other people,” Taylor said.
Two more Henu’ participants have reached the fourth and final phase, and are expected to graduate in the coming months.
At the inaugural graduation ceremony, retired Superior Court Judge Anna Moran said it was an important day for her and for the Henu’ graduates as the vision for a therapeutic court comes to fruition. She said she’d see Darien in court every winter, and think that there had to be a better way.
“To see from where we started … what could be better?” Moran said. “… Now we have successful graduates. What could be better?”

Henu’ Community Wellness Court graduate Dale Vaughn talks about how the joint-jurisdiction court has made a difference in his life as Kenaitze Chief Judge Susan Wells, Alaska Superior Court Judge Jennifer Wells and Vaughn’s attorney, Bill Taylor, listen to his story.

Henu’ from p. 1

Darien’s goal is to help others find the right path, and he is training to become a substance abuse counselor at the Dena’ina Wellness Center.
He also will be sharing his story in other ways. He soon will be visiting Eyak, near Cordova, to speak at a sobriety celebration.
“He has a heart not only for giving
The meeting opened with recognition of Adeline Chaffin and Alida Bayes, two of the signers of the Tribe’s original constitution in 1971. The two were presented with engraved glass plaques to commemorate the event.

“We really appreciate their commitment and the work they’ve done,” Atchison said.

In his opening remarks, Wilson noted some of the Tribe’s accomplishments over the past year. At the top of his list was paying off the Dena’ina Wellness Center loan 16 years early. Wilson also highlighted the change on the Tribe’s organizational chart which creates two executive director positions, one for Tribal Administration, and one for Health Systems. Dawn Nelson was introduced as the Executive Director of Tribal Administration. Nelson served as Interim Executive Director since mid-July, and accepted the new position in September.

Wilson also highlighted the Tribe’s efforts in education and career training. He said the Tribe funded 36 scholarships in the past year, and that Employment Rights Ordinance Commission has established five internships to provide professional training and mentorship for Tribal Members while they are also pursuing a degree.

“We have to fund our future,” Wilson said.

Wilson also said the Council has been working to make a difference in the local area as well as at the state and federal levels.

“Now when we go out, people know who we are,” Wilson said. “We’re trying to get out there to benefit our people as much as possible.”

Wilson said that Council Members sometimes had differing views about the best way to do that, “but we all come together when it matters.”

“I do believe we’re moving forward; and our future really does look bright,” Wilson said.

In the Executive Director’s report, Nelson discussed the Master Plan being developed by the Council. The four-part plan includes a campus vision; education; health vision; and economic development. It brings back tribal-centered values, Nelson said.

In the Treasurer’s report, Lageson noted that the Council had passed a new fiscal policy to better manage the Tribe’s investments. Those investments create opportunity for Tribal Membership, he said.

During the comment period, Tribal Members raised concerns with time allotted at the Tribe’s educational fishery, and with Council Member’s compensation.

Tribal Harvest Supervisor Jakob Kooey said his priority for fishing the net is Tribal Elders, followed by Tribal Members and Tribal programs. It was noted that the poor return of sockeye salmon and the resulting fishery closure in August – when about half of the Tribe’s harvest usually comes to the net – made scheduling net time a challenge.

Wells also highlighted the importance of education and workforce development. He noted that 36 scholarships were funded in the past year, and the Tribe has been working on a variety of issues affecting the community; explains the law in terms understood by everyone in the courtroom; exemplifies the highest standards of judicial ethics and excellence; and is respected by and has the confidence of the judiciary, bar, litigants, court personnel and community members. To be eligible, a tribal court judge must have five years of experience serving in a tribal justice system. While at the conference, Wells also had the opportunity to sit on a panel to discuss “Collaborative Jurisdiction that Works.” Wells said that she felt it was an important opportunity to share the success of the Henu’ Community Wellness Court, as well as other healing to the local area as well as at the state and federal levels.

Lageson said that the Council had enacted a policy limiting the Tribe’s programs from fishing in July.

Regarding concerns about travel expenses and stipends for Council Members, Wilson said that in the past year, Council Members had been very active. Additionally, he said that duties that might have gone to just one Council Member had been spread out among multiple members. He said he expected that the new Senior Executive Assistant would help Council Members better track their stipends.

Several Council Members said they didn’t take stipends for every meeting they attended, and that many hours are put in without compensation. In explaining Council Members’ presence on boards and committees, Zirul, the Council Secretary, said there are 60 Tribal Members on committees who aren’t Council Members.

In response to questions about how the compensation amount was set, Lageson said it was based on recommendations from REDW LLC, a consulting firm the Tribe has worked with. Lageson said the Tribe’s compensation was based on analysis of other tribes and Native organizations. Compared to other organizations, the Tribe’s compensation is on the lower end of the scale, he said.

Lageson said he would be willing to consider a cap on Council Member compensation in the future.

Atchison said it was important to attend tribal consultations and other meetings in person, which can result in significant grant awards or prevent infringement of the Tribe’s sovereignty.

“That’s my responsibility, to speak on behalf of the Tribe,” Atchison said. “... We need to protect our sovereignty, and we need to do that in person.”

Also at the meeting, 21 people were approved for enrollment as new Tribal Members. Heading into the annual meeting, membership was 1,649. The newly enrolled Tribal Members bring the total membership to 1,670.
Academic success: It takes a village

Program offers support for Alaska Native students

On a recent Thursday evening, about 20 students and their families gathered at Kenai Middle School to build their own hand drums.

Jonny Wilson, a Youth Advocate with the Tribe’s Yaghanen program, led the workshop.

“I was taught by an Elder ‘down south,’ how to make a drum, and I’m going to pass that knowledge on to you,” Wilson said.

With parents and siblings helping, students started by sanding the edges of the hoops that would become their drum’s rim. They measured and trimmed a piece of animal skin – which had been soaking in water for a couple of days – and Wilson demonstrated the way to measure the distance for holes around the edge, using the knuckles on his index finger as a gauge.

Students strung the skin to their rim using sinew, following a star pattern, and Wilson showed them how to cinch the skin tight. With a couple of days to allow the skin to dry and shrink, the students would have handmade drums they can use for years to come.

The activity was sponsored by the Kenaitze Native Youth Community Project, a collaboration between the Tribe and the Kenai Peninsula Borough School District. Funded by a federal grant, NYCP aims to improve the college and career readiness for Alaska Native and American Indian youth. The program has placed tutor/ liaisons in three schools – Kenai Middle, Ninilchik and Homer Middle – and is in its third year.

“I really believe there’s a lot of good that’s coming out of this,” David Knight, the Tribe’s Education and Career Development Coordinator, said. “You can see it in the way students are learning, being inspired by activities, some of the family nights, and support of tutors concerned with their overall social and emotional well-being.”

More than tutoring

The position title is Tutor/Liaison, and the staff filling those roles do much more than helping with homework.

The program is modeled in part on the Tribe’s Dene Philosophy of Care, which takes a whole-person approach toward wellness – addressing physical, spiritual, emotional and social health as contributing factors to overall well-being. In the same way, tutors follow a student’s emotional and social well-being, too.

“My focus is supposed to be 50 percent academics, and 50 percent social-emotional, but I’ve found that it’s really hard to get youth to work with you if their social and emotional needs aren’t being met, so I try to make that a priority,” said Danielle Self, the NYCP Tutor/Liaison for Ninilchik.

The program is focused on middle school-aged students. Self said she can see the advantages of having the position available for the seventh-graders at Ninilchik, where they’re transitioning from the elementary classes downstairs to the middle- and high-school classes on the building’s second floor.

Knight noted that middle school is a pivot time for students as they make that transition. There can be a disconnect at that age, Knight said, and one of the goals of the program is to keep families involved with their children’s development.

Conrad Woodhead, the Native Education Program Coordinator for the Kenai Peninsula Borough School District, said that across the school district, there’s good support for elementary students. But, he said, there was a need identified once students reach sixth, seventh and eighth grade.

“When we started to see discrepancies and kids falling through the cracks is at the middle-school level,” Woodhead said. By implementing the program in middle schools, “the hope is that high school is not such a struggle when they get there.”

The program tutor/ liaisons also do a lot of collaborating with other programs and organizations. In Ninilchik, Self has worked closely with the Ninilchik Traditional Council.

“A lot of what they offer, the students I work with can benefit from, so I try to maintain a strong partnership with them,” Self said.

Self has also collaborated with the school district’s Project GRAD, for example. Future plans include using the Alaska Career Information System to help students start to think about career interests, whether that’s a four-year college, a technical or trade school, or another career opportunity.

“It’s the ‘it takes a village’ mentality,” Knight said.

Another part of the job involves outreach to families.

“Communicating with families is huge,” Self said.

Lori Spinka, whose sons have participated in NYCP, said the Tutor/Liaisons at Kenai Middle School reached out to let her know about the program. Her son Ben is now a freshman, and her other son, Canon, is in seventh grade.

Spinka said she participated in a similar program when she was a student at Kenai Central High School, and thought her sons could benefit from the opportunity. She said the two Tutor/Liaisons at Kenai Middle, Sarah Jones and Cherry Verkuilen, keep the students on task with their schoolwork, but also provide a positive atmosphere during the school day.

“My kids like them, and (like)
Daggeyi program provides career skills

Imagine having a chance to sample a wide range of career options while you’re still figuring out what you’d like to pursue when you finish high school.

That’s the opportunity Cheyenne Juliussen has as a participant in the Tribe’s Daggeyi internship program.

Daggeyi is the Dena’ina word for “hard work with others and cooperation.”

Juliussen, a high school sophomore, said she applied for the Daggeyi program to get a range of experiences. She recently completed a 10-week internship with Tribal Member Services, and started an internship at the Early Childhood Center. By working with several Tribal programs, interns are able to work in a number of different settings.

While in Tribal Member Services, she said she spent a lot of time filing paperwork. But she also gained a new skill — answering the phone in a busy department.

“I had to answer a lot of calls,” Juliussen said.

Juliussen said she’s shy, so learning phone skills was a challenge. But it also showed her the importance of the department — many callers, she said, were Tribal Members calling to update their addresses.

While the Daggeyi program provides interns with valuable workplace experience, they also work on setting goals for their future.

Since school started in late August, Juliussen said, she’s been meeting with Daggeyi Intern Supervisor Misty Klodt about once a week.

“We go over goals, and things I’ve done in the department I’m working in,” Juliussen said.

In fact, goal-setting, mentorship and support are important components of the Daggeyi experience.

“I make some (goals), and then I set new ones,” Juliussen said.

Discussions also include homework and academics, as well as goals for things Juliussen would like to accomplish outside of school.

At the Early Childhood Center, Juliussen will be helping with the after-school program. She’ll be serving up snacks, supervising play, and helping students with their homework — mostly reading, she said.

Juliussen has participated in other Tribal programs. She’s attended a Yaghanen Youth Program camp, and done some Native Youth Olympics and Jibala’ina Dance Group.

The Daggeyi program is open to youth ages 14 to 24. Opening are posted at the Careers page on the Tribe’s website, and prospective interns follow an application process, just as they would for other positions.

Daggeyi participants have pursued college as well as career training through their internships.

Juliussen said she’s thinking about college, but her internship has also shown her there are other options.

“It’s given me more ideas to think about my future, and what field I want to work in,” Juliussen said.

Cheyenne Juliussen is learning career skills in the Tribe’s Daggeyi internship program.

Cheyenne Juliussen

Woodhead said building that type of relationship is one of the goals of the program.

“When they ask kids that graduate about the things that helped, sometimes, it’s just one single person. If one of these tutors can be that person, then it’s a success,” Woodhead said.

School district partnership

Woodhead said the district initially approached the Tribe about partnering for the grant. The school district doesn’t have its own grant writer, so it seeks out partnerships where it sees a need.

For the NYCP grant, the focus was on sites that did not have support from Title VI Indian Education programs. The initial grant was for tutors at Kenai Middle, Ninilchik, Homer Middle and Seward Middle schools, but the grant was later amended to move a position from Seward Middle to provide a second position at Kenai Middle, which has one of the largest Alaska Native populations in the district.

One of the grant objectives — and one of the program’s early successes — has been to collaborate with the school district so that participants in Tribal programs can earn high school credit. By completing certain requirements, such as turning in a final project and completing a workbook, participants in the Construction Academy, Senior Fish Camp and Moose Camp can earn a half credit for an elective. Work is in progress to accredit the Susten Archaeology Camp as well.

“It’s a big deal that a kid can go to Moose Camp, or a kid can go to Fish Camp, or to Susten Camp, and if they want to, earn a half credit,” Knight said.

Recognizing that our programs meet the standards for the state and school district to get that credit, I think, is significant. It lays the foundation for getting credit for other things we do in our programs.

In addition to the drum building workshop, there already have been a number of family night activities, with the goal of hosting one each month. In September, the Native Pride Dancers visited Kenai, Ninilchik, Homer and Seldovia. Nicole Johnston, Alaska’s Native Youth Olympics head official, conducted workshops at Kenai Middle and Ninilchik, activities that have caught on with the Kenai Middle School physical education classes.

“It opens the eyes of students about why these games happened, and are still happening, the history behind them, and the values behind them. These are games that have been around for hundreds, if not thousands, of years,” Knight said.

The Tribe’s Yinihugheltani program has done suicide awareness and prevention workshops, and the program also sponsored a day trip to the Alaska Native Heritage Center in Anchorage.

At Kenai Middle, Jones and Verkuilen recruited Spinka’s mother, Cecelia Richard, to do a beading workshop for students. Participants in the workshop were mostly Alaska Native students.

“That they got to do that with my mom was awesome,” Spinka said.

Knight said the activities provide an opportunity to look at things from a Native perspective.

“We’re dealing with the things we all deal with, but in a very Native way,” Knight said.

At the drum building workshop, it was a series of group efforts as each student completed their instrument. One set of hands held skin or sinew in place, while another cut or tightened or tied. Spinka was pleased to see students engaged with the project and with their families.

“It’s huge,” she said. “I think that for these kids, it’s a really positive time for them.”

Brenda Blankenship helps her son Daniel web a drum as Daniel’s sister Brianna works on her drum.

DRUM, FROM P. 6

having that break with a kind teacher in their day,” Spinka said.

“… Canon, he likes (adults) any way, but if they weren’t as warm and caring, he wouldn’t want to be there. It’s definitely meant a lot to them.”

Woodhead said building that type of relationship is one of the goals of the program.

“When they ask kids that graduate about the things that helped, sometimes, it’s just one single person. If one of these tutors can be that person, then it’s a success,” Woodhead said.

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New program moves into new home

Early Head Start space dedicated

With a prayer, song, music and cookies, the new Early Head Start space was dedicated during a recent gathering.

“We’re so excited to start this much-awaited opportunity. To be able to move into this beautiful facility, it’s breathtaking,” said Diane Bernard, the Early Head Start coordinator.

The Early Head Start program, part of the Tribe’s Early Childhood Center, serves pregnant mothers, infants and toddlers from birth to age 3. The program is home-based, and home-visit teams work with families to build learning skills and design learning plans tailored to each child’s needs.

“It is our vision that by empowering parents as educators, it will in turn create resilience in our children, promote the development of Tribal culture, and build a self-sufficient, yet connected, community,” Bernard said.

The new space to house the Early Head Start program is in the basement of the Na’ini Family and Social Services building on the Dena’ina Wellness Center campus. Katie Watkins, Family and Social Services Director, described the old basement as a “dungeon,” and credited Royal Brown, Procurement Manager, as well as Architectural Drafter Kimberly Graham and contractor Marvin Schrock for transforming it into an open, inviting space.

“What we ultimately wanted was that the people who come in here will know that there’s love and there’s comfort and there’s really nice stuff — and they’re deserving of it, and it’s what they should expect everywhere they go,” Watkins said. “Some of the people who come in here are in some very difficult places in their lives, and so we wanted them to have the best they can.”

The new space includes a reception and work area, office space and a fellowship room. There are a number of custom touches, such as a built-in changing table in the restroom, and shelving and wood accents made with reclaimed wood from the old Libby, McNeill and Libby cannery.

“What I always like about projects is, is it what you wanted it to be when you’re done?” Brown said. “A lot of times with construction projects, it’s not. There’s a lot of compromise along the way. There’s things that you discover that you really can’t do.”

“I think this is exactly what we wanted it to be, down to every little detail. We’ll be using this facility in this way for a long time. A lot of what we built in to this has a lot of symbolism for the Tribe.”

The dedication ceremony opened with a prayer, drumming and song from George Holly, followed by remarks from Bernard, Watkins and Brown. Violinist Eddie Lee provided a rendition of “Minuet in G major” to close out the festivities.

“Winona LaDuke prays over a pitcher of Kenai River water that was shared, especially the Indian ice cream. “I’ve worked a lot in protecting local foods, so I’m very interested in eating well,” LaDuke said. “I like traditional foods.”

Winona LaDuke pays visit to Kenai

Well-known activist Winona LaDuke visited with the Tribe on a recent Saturday, enjoying a potluck lunch at Tytoks before giving a presentation at Kenai Peninsula College.

LaDuke was visiting Alaska to participate in the University of Alaska Anchorage’s Difficult Dialogues program. LaDuke gave four workshops and a presentation on climate change and resilience. As part of a collaboration between the university and the Municipality of Anchorage, LaDuke visited with UA faculty and city staff.

As an economist, LaDuke said she is interested in what a community will look like 15 or 20 years down the road.

“I’m interested in self-reliant economics,” LaDuke said. “I’m interested in how climate change needs to be figured in as you make your plan. I’ve worked in a number of communities, so most of what
On the central Kenai Peninsula, access to reliable transportation plays a key role in maintaining a good quality of life.

For Virginia Trenton, that’s where the Tribe’s transportation services come in. She’s able to get a ride from her Nikiski home into Kenai twice a week for physical therapy appointments at the De-na’ina Wellness Center.

Trenton doesn’t have a car or driver’s license. Her adult grandchildren help her with groceries and other errands, but they’re typically at work during the times her appointments are scheduled.

The Tribe’s transportation program was launched with a Federal Transit Administration grant in May of 2015. The program provides transportation for individuals enrolled in any of the Tribe’s programs. Those eligible for Medicaid-covered transportation are encouraged to use those services first, but the Tribe’s program fills the gap for un’ina, those who come to us, who fall outside that coverage. There is no fee for the Tribe’s service.

The program averages between 65 and 80 regular monthly riders, with most of them using the service several times each month. In fact, many Elders who use the transportation service do so three times a week.

Trenton said the transportation services give her one less thing to have to worry about. Transportation Coordinator Brandi Grimm works with most of the Tribe’s other departments to anticipate appointments and schedule rides. She also encourages un’ina to contact her if they have transportation needs.

“The drivers are all really nice,” Trenton said. “I use a cane, so it’s hard to get around. They help me in and out of the van and take me to my appointments.”

On Mondays, Wednesdays and Fridays, the program’s main focus is pick-up and drop-off of Elders for lunches. On Tuesdays and Thursdays, drivers concentrate on appointments and help with errands.

The program’s two current drivers both have commercial driver’s licenses. In addition, they have first-aid and CPR training, as well as Mandt conflict resolution training.

Drivers cover a large swath of territory, from Halbouty Road in Nikiski, to Scout Lake Road in Sterling, and Pollard Loop in Kasilof.

“I’m proud of our drivers,” Grimm said. “They do a very good job of caring for our passengers.”

Grimm says the need for transportation has been proven, and the program benefits other Tribal services. For example, un’ina are able to make it to their scheduled appointments at the De-na’ina Wellness Center, meaning staff there don’t have to manage around missed appointments or late arrivals.

For Trenton, being able to get where she needs to go simply means a better quality of life.

“Oh yes – very much so,” Trenton said of the program’s positive impact.

For more information on the transportation program, contact Transportation Coordinator Brandi Grimm at 907-335-7212.

Flu Season Is Here, Be Prepared and get a shot!

Flu shots available at the De-na’ina Wellness Center

To schedule an appointment Call 335-7500

GET YOUR FLU SHOT
Treating the body and the mind

Ian Koenig describes the ankle injury he sustained in July of 2016 like this: “Imagine every way you can break your ankle. I did it all at one time.”

After two years of physical therapy at the Dena’ina Wellness Center, Koenig says he’s to the point where he’s fine-tuning his ankle, and he credits much of his progress to the care he’s received from the Physical Therapy staff.

“I wouldn’t be as far along as I am without, first, physical therapy, but with Paul and Sabrina, their level of expertise and caring really made a difference,” Koenig said.

Koenig was referring to Physical Therapist Supervisor Paul Carlson and Physical Therapist Assistant Sabrina Royster.

Royster said the approach to physical therapy taken at the Dena’ina Wellness Center is different than in other clinics, and she believes it allows un’ina to progress in ways they might not at other facilities.

“We have been given the opportunity to approach our physical therapy in a more holistic way with the training that we’ve sought, which has to do with pain memory,” Royster said. “The body has pain memory, and there’s that psychological and emotional pain that happens with an injury that we have to take into account.”

Royster said that by working on the mind-body connection, the Physical Therapy staff is able to get further along with treatment.

“We have focused our training more on how the brain and memory work with the body, to allow strength instead of withholding strength,” Royster said.

and progress. Royster says she meets weekly with Carlson to go through the patient list. Beyond the weekly meetings, Royster said she can always poke her head into Carlson’s office, or if he’s not working with a patient he can come and take a look at someone she’s working with. That’s a big benefit of having the Physical Therapy offices and treatment rooms all in the same space, Royster said.

“We can step around the corner, knock on a door and get that feedback,” Royster said.

Koenig said he appreciates the team approach.

“They trust each other’s abilities and judgement for what’s best for me as a patient,” Koenig said. Rehabilitation his ankle hasn’t been easy. Koenig said that when he initially broke his ankle, he was concerned that he wouldn’t be able to fully participate in some of the outdoor activities he enjoys – hiking, fishing, hunting, even just walking.

“Basically, I was learning to teach my foot how to be a foot all over again,” Koenig said.

Over the past two years, the Physical Therapy staff have had Koenig doing a wide range of exercises to help him get his ankle back to where he wants it to be. Koenig was scheduled to have the metal hardware used to repair his joint removed from his ankle in November, after which he plans to spend more time with the Physical Therapy staff.

“I’ll be seeing Sabrina and Paul to see what else can be done to fix my foot,” Koenig said.

Koenig came to the Dena’ina Wellness Center specifically for his physical therapy. He said that while he was aware of some of the other programs and services offered at the Wellness Center, he was always “busy doing other things.”

“I never made time to utilize the programs that were provided,” Koenig said. “Now, I’m rearranging my schedule to make time for me to be over there.”

Koenig said he’s been amazed by the quality of care he’s received.

“Hopefully, people realize what an asset the Physical Therapy department is. It’s an amazing facility that can bring a lot more healing and wellness to people, and one that I think is underutilized,” Koenig said. “The team that I see there, with the way that team cares for people – that could be its own building.”
According to the Whole Grains Council (wholegrainscouncil.org), barley provides many health benefits:
• Controls blood sugar better than refined wheat bread;
• Lowers blood glucose (sugar) levels;
• Reduces blood pressure; and
• Lowers blood lipid levels.

Levels of cholesterol and visceral fat can decrease with the inclusion of barley in your diet. Barley slows digestion and may help with weight control. One cup of barley contains six grams of fiber; by comparison, one cup of cooked white rice contains 0.5 grams of fiber.

What’s cooking in your kitchen?
How do you warm up when it’s cold outside? The Counting Cord is looking for your favorite winter comfort food recipes to share in the January edition.
Have a recipe you’d like to share? Here’s how:
Email your recipe to hottopics@kenaitze.org.
Mail your recipe to Kenaitze Indian Tribe, Attn: Communications, 150 N. Willow St., Kenai, AK 99611. Please include a contact phone number in case we have questions.
Message us on Facebook @kenaitze.
Questions? Call 907-335-7608.

ALASKA BARLEY COUSCOUS LUNCH BOWL
The beauty of this recipe is that it’s so versatile. You can add almost any protein and any veggies to this healthy Alaska grown couscous.

Ingredients
1 cup Alaska Flour Company barley couscous
4 ounces grilled chicken, smoked salmon or salmon fillet
3/4 cup assorted vegetables, such as avocado, carrots, cucumbers, grilled zucchini, fresh or sautéed greens
1 ounce dressing, oil or vinegar (optional)
Blue cheese, goat cheese, or feta cheese (optional)

Directions
Prepare barley couscous according to package instructions. Build bowl by adding couscous first. Add vegetables, then protein, then cheese (if using) and drizzle any dressing on top.
Note: If packing for lunch, store dressing in an airtight container separate from the rest and drizzle on top just before eating.


BARLEY FLOUR BREAD
Ingredients
1 tbsp active dry yeast
2 tsp brown sugar, divided
1 cup warm water
2 cups barley flour
1 tbsp vegetable oil
1 tsp sea salt
1/3 cup garbanzo bean flour

Directions
Lightly oil a cookie sheet with nonstick spray and set aside. Place yeast in small bowl with ½ tsp brown sugar and ½ cup warm water. Put in a warm place to proof. Put remaining ½ cup warm water into a large mixing bowl, add 1 cup barley flour and mix vigorously. Add remaining 1-1/2 tsp brown sugar, oil, salt and mix well. Add softened yeast mixture and beat briskly, then add bean flour and enough remaining barley flour to make dough that can be kneaded. Shape into two round loaves and place on prepared cookie sheet; slash top of loaves diagonally across the tops. Let rise until doubled in bulk. Oil tops lightly, if desired, for more crispiness.
Preheat oven to 350 degrees F and bake for 1 hour using middle rack of oven. Remove from cookie sheet onto wire rack and cool.

Recipe courtesy of bobsredmill.com

BLUEBERRY BARLEY PANCAKES
Ingredients
1 cup barley flour
1 tsp baking powder
Pinch of salt
1 cup milk
1 large egg
1 tbsp canola/avocado oil
1 cup fresh or frozen blueberries
A few tbsp. of sugar

Directions
In a medium bowl, whisk together the barley flour, baking powder, and salt. Add in the milk, egg, and oil and whisk just until combined. Set a heavy skillet over medium-high heat, drizzle with oil and wipe it around the pan with a paper towel. Reduce the heat to medium-low, pour in about ¼ of the batter and cook until bubbles start to break through and the surface looks matte. Flip with a thin spatula and cook until golden on the other side. Repeat with remaining batter.
Meanwhile, simmer the berries and sugar until the berries pop and it looks saucy.
Serve pancakes warm, topped with berries.

Recipe courtesy of Dinner with Julie, www.dinnerwithjulie.com

November is National Diabetes Awareness Month. One way to improve health is to cook with whole grains, such as barley, instead of highly refined flours, such as the typical wheat flour found in many recipes.
The Big Picture

Our Mission
To assure Kahtnuht’ana Dena’ina thrive forever.

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

• **Family:** Honoring and sustaining health and happiness of family as a first responsibility
• **Stewardship:** Respectful use of land, resources and all creations
• **Spiritual Beliefs:** Acknowledging the existence of a higher power and respecting spiritual beliefs
• **Education:** Passing down cultural knowledge and traditions and supporting formal education

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

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

Addresses and phone numbers

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On the Web: kenaitze.org
On Facebook: facebook.com/kenaitze