

The Counting Cord

Nitnuqeyishi



March-April 2018

KENAITZE INDIAN TRIBE NEWSLETTER

Friendship, culture and wilderness

Yinihugheltani Program offering overnight summer youth camps

Alaska Native and American Indian youth who are interested in making friends, learning Dena'ina culture and gaining wilderness experience will soon have an opportunity to accomplish all three with the tribe.

The tribe's suicide prevention program, Yinihugheltani, will host three overnight, outdoor camps this summer. One is scheduled for May on dates yet to be determined. The others are July 17 to 18 in Ninilchik and July 23 to 30 at Denali National Park. There is no cost to attend, and gear is provided.

Program coordinator Audre Gifford said the camps will be structured to help youth develop in three core areas – behavioral health, culture and outdoor skills.

See **CAMP**, p. 4

Tribe now offering legal services

Program's goal is to improve health

The tribe recently launched a new service aimed at assisting people whose health has been affected by legal issues.

The program, called the Medical-Legal Partnership, makes an attorney available at no cost to people who receive care at the Dena'ina Wellness Center or other tribal programs. The attorney, Taylor Murphy, helps with issues relating to employment, housing, domestic violence, Elder abuse or neglect, benefits determination, and more.

"If you are having a civil legal issue that impacts any of these social or environmental factors and the program can help you resolve

See **SERVICES** p. 2



Yaghanen Youth Program Salamatof team's Judah Eason (foreground) and Joe Whitton try to possess the greased stick in the Indian stick pull event during Kenaitze's NYO Invitational in January.

'The kids are loving it'

Tribe hosts 2018 Native Youth Olympics Invitational

As a member of the Soldotna High School football and track and field teams, Christopher Edelman spends plenty of time running, jumping and stretching.

So when he registered for the 2018 Native Youth Olympics Invitational as a first-time participant, the question was if his agility would carry over.

And?

"It's nothing like it," Edelman

said, comparing his experiences. "I've never done anything like this before. I'm so sore."

The tribe's Yaghanen Youth Program hosted the three-day invitational in January as part of the Peninsula Winter Games, welcoming about 140 competitors from across Alaska.

Athletes competed in traditional indigenous events such as the one-foot high kick, wrist carry, stick

pull and seal hop. Teams included Kenaitze, Salamatof, Chickaloon, Seward and Ninilchik, among others.

Edelman, 16, participated out of curiosity and for a new experience. He said the events were more challenging than expected. His favorite was the one-foot high kick, which requires competitors to kick a small ball suspended in the air and land on one foot. Edelman placed fifth in his division with a high kick of 84 inches. The top mark was 98 inches.

But unlike many competitions, where success is measured in wins and losses, the Native Youth Olympics value sportsmanship above all. As a newcomer, Edelman appreciated the support.

"It was pretty helpful to get help from other people and learn how to do all of this," he said.

Fellow competitor Samuel Ticknor, a sophomore at East High School in Anchorage, has been competing in Native Youth Olympics activities for about two years. He got involved through his older sister, who was a participant before

See **OLYMPICS** p. 6



Samiel Wilson grimaces as he competes in the senior stick pull.

NOTE FROM THE EXECUTIVE DIRECTOR

The Kenaitze Indian Tribe’s mission is to assure that Kahtnuht’ana Dena’ina thrive forever. As they say, the “devil is in the detail,” meaning that something that sounds simple might take more time and effort to complete than expected. I prefer the original saying, “God is in the detail.” The idea of this



Bart Garber

phrase is that whatever someone does should be done thoroughly and with precision, that detail matters. The detail, or the reality of carrying out our mission, matters. Kenaitze Indian Tribe should take care to ensure our goals and strategies meet the real needs of our tribal members.

Managing a mission is a six-step process:

- Identify the mission by engaging tribal members and staff.
- Imagine what the mission will accomplish.
- Map a strategy and specific tactics to accomplish the mission and vision.
- Execute and monitor the mission and strategic plan.
- Engage tribal members to confirm that the mission and vision are effective (really impact tribal member lives) or require changes.
- Repeat the process.

The Tribal Council and staff must map out the mission and strategic plan while carrying out the day-to-day business of the tribe.

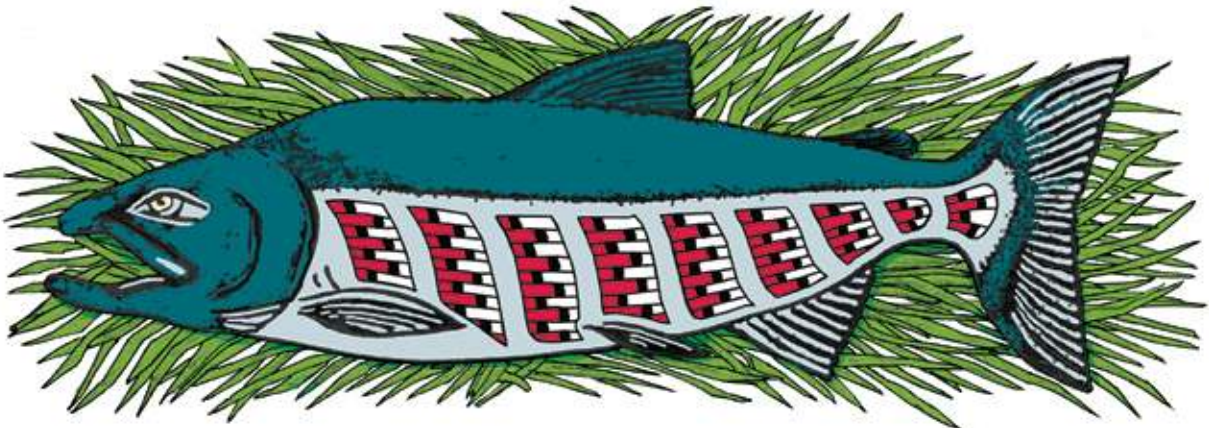
The tribe’s vision for the future imagines that we will pursue a tribal education system, unite in efforts with Native organizations and other governments, live our traditional values and practices, elevate the wellness of our people, promote resiliency of our tribal members in the face of life’s challenges, excel in all programs, empower tribal sovereignty, and ensure we are able to take care of ourselves and share with others.

The Tribal Council and staff is at the third stage of the mission-planning process. Broad strategic goals are identified, tactical objectives in each goal category are defined, and the details of a work plan for each objective are being crafted. Soon we will review the plan and prioritize actions to be taken depending on their impact on our mission and importance to our tribal members. All the while, we will check with tribal members to ensure we are accomplishing our vision: Improving the lives of our people. Kenaitze’s over 300 employees are engaged in carrying out our mission. These activities range from Native Youth Olympics to complex certification processes required to provide behavioral health services. Their dedication to the mission and tribal members is demonstrated on a daily basis.

The Tribal Council, 13 committees, two commissions, a tribal enterprise and a policy council all monitor and carry out higher level tasks of the tribe. Recently, the State of Alaska recognized the sovereignty and commitment of the tribe to Native families by contracting for protective social services with the Office of Child Services. The Federal Highway Administration chose a better route for the Sterling Highway bypass in Cooper Landing to avoid priceless Native cultural sites due to the tribe’s efforts. And just last week, the Tribal Council hired experts to help create a permanent tribal fishery. God is in the details. Heaven knows we will need his help.

Bart Garber
Bart Garber
Executive Director

FIRST FISH POTLATCH



Special celebration scheduled for May 4-5

The tribe will host a First Fish Potlach on Friday, May 4, and Saturday, May 5, at the tribal fishery site in Kenai. The special event will include drumming, singing and dancing.

Neighboring tribes and their members are invited to attend. Participants will be encour-

aged to bring food and there will be volunteer opportunities available. More information will be mailed to tribal members. For more details, please visit the tribe’s calendar at www.kenaitze.org. It will be updated as plans develop.

Opening of the net celebration set for May 1

The tribe will celebrate the official opening of the 2018 Educational Fishery with a gathering on Tuesday, May 1, at the fishery site. Start time is 11 a.m. The event will include remarks from tribal leadership, food

and time around the fire. The fishery site is located at the public beach-access point down Cannery Road in Kenai. Information about how to reserve a tide for the upcoming season has been mailed to tribal members.

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this issue, then your overall health can improve,” Murphy said.

Murphy began seeing un’ina, those who come to us, in December 2017.

Services range from basic consultations, to help with paperwork, to full legal representation in court or before an administrative agency.



Taylor Murphy

Generally, Murphy said, people over the age of 60 are eligible regardless of income. But priority is placed on Elders in social or economic need. Depending on the situation, people also can be eligible regardless of income. Murphy said that 60 percent of someone’s health is influenced by social and environmental factors such as income, access to health care, food, housing, education and safety. When a person struggles in one or more of these areas, their health is affected.

Get legal support

To make an appointment or receive additional information, contact Taylor Murphy at 907-335-7600. Murphy is located in the tribe’s Na’ini building at 510 Upland St. in Kenai.

“I think it’s important for people to understand that some of the frustrating things they are dealing with, like a bad landlord or being denied certain public benefits, can possibly be remedied by working with a lawyer,” Murphy said.

The Medical-Legal Partnership is a partnership between the tribe and AmeriCorps. Similar partnerships are in place to bring attorneys to five other locations across the Alaska.

Murphy, who earned a bachelor’s degree in criminal justice from Northeastern University in Boston and a juris doctor and master’s degree in environmental law and policy from Vermont Law School, encouraged people to utilize the program.

“There are major benefits for getting help with legal issues,” Murphy said.

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

jcrump@kenaitze.org
907-335-7204

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.



NOTE FROM THE COUNCIL CHAIRPERSON

Hello,
Winter is winding down and spring is just around the corner. 2018 has been very busy for your Tribal Council. The Council started the year with a strategic planning session with all directors and tribal administrators.

Your Council is focusing on national, state and local issues and being more involved with official Council representation. Diana Zirul has been appointed by the Alaska Native Health Board to serve as the primary representative to the Indian Health Service Tribal Self-Governance Advisory Committee for the Alaska region. The Council has nominated Bernadine Atchison to serve as the Alaska representative to the National Indian Education Association. Clinton Lageson was appointed to the National Congress of American Indians and is seated as an Alaska Alternate Vice President area representative.

The Council has authorized work on a permanent tribal fishery program. Bernadine Atchison just signed the Support Services Funding Agreement with the State of Alaska's Office of Children's Services pursuant to the Alaska Tribal Child Welfare Compact.

Bernadine Atchison and Clinton Lageson have been working on the Sterling Highway Mile 45-60 Project and are negotiating



Wayne Wilson Jr.

terms of the programmatic agreement. This project has afforded the tribe many new opportunities of partnership with other agencies.

The Court Code Committee has forwarded a Judicial Code of Conduct to the Council for approval at its March meeting. Once approved, the Council will establish a Judicial Review Board that will consist of a Council member, Chief Judge and two at-large tribal

members. An announcement will be made in the near future seeking interested tribal members to serve on the Judicial Review Board.

In accordance with the Election Ordinance, the Election Board is appointed each year by the second Friday in May. Tribal members who are interested in serving as members of the Election Board are encouraged to submit letters of interest between March 1 and March 31. Appointments to the Election Board will occur at the April Council meeting.

Your Council is planning a Potlatch for this spring on May 4 and 5 and hopes to see you all there.

Sincerely,

Wayne Wilson Jr.

Wayne Wilson Jr.
Tribal Council Chairperson

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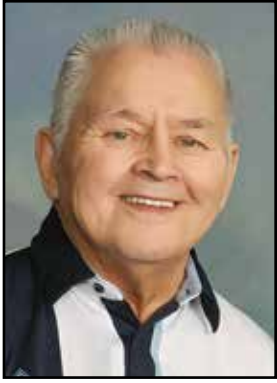
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Tribe seeks committee, commission members

Are you interested in getting more involved with the tribe? The tribe is accepting applications for vacancies on some committees and commissions. These groups, which typically meet monthly or quarterly, help inform and guide decisions made by the Tribal Council. Committee and commission members receive meeting stipends.

For an application or more information, contact Flora Olrun at 907-335-7246 or at folrun@kenaitze.org.

Election Board vacancy

The tribe is seeking letters of interest from tribal members interested in serving on the Election Board. The board regulates the conduct of all tribal elections, including those initiated by petition, and the resolution of election disputes.

Contact Flora Olrun at 907-335-7246 or at folrun@kenaitze.org for details.

Kenaitze Indian Tribe Committees and Commissions

- Finance Committee
- Constitution Committee
- Court Code Committee
- Education Committee
- Elders Committee
- Election Board
- TERO Commission
- Enrollment Committee
- Health Committee
- Hunting, Fishing and Gathering Commission
- Land Committee
- Traditional Healing Committee
- Policy, Ordinances and Procedures Committee
- Kenaitze/Salamatof Tribally Designated Housing Entity
- Kenaitze Early Childhood Center/Head Start Policy Council

Quarterly membership meeting set for April 14

The next quarterly membership meeting is scheduled for 10 a.m. to 2 p.m. Saturday, April 14 at the Dena'ina Wellness Center. Discussion items were not available when the Counting Cord went to press, but they will be posted to the tribal calendar at www.kenaitze.org.

At the most recent membership meeting, on Jan. 20, conversation focused on dual enrollment, strategic planning and amendments to the tribe's Constitution. For meeting minutes, please contact the Tribal Government Office at 907-335-7200.



Yinihugheltani campers spent time in Tutka Bay, near Homer, on their last excursion.

CAMP, from p. 1
“That’s our goal, to support the kids in those three different ways,” Gifford said.
Yinihugheltani hosted two similar camps this winter. The first was a yurt-camping trip to Tutka Bay near Homer. The second was a tent-camping and hiking adventure to Grewingk Glacier, also near Homer.
During the camps, youth par-

ticipated in talking circles, listened to traditional Dena’ina stories, learned about Dena’ina spirituality and discussed family values, Gifford said.
The Ninilchik camp in July is a partnership with the Ninilchik Village Association and will be geared toward middle school students.
The Denali excursion is a partnership with Alaska Geographic and will be open to high school

Yinihugheltani camps

- May – dates, location to be determined
- July 17-18 – Ninilchik, open to middle school students and others
- July 23-20 – Denali, open only to high school students

Camps are open to Alaska Native and American Indian youth. No cost to attend. Gear provided. To learn more, please contact Audre Gifford at 907-335-7335 or agifford@kenaitze.org.

students.
Gifford said the program hopes to host one camp every two months. It also will host day hikes each Friday beginning in late-May.
“We are really wanting to pull in more kids who might be interested,” Gifford said.

Start your Kenaitze career

Join a family-friendly, innovative work environment offering a range of career paths. Professional opportunities include medical, administrative, education and more.

Visit our careers page at www.kenaitze.org for current openings and detailed job descriptions.

Medical, Dental, Life Insurance
Paid Time Off • Holidays
Extended Sick Leave • 401(K)

For more information, contact our recruiting office at **907-335-7200**



Staff for a day

Job shadow students learn about Kenaitze careers

On a Wednesday morning in February, dozens of preschoolers filed into the Early Childhood Center and began their daily routine, enjoying breakfast and play time.

Scattered among them were two extra students, older pupils, also there to learn but for different reasons.

The visitors were there as part of Job Shadow Day, an annual event organized by the Kenai Chamber of Commerce, Alaska Job Center, Kenai Central High School and area businesses. Job Shadow Day gives high school students a chance to gain hands-on experience as they consider career paths.

Alexis Erlich and Yareth Santana, juniors at Kenai Central, chose the Early Childhood Center because they are interested in becoming preschool teachers.

“It seems fun to work with kids,” said Erlich, a Kenaitze tribal member.

Added Santana: “I wanted to be with the kids because I think they are fun people to be around.”

Erlich and Santana observed and interacted with the students

throughout the morning.

Erlich spent time reading to the children. Santana also took a turn reading, and even bundled up and joined the students outside on the playground.

The preschoolers also made pizza and learned how to do the stick pull, a Native Youth Olympics event that requires strength and balance.

“It’s been fun, more fun than I thought it was going to be,” Santana said.

Both Erlich and Santana said their interest in teaching stemmed in part from being older siblings. Erlich has a 5-year-old brother, and Santana is the oldest of four children.

They also agreed that the

Launch your Kenaitze career

Interested in working for Kenaitze? The tribe offers a wide range of career paths, including social services, education, health, administration, and more. For a list of current openings or more information, visit www.kenaitze.org/careers.



Kenai Central High School junior Alexis Erlich, left, and Yareth Santana, third from left, work with young people at the Early Childhood Center during the school’s annual Job Shadow Day. The Kenai Chamber of Commerce and Alaska Job Center host the event each year to give students the opportunity to learn more about careers they are interested in.

chance to help kids makes teaching an appealing profession.

And the trickiest part of working with youngsters?

“Knowing what to do when they cry,” Santana said. “And not panicking.”

Teresa Smith, administrator of the Early Childhood Center, explained the center’s policies and procedures to Erlich and Santana. She also reviewed the tribe’s organizational structure to show them the career paths available at the

tribe.

Smith said Erlich and Santana were engaged, willing to learn and had good questions.

“These two young ladies I think really enjoyed their time,” Smith said. “I heard lots of compliments from the staff about how they interacted with the children and got in there and weren’t afraid to participate. That shows me that they did get something out of it.”

Spread the Love

Help us feed the hungry!

Seeking jars of peanut butter and jelly for the Kenaitze food cache

Please drop off items at the tribe’s Na’ini building 510 Upland St. in Kenai





Kenaitze's Jenna Yeoman seal hops down the gym floor during the final day of the tribe's Native Youth Olympics Invitational in January.

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she graduated high school.
Ticknor's preferred events are the two-foot high kick, Alaskan high kick and seal hop. He practices during summer and participates in an after-school program that incorporates Native Youth Olympics throughout the school year.
Yet the competition is not what inspires Ticknor, 15, to participate.
"My favorite part is meeting the people and good sportsmanship," Ticknor said.
Head official Nicole Johnston, an Alaska Sports Hall of Fame inductee, said her favorite part of the Native Youth Olympics is meeting athletes and seeing them develop over the years.
The friendships and camaraderie,

she added, make the event unique.
"That's why I come, that's why I'm here," Johnston said.
The tribe's Yaghanen program fields junior and senior Native Youth Olympics teams, ranging from elementary age to high school. It's been a busy season for the program.
In February, the junior team competed at a statewide competition in Anchorage. The senior squad will compete at state in April. The teams also have competed at invites hosted by the Seward and Chickaloon teams.
"It's been really good," said Michael Bernard, Yaghanen administrator. "The kids have been loving it."
As for Edelman, the newcomer, will he return in 2019?
"Oh, yeah, definitely," he said.



Kenaitze's Emilee Wilson floats above the floor during the two-foot high kick competition.



Kya Ahlers and Judah Eason, right, carry Savanna Wilson in the wrist carry event.

2018 Native Youth Olympics Invitational
Jan. 26 to 28
Kenai Middle School

One-foot high kick

Junior girls
1. Emilee Wilson, Kenaitze, 74 inches; 2. Robin Cronin, Seward, 72 inches; 3. Athena Johnson, Knik Elementary, 69 inches; 4. Nora Andrews, Seward, 56 inches; 5. Jalyn Yeoman, Kenaitze, 52 inches.

Junior boys
1. William Wilson, Kenaitze, 77 inches; 2. Ceiony Allen, Ninilchik, 69 inches; 3. Laramie Gibson, Chickaloon, 61 inches; True McGovern, Team McGovern, 52 inches (1 miss); 5. Onyx Allen, Ninilchik, 52 inches (2 misses).

Senior girls
1. Trillium Kell, Chickaloon, 77 inches; 2. Kya Ahlers, Kenaitze, 76 inches; 3. Auna Reed-Lewis, Chickaloon, 74 inches; 4. Lydia Alverts, Chickaloon, 70 inches; 5. Savanna Wilson, Kenaitze, 67 inches.

Senior boys
1. Judah Eason, Salamatof, 98 inches; 2. Tommy Cronin, Seward, 96 inches; 3. Gene Smallwood, Alaska Native Heritage Center, 92 inches; 4. Eli Rivera, Chickaloon, 84 inches (2 misses); 5. Christopher Edelman, KPNYL, 84 inches (4 misses).

One-hand reach

Senior girls
1. Trillium Kell, Chickaloon, 50 inches; 2. Misty May Agoff, Chickaloon, 47 inches; 3. Kya Ahlers, Kenaitze, 46 inches; 4. Auna Reed-Lewis, Chickaloon, 42 inches; 5. Makala Whittom, Salamatof, 42 inches (1 miss).

Senior boys
1. Judah Eason, Salamatof, 55 inches; 2. Joe Whittom, Salamatof, 50 inches (1 miss); 3. Brennon Slats, KPNYL, 50 inches (2 misses); 4. (tie) Eli Rivera, Chickaloon, 47 inches; 4. (tie) Porter Rockwell, Seward, 47, inches.

Two-foot high kick

Junior girls
1. Emilee Wilson, Kenaitze, 62 inches; 2. Athena Johnson, Knik Elementary, 56 inches; 3. Nora Andrews, Seward, 46 inches; 4. Robin Cronin, Seward, 44 inches; 5. Kiana Kroto, Chickaloon, 40 inches.

Junior boys
1. William Wilson, Kenaitze, 66 inches; 2. True McGovern, Team McGovern, 46 inches; 3. Onyx Allen, Ninilchik, 42 inches; 4. Oliver Trobaugh, Seward, 38 inches (2 misses at 38 inches); 5. Tiernan McGovern, 38 inches (2 misses at 34 inches).

Senior girls
1. Misty May Agoff, Chickaloon, 60 inches (1 miss); 2. Kya Ahlers, Kenaitze, 60 inches (2 misses); 3. Trillium Kell, Chickaloon, 58 inches (2 misses); 4. Auna Reed-Lewis, Chickaloon, 58 inches (3 misses); 5. Liela Kell, Chickaloon, 54 inches (2 misses).

Senior boys
1. Gene Smallwood, Alaska Native Heritage Center, 84 inches; 2. Judah Eason, Salamatof, 68 inches; 3. Nick Valenza, Seward, 63 inches; 4. Esteban Harrison, Chickaloon, 63 inches (1 miss); 5. Samuel Ticknor, Alaska Native Heritage Center, 58 inches.

Alaskan high kick

Junior girls
1. Emilee Wilson, Kenaitze, 55 inches; 2. Robin Cronin, Seward, 52 inches; 3. Athena Johnson, Knik Elementary, 48 inches; 4. Nora Andrews, Seward, 48 inches (1 miss); 5. Jenna Yeoman, Kenaitze, 44 inches.

Junior boys
1. William Wilson, Kenaitze, 54 inches; 2. True McGovern, Team McGovern, 42 inches (3 misses); 3. Laramie Gibson, Chickaloon, 42 inches (4 misses); 4. Wade Benjamin, Seward, 42 inches (5 misses); 5. Tiernan McGovern, Team McGovern, 38 inches.

Senior girls

1. Misty May Agoff, Chickaloon, 68 inches; 2. Trillium Kell, Chickaloon, 62 inches; 3. Leila Kell, Chickaloon, 60 inches; 4. Auna Reed-Lewis, Chickaloon, 57 inches; 5. Tierra McGovern, Team McGovern, 56 inches.

Senior boys
1. Judah Eason, Salamatof, 81 inches; 2. Gene Smallwood, Alaska Native Heritage Center, 74 inches; 3. Tommy Cronin, Seward, 70 inches; 4. Eli Rivera, Chickaloon, 66 inches; 5. Jordan Hettrick, Chickaloon, 64 inches.

Arm pull

Junior girls
1. Addy Ange, Chickaloon; 2. Robin Cronin, Seward; 3. Jalyn Yeoman, Kenaitze; 4. Aurelia Zimin, Chickaloon; 5. Laura Banger, Salamatof.

Junior boys
1. Ceiony Allen, Ninilchik; 2. Tiernan McGovern, Team McGovern; 3. Oliver Trobaugh, Seward; 4. Gabe Loyd, Chickaloon; 5. Laramie Gibson, Chickaloon.

Eskimo stick pull

Junior girls
1. Addy Ange, Chickaloon; 2. Robin Cronin, Seward; 3. Taylor Rickard, Ninilchik; 4. Emilee Wilson, Kenaitze; 5. Jenna Yeoman, Kenaitze.

Junior boys
1. William Wilson, Kenaitze; 2. Ceiony Allen, Ninilchik; 3. Tiernan McGovern, Team McGovern; 4. True McGovern, Team McGovern; 5. Wade Benjamin, Seward.

Senior girls
1. Tierra McGovern, Team McGovern; 2. Denali Bernard, Salamatof; 3. Savanna Wilson, Kenaitze; 4. Pricilla Stoltz, Seward; 5. Kya Ahlers, Kenaitze.

Senior boys
1. Esteban Harrison, Chickaloon; 2. Judah Eason, Salamatof; 3. Samiel Wilson, Kenaitze; 4. Christopher Edelman, KPNYL; 5. Jakob Harrison, Chickaloon.

Indian stick pull

Junior girls
1. Mylee Yeoman, Kenaitze; 2. Charity Gordon, Homer; 3. Robin Cronin, Seward; 4. Taylor Whittom, Salamatof; 5. Emilee Wilson, Kenaitze.

Junior boys
1. Dakota Butler, Salamatof; 2. Oliver Trobaugh, Seward; 3. Laramie Gibson, Chickaloon; 4. Ceiony Allen, Ninilchik; 5. Frank Rabbit, Kenaitze.

Senior girls
1. Hanna Wilson, Kenaitze; 2. Leila Kell, Chickaloon; 3. Kya Ahlers, Kenaitze; 4. Savanna Wilson, Kenaitze; 5. Lydia Alverts, Chickaloon.

Senior boys
1. Andrew Wilson, Kenaitze; 2. Eli Rivera, Chickaloon; 3. Samiel Wilson, Kenaitze; 4. Tommy Cronin, Seward; 5. Joe Whittom, Salamatof.

Kneel jump

Junior girls
1. Robin Cronin, Seward, 25 ½ inches; 2. Emilee Wilson, Kenaitze, 21 ¾ inches; 3. Jenna Yeoman, Kenaitze, 20 ½ inches; 4. Jalyn Yeoman, Kenaitze, 19 ¾ inches; 5. Nora Andrews, Seward, 19 inches.

Junior boys
1. William Wilson, Kenaitze, 27 ¼ inches; 2. True McGovern, Team McGovern, 23 inches; 3. Laramie Gibson, Chickaloon, 21 ½ inches; 4. Phillip Trobaugh, Seward, 16 inches; 5. Tiernan McGovern, Team McGovern, 14 ¾ inches.

Senior girls
1. Kya Ahlers, Kenaitze, 36 ¾ inches; 2. Misty May Agoff, Chickaloon, 33 inches; 3. Tierra McGovern, Team McGovern, 32 inches; 4. Trillium Kell, Chickaloon, 30 ½ inches; 5. Pricilla Stoltz, Seward, 29 ¾ inches.

Senior boys
1. Tommy Cronin, Seward, 38 ¾ inches; 2. Nick Valenza, Seward, 37 ¼ inches; 3. Eli Rivera, Chickaloon, 33 ½ inches; 4. Christopher Edelman,

KPNYL, 33 ¼ inches; 5. Levi Rickard, Ninilchik, 33 inches.

Scissor broad jump

Junior girls
1. Robin Cronin, Seward, 23 feet, 3 inches; 2. Emilee Wilson, Kenaitze, 22 feet, 3 ¼ inches; 3. Athena Johnson, Knik Elementary, 19 feet, 3 ¼ inches; 4. Taylor Rickard, Ninilchik, 19 feet, 1 ¼ inches; 5. Nora Andrews, Seward, 18 feet, 10 ¼ inches.

Junior boys
1. Ceiony Allen, Ninilchik, 22 feet, 4 ½ inches; 2. Laramie Gibson, Chickaloon, 19 feet, 2 ½ inches; 3. Elio Stuiwe, Salamatof, 18 feet, 9 ¾ inches; 4. Tiernan McGovern, Team McGovern, 18 feet, 7 ½ inches; 5. Onyx Allen, Ninilchik, 17 feet, 10 ¼ inches.

Senior girls
1. Auna Reed-Lewis, Chickaloon, 23 feet, 7 ½ inches; 2. Leila Kell, Chickaloon, 23 feet, 3 ¾ inches; 3. Trillium Kell, Chickaloon, 22 feet, 1 ¾ inches; 4. Pricilla Stoltz, Seward, 21 feet, 11 ½ inches; 5. Lydia Alverts, Chickaloon, 21 feet, 8 ½ inches.

Senior boys
1. Judah Eason, Salamatof, 30 feet, 11 ¼ inches; 2. Gene Smallwood, Alaska Native Heritage Center, 28 feet, 8 inches; 3. Tommy Cronin, Seward, 28 feet, 2 ½ inches; 4. Samuel Ticknor, Alaska Native Heritage Center, 26 feet, ¼ inch; 5. Zhon Hess, Ninilchik, 25 feet, 5 ½ inches.

Seal hop

Junior girls
1. Emilee Wilson, Kenaitze, 85 feet, 11 ½ inches; 2. Jalyn Yeoman, Kenaitze, 50 feet, 1 ½ inches; 3. Kiana Kroto, Chickaloon, 48 feet, ½ inch; 4. Mariah Kroto, Chickaloon, 43 feet, 4 ½ inches; 5. Nora Andrews, Seward, 42 feet, 2 inches.

Junior boys
1. Olin Litemark, Seward, 56 feet, 3 inches; 2. Phillip Trobaugh, Seward, 55 feet, 9 ¾ inches; 3. James Wardlow, Seward, 52 feet, 2 ½ inches; 4. Onyx Allen, Ninilchik, 48 feet, 8 ¾ inches; 5. Ceiony Allen, Ninilchik, 43 feet, 5 inches.

Senior girls
1. Trillium Kell, Chickaloon, 93 feet, 9 ¼ inches; 2. Leila Kell, Chickaloon, 72 feet, 2 inches; 3. Kya Ahlers, Kenaitze, 68 feet, 4 ¼ inches; 4. Misty May Aoff, Chickaloon, 61 feet, 7 ½ inches; 5. Ava Dickson, Seward, 58 feet, 8 inches.

Senior boys
1. Judah Eason, Salamatof, 53 feet, 1 ¾ inches; 2. Christopher Edelman, KPNYL, 52 feet, 2 ¼ inches; 3. Eli Rivera, Chickaloon, 48 feet, 11 ¼ inches; 4. Gene Smallwood, Alaska Native Heritage Center, 48 feet, 3 ¼ inches; 5. Joe Whittom, Salamatof, 23 feet, 3 ¼ inches.

Wrist carry

Junior girls (seconds)
1. Kiana Kroto, Chickaloon, 20.17; 2. Jalyn Yeoman, Kenaitze, 13.21; 3. Mylee Yeoman, Kenaitze, 12.29; Jenna Yeoman, Kenaitze, 10.32; 5. Mariah Kroto, Chickaloon, 7.73.

Junior boys (seconds)
1. Olin Litemark, Seward, 21.38; 2. Dakota Butler, Salamatof, 19.8; 3. William Wilson, Kenaitze, 17.9; 4. Isiah Kroto, Chickaloon, 13.0; Aidan Fry, Chickaloon, 12.7.

Senior girls (distance)
1. Savanna Wilson, Kenaitze, 55 feet, 10 inches; 2. Leilla Kell, Chickaloon, 40 feet, 6 inches; 3. Misty May Agoff, Chickaloon, 21 feet; 4. Auna Reed-Lewis, Chickaloon, 11 feet, 7 inches; 5. Trillium Kell, Chickaloon, 6 feet, 11 inches.

Senior boys (distance)
1. Andrew Wilson, Kenaitze, 165 feet, 8 inches; 2. Eli Rivera, Chickaloon, 140 feet, 8 ½ inches; 3. Judah Eason, Salamatof, 125 feet, 10 ¼ inches; 4. Christopher Edelman, KPNYL, 87 feet; 5. Elijah Gordon, Homer, 83 feet, 10 inches.



Larry Yazzie, of the Minnesota-based Native Pride Dancers, helps lead Native Youth Olympics participants and members of the crowd in a Circle Dance during the Native Youth Olympics Invitational at Kenai Middle School in January.

Native Pride Dancers deliver exciting show

Visiting group helps raise funds for Yaghanen Youth Program

For a night, the intensity and energy of the 2018 Native Youth Olympics Invitational was as palpable away from the competition as it was during it.

The Minnesota-based Native Pride Dancers, who perform across the world and are known for delivering up-tempo shows, took the stage at Kenai Central High School.

About 230 people attended the show, the group's first in Alaska.

"Above my expectations," said Larry Yazzie, the group's founder. "I thought the crowd was really into it. Usually when we go to a community that we've never been to before, they are kicking back. But this crowd was really, really into it from the beginning."

And rightfully so.

The Native Pride Dancers performed at the 1996 Summer Olympic Games and 2013 Macy's Thanksgiving Day Parade. The group also has headlined events at the Smithsonian National Museum and Kennedy Center.

In Kenai, the dancers incorporated traditional regalia, music, singing and dancing into a high-energy show.



"It was just a very, very beautiful experience all together," Yazzie said.

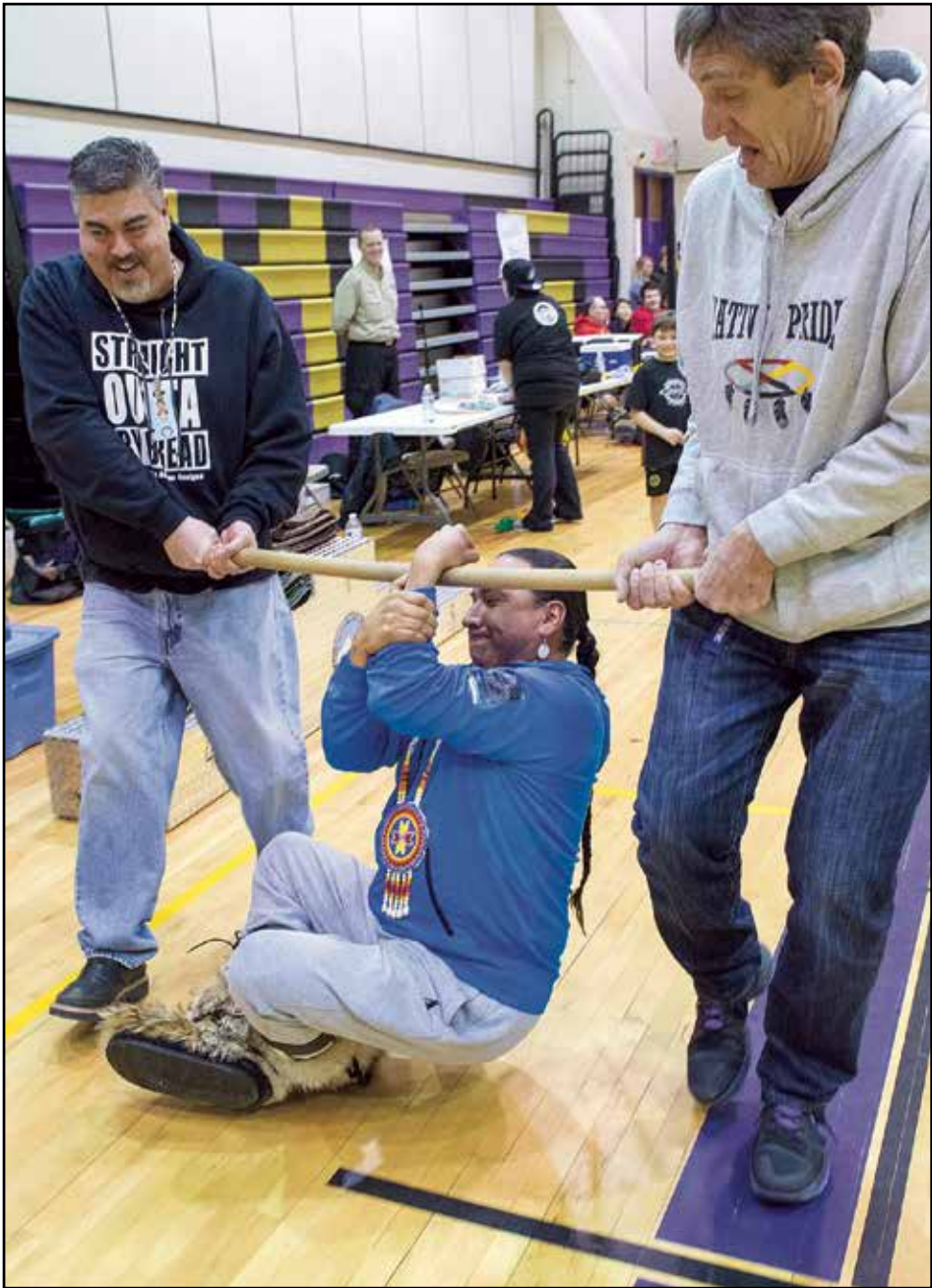
During their visit, group members also toured the community and took in local sites.

They visited the Kenai River, captured photos and enjoyed scenery during a flight from Anchorage to Kenai.

On the final day of the competition, they even tried their hand in a couple events.

Yazzie attempted the wrist carry and the stick pull.

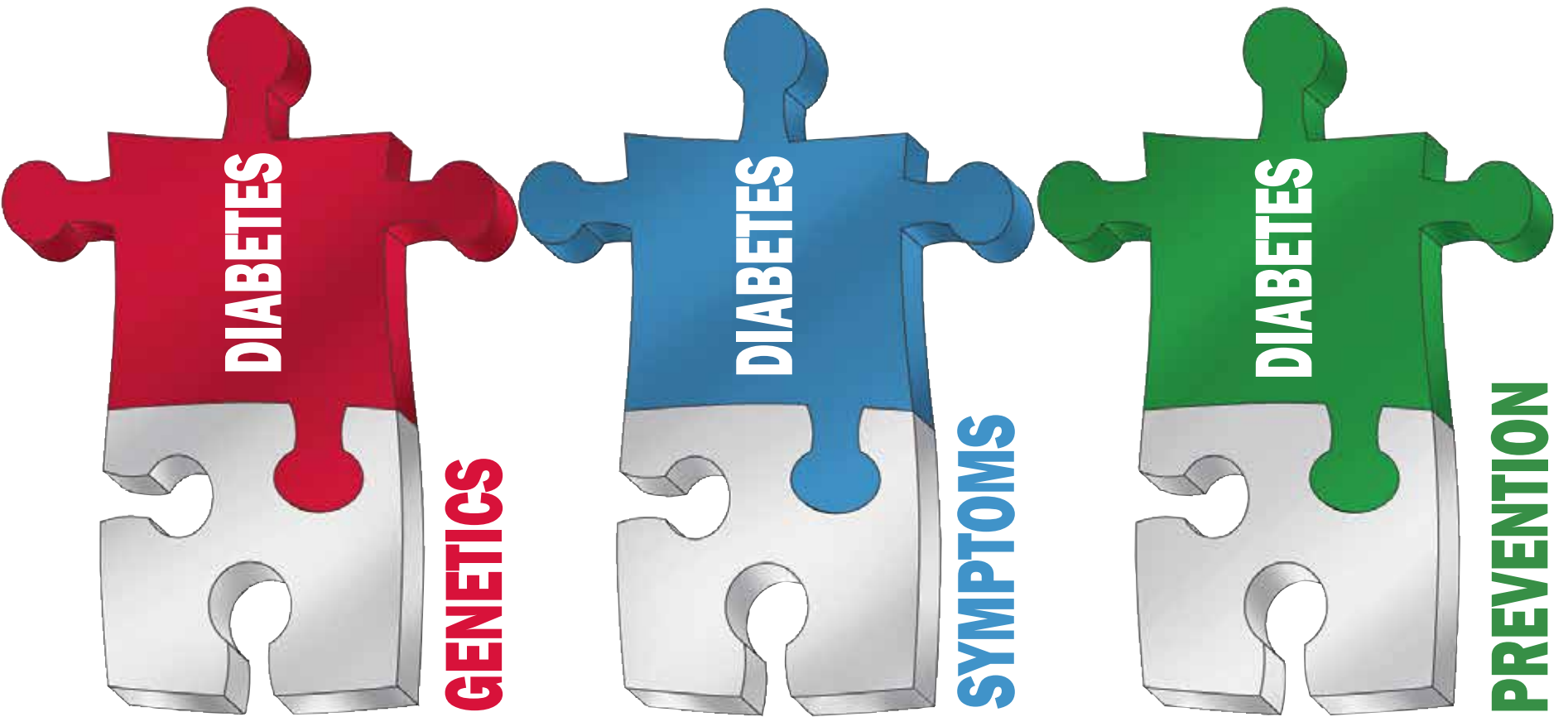
"We love seeing other indigenous communities' events," he said. "I think it's really important to support each other's culture because culture is who we are, it's what our people are made of – our beautiful culture, our language, our ceremonies, and special events like this."



Above, Michael Bernard and Steve Widmer give Larry Yazzie of the visiting Native Pride Dancers a chance to try the wrist carry event during the tribe's Native Youth Olympics Invitational in January. At left, the group performed in regalia rich with meaning.

Yaghali Nusdlan

He or she got well



Dena’ina Wellness Center announces new class



Candice Elias, Bessie Phillip, Levi Sutton and other staff at the Dena’ina Wellness Center will be participating in a new diabetes prevention program starting in March.

The tribe’s Diabetes Prevention Program will soon offer a new class for people hoping to prevent or delay the onset of Type 2 diabetes.

A kickoff meeting is scheduled for noon Thursday, March 29 at the Dena’ina Wellness Center. Participants will receive a fitness evaluation, undergo body composition testing, learn about the class format, meet classmates, and receive learning materials.

The class, being hosted by the tribe’s Wellness Department, will meet weekly at noon Thursdays. During summer and fall, scheduling will be flexible to accommodate subsistence activities such as fishing and harvesting.

There is no cost to attend. “We are still recruiting and would love to have more people participate,” said Deb Nyquist, Wellness Director.

Class participants will gain direct access to a dietitian, fitness instructors and other wellness experts. The course will focus on a wide range of healthy lifestyle habits, including diet and exercise.

Nyquist encouraged people who are looking to lose weight or improve lab results to contact the program for more information.

“It’s going to be fun,” Nyquist said. “People are going to develop great relationships with staff and other class participants who are pursuing health goals.”

DIABETES PREVENTION PROGRAM

What you need to know
When: Noon Thursdays; kickoff meeting March 29
Where: Dena’ina Wellness Center
What: Learn healthy lifestyle habits to help prevent or delay Type 2 diabetes
Contact: Deb Nyquist, 907-335-7580



Snow covers the canopy above as participants plants wild seeds during a workshop in the tribe’s new greenhouse in January. The event was the first in the new structure, located on the Dena’ina Wellness Center campus in Old Town Kenai.

Let the planting begin

Tribe opens new greenhouse in Old Town Kenai

For thousands of years across Yaghanen, the good land, De-na’ina people have harvested wild plants for food and medicine. Now, thanks to a new project, some of those plants will soon sprout up in Old Town Kenai.

The tribe opened the doors to a 2,160-square-foot greenhouse in January, hosting a wild seed planting workshop for tribal and community members. The event marked the first use of the greenhouse, which is located next to Tribal Court near the Dena’ina Wellness Center.

The greenhouse will be available to tribal and community members and used by numerous tribal programs, including the Wellness Department and Tyotkas Elder Center. Educational classes, health-related activities and harvesting events are among the ways the structure will be utilized.

Other than some final details, such as raising the planting beds, the greenhouse is ready for use.

“There will be increasing opportunities to use the greenhouse as spring and summer continue,” said Deb Nyquist, Wellness Director.

During the January workshop, participants huddled inside the new facility as temperatures outside plunged toward zero. They learned about medicinal and nutritional benefits of wild plants and received tips on gardening.

Equipped with bags and jars of seeds, the group planted nettles,

chives, wormwood and more. After the seeds had been placed atop fresh soil, participants took the soil outside and covered it in snow for insulation and protection from the wind.

Youth tribal member Jasmine Koster read in Dena’ina and translated to English. She described the seasons in a year and Dena’ina people planting seeds.

“I wanted to show my respect for the language and the environment,” Kostner said. “It’s really important.”



ABOVE Wild seeds were collected last summer.

LEFT Planters with the seeded dirt were buried in snow outside so that they can sprout and grow naturally once spring arrives.

Cooking with Kenaitze: wild plants

For thousands of years, Dena’ina people have hunted and gathered food across Yaghanen, the good land. From moose to salmon to wild berries, food harvested from the land is important to Dena’ina life. Cooking with Kenaitze highlights ingredients and recipes relevant to Dena’ina culture. This time, with spring approaching, we focus on the wild plant nettles, *qilch’exa*, “that which stings.”

STEAMED NETTLES *QILCH’EXA*, “THAT WHICH STINGS”

Ingredients
4 cups fresh nettles, chopped
Boiling water
½ cup grated parmesan cheese

Instructions
Place nettles in steamer basket over boiling water. Cook three to five minutes. Top nettles with parmesan cheese and serve immediately. Serves two. Try it as a side with fish!

Handling tips
Wear gloves when harvesting. Only eat young plants, as older plants contain gritty particles that can be an irritant. Nettles can be dried and stored for later use in soups and other recipes. Nettles also can be steamed and frozen, but it is best when young buds and leaves are steamed or boiled fresh.

Chiqinik, thank you, to wellness consultant Tia Holley for this recipe and information.

NETTLES SOUP

Ingredients
1 pound stinging nettles
2 teaspoons salt
1 tablespoon olive oil
1 white onion, diced
¼ cup basmati rice
4 cups chicken broth
Salt and pepper to taste

Instructions
Bring a large pot of water to a boil with two teaspoons of salt. Drop in nettles and cook one to two minutes. Drain in a colander and rinse with cold water. Trim off any tough stems, then chop coarsely. Heat olive oil in a saucepan over medium-low heat and stir in onion. Cook until the onion is soft and translucent, about five minutes. Stir in the rice, chicken broth and nettles. Bring to a boil then reduce heat to medium-low, cover, and simmer until rice is tender, about 15 minutes. Puree the soup with an immersion blender and season to taste.

Mumps outbreak hits Alaska

Already experiencing one of the worst flu seasons in years, Alaska now faces a mumps outbreak.

More than 200 confirmed and several more probable cases had been reported to the Alaska Department of Health and Social Services as of February, said Christine Malone, infection control and employee health specialist at the Dena’ina Wellness Center.

The state issued a public health advisory Feb. 21 encouraging Alaskans to get vaccinated.

“Any Alaska resident who would like to have additional protection against mumps during the current outbreak may receive a third dose of MMR vaccine if it has been at least five years since their second dose,” the advisory said.

Malone said that those who receive care at the Dena’ina Wellness Center should speak with a nurse to determine if they are a good candidate for a vaccination.

Vaccines are available at the center, which can be reached by calling 907-335-7500.

What is mumps and what are the symptoms?

- Mumps is a contagious disease caused by a virus.
- It is spread by coughing, sneezing and touching contaminated surfaces.
- Symptoms include headaches, muscle aches, fatigue, fever and swollen salivary glands around the jaw.
- Symptoms can take two to three weeks to develop.
- The contagious period is for two days before salivary glands start to swell and five days afterward.

What if I get mumps?

- If you suspect you or a family member has mumps, avoid work, school and public places.
- Call a health care provider and report your symptoms before visiting.
- Wear a mask, wash your hands, and cover coughs and sneezes.

How do I protect myself?

The Centers for Disease Control and Prevention recommends the MMR (mumps, measles and rubella) vaccine for:

- Children younger than 6 years old: a vaccination at 12 to 15 months old, and a second dose at 4 to 6 years old.
- Children ages 7 to 18 (not previously vaccinated): one dose of vaccine followed by a second dose after four weeks.
- Adults born in 1957 or later (not previously vaccinated): one dose of vaccine. A second dose is recommended for those working in health care facilities.
- Adults born before 1957 are likely to have had measles and/or mumps as a child and are generally (but not always) considered not to need vaccination.



Cameron Ramos, right, with his mother Kim Dolchok

Cameron Ramos named to dean’s list

Tribal member Cameron Ramos has been named to the fall 2017 dean’s list at the University of Minnesota, Morris, the school announced in January. To be eligible, a student must earn at least a 3.66 grade-point average while completing 12 or more semester credits. Morris, a public liberal arts college, is located in west-central Minnesota. Ramos is from Kenai.

Repairs, snowplowing available to Elders

If you are 55 years or older and need assistance with home repairs or keeping your driveway clear, the tribe can help. The Kenaitze/Salamatof Tribally Designated Housing Authority offers sanding, snowplowing and maintenance support to Elders. For more information, please contact Sonja Barbaza at 907-335-7230 or sbarbaza@kenaitze.org


Stay in the know

Be sure to check the tribe’s calendar of events on its website for information about upcoming activities. Items include Tribal Council meeting dates, committee and commission dates and special classes and opportunities at the Dena’ina Wellness Center. The calendar is updated often as news becomes available. Find the calendar on the home page.

Don’t forget to “like” us on Facebook, too! Be sure to “follow” the page and visit often, as Facebook doesn’t push every post to every user. Find us at: www.facebook.com/kenaitze.

Share your news


The tribe is interested in hearing your success stories. For inclusion in the newsletter, please email us at smoon@kenaitze.org.



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MyHealth

- > MyHealth Home
- > FAQs
- > Using MyHealth
- > Login

Your online health management tool

MyHealth is an online health management tool for our un'ina (people who come to us) provided by Cerner® and the Alaska Native Medical Center.

How do I sign up for MyHealth?

If you would like to sign up for a MyHealth account, please speak with the front desk staff at your next appointment or you can soon self-enroll.

How do I log into MyHealth?

Log into MyHealth by going to <https://cernerhealth.com/>.

The MyHealth tool is located under the Dena’ina Wellness Center tab on the tribe’s website at www.kenaitze.org. Related help pages are included.

Tribe launches web portal for health records

Those who receive care at the Dena’ina Wellness Center can now access some of their personal health records online. The tribe recently launched “MyHealth,” a web portal and health management tool accessible on computers, smartphones and other mobile devices.

Those enrolled in MyHealth can quickly and securely access the

following information:

- Clinical record summary (allergies, immunizations, health issues, and more)
- Limited lab results
- Limited personal information
- Secure messaging with care teams

Appointment requests also can be submitted through the system.

To sign up for an account, please call the Dena’ina Wellness Center at 907-335-7500 or ask a staff member during an appointment. Self-registration will soon be available. To download the smartphone app, search “HealtheLife” in the app store.

For additional information, visit www.kenaitze.org/myhealth/.

The Big Picture



If Denali Bernard didn't already have a favorite sweatshirt, you can bet she does now. That's because Cook Inlet Tribal Council recently selected a piece of her artwork as the official logo for the 2018 Native Youth Olympics sweatshirt and T-shirts. Bernard, 14, sketched the winning design after seeing a photo of a friend and teammate competing in the two-foot high kick, a popular Native Youth Olympics event. Bernard is a member of the tribe's Native Youth Olympics team through the Yaghanen Youth Program.

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

Administration Building

150 N. Willow St., Kenai, AK 99611
907-335-7200
855-335-8865 fax

Early Childhood Center

130 N. Willow St., Kenai, AK 99611
907-335-7260

Tyotkas Elders Center

1000 Mission Ave., Kenai, AK 99611
907-335-7280

Yaghanen Youth Program

35105 K-B Dr., Soldotna, AK 99669
907-335-7290

Environmental Program

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

Dena'ina Wellness Center

508 Upland St., Kenai, AK 99611
907-335-7500

Na'ini Family and Social Services, Education and Career Development

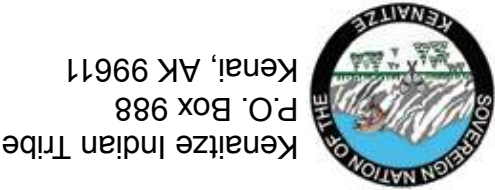
510 Upland St., Kenai, AK 99611
907-335-7600

Tribal Court

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

On the Web: kenaitze.org

On Facebook: facebook.com/kenaitze



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