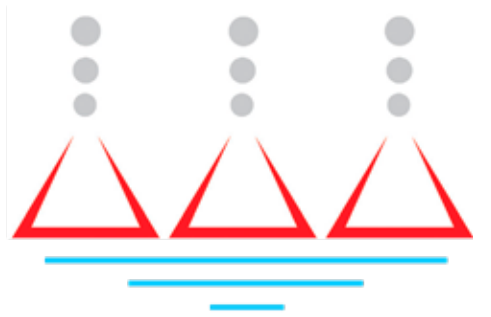




The Counting Cord

Nitnuqeyishi



May–June 2019

KENAITZE INDIAN TRIBE NEWSLETTER

Henu court celebrates graduates

The Henu Community Wellness Court gathered on April 5 to celebrate its two most recent graduates.

Ty Hawkins and Roy Beaver received certificates for completing the program. To recognize the new people they have become, they also received new names. In introducing their new names, Tribal Court Chief Judge Susan Wells shared the story of Lynx and Wolverine from Peter Kalifornsky's book, "A Dena'ina Legacy — K'tl'egh'i Sukdu."

Hawkins received the name Idashla, Dena'ina for Wolverine, because of his persistence and tenacity. Beaver received the name Kazhna, the word for Lynx, because of his willingness to do whatever it takes to help a friend.

The Henu Community Wellness Court is a joint-jurisdiction therapeutic court, operated by the Kenaitze Indian Tribe and the State of Alaska Court System. The court serves offenders who face legal trouble stemming from substance use. Henu has four phases, which take a minimum of 18 months to complete. Six people have now graduated from the court.

Both Hawkins and Beaver said they were initially resistant to par-

See **HENU**, P. 4

Transportation program moves into high gear

The Tribe's Transportation program is ready to grow.

The program is open to anyone who has an appointment with one of the Tribe's programs. While priority is given to Elders and to medical appointments, if you need help getting to your appointment, the Transportation program can help.

"We want to be helpful where we can and when we can. Our philosophy is that we meet people where they are," Transportation Coordinator Brandi Bell said.

Bell said that to this point, on Mondays, Wednesdays and Fridays, drivers had focused on transporting Elders to appoint-

See **TRANSPORTATION**, P. 4

Tribe Breaks Ground



The Tribal Council invited children present at the Education Campus groundbreaking ceremony to help out with the earth moving activities.

New education campus project kicks off Quarterly meeting

At its April Quarterly Membership Meeting, the Tribal Council discussed Secretarial Election results, the status of the Educational Fishery, and the new Education Campus before adjourning for a groundbreaking ceremony at the Education Campus site.

"This has been a goal, part of the strategic plan, for Kenaitze Indian Tribe for several years," said Council Vice-Chairperson Bernadine Atchison of the Education Campus. "We want

to pull together Yaghanen, Education and Career Development, Head Start – this will bring all of our education programs together."

Plans for the site include a two-story building with classroom and office space, and a one-story building with a large multi-use room that will meet the needs of the Tribe's various programs. It will also accommodate gatherings of up to 300 people.

Council Members said the estimated cost will be \$10 million, and outlined a number of grants the Tribe already has obtained, totaling \$5.6 million, to pay for the project.

"So, our \$10 million building is going to be \$4.4 million," Council Chairperson Wayne D. Wilson Jr. said. "That's still a lot of money, but we've worked hard to make sure we have proper funding."

Council Treasurer Clinton Lageson said Council Members have put in a lot of effort at the state and national levels to secure

The Council also announced the purchase of the Beluga Lookout RV Park in Old Town Kenai. Because the parcel will be part of the Dena'ina Wellness Center campus, the Tribe was able to pay cash for the property using third-party revenue from health system operations. Third-party revenue is money from private insurance

and additional sources other than Indian Health Service funds. Wilson said the Tribe would use the

'This will bring all of our education programs together'

– Bernadine Atchison, Tribal Council Vice-Chairperson

funding for the project.

"I'm thankful to all the Council Members. A lot of work has gone into advocating for funding for this building," Lageson said.

Executive Director of Tribal Administration Dawn Nelson said responses to the Tribe's Request For Proposals are coming in, and the goal is to have the building ready for classes in August 2020. Lageson said the Tribal Employment Rights Ordinance Commission would be involved to ensure Tribal Members have opportunities during the construction process.

next couple of years to plan something "truly amazing" for the site.

"It's something to be proud of. We own everything we have, and we still have money in the bank," Wilson said.

Educational Fishery

The Council told Tribal Members that they learned in early April that the Tribe would not be allowed to put nets in the water until June 16, due to what the Alaska Department of Fish and Game said was a concern for king salmon numbers. The Educational Fishery usually opens on May 1.

See **QUARTERLY**, P. 2

Do you know these people? Help us update their address

Tribal Member Services is seeking addresses for the following Tribal Members. To update your contact information, please call Jessica Crump at 907-335-7204 or email jcrump@kenaitze.org.

Christopher Anderson	William Carlough	Gabrielle Frost	Zane Juliussen	Brandi Murphy	Winston Smyth
Dianne Arendt	Leila Carroll	Michael Frost	Anthony Kellum	Nicole Murray	Connor Sniff
Lori Ashton	Kenneth Chaffin	Brian Frostad	Victoria Kelly	Christine Navarro	Staci Stangarone
Sonya Astad	Marie Chaffin	Christopher Frostad	Mary Kent	Jack Navarro	Randi Stevens
Allan Baldwin	Tina Chaffin	Katheryn Frostad	Elizabeth Ketah	Richard Nevitt	George Stockwell
Daniel Baldwin	Nathanyl Connell	Vivian Gaines	Marshall Kidder	Michael Norbett	Jolene Sutherland
Jonathon Baldwin	Hazel Costanios	Amber Gardner	Travis Kidder	Nathan Ollestad	Michelle Sutherland
Raymond Batt III	Denise Cox	Marisa Garrigues	Jonathan Knight	Alexis Oskolkoff	Jonathan Swan
Maximillian Baty	Justin Cox	Tanner Geiser	Corbin Kooly	Kayla Osness	Emma Tanner
Jackson Bergmann	Stacy Cronin	Elijah Gesh	Pamela Kooly	Debra Page	Jeffrey Taylor
Madison Bergmann	James Cross	Amee Gibson-Rehder	Zachary Kooly	Jared Page	John Taylor
Joel Blatchford	Samantha Cross	William Green	Douglas Lecceardone	Jayna Page	Megan Thompson
Amanda Bliss	James Cross Jr	Mathew Gregoire	Henry Lecceardone	Kerissa Perata	Crystal Tilley
Claude Bocatch	Megan Cunningham	Cameron Grothe	Cindy Lesamiz	Delores Petterson	Kelli Toledo - Frostad
Hilma Bocatch	Jason Curtis	Garrett Grothe	Julie Levesque	Lucy Pitto	Barbara Tonnema
Joseph Bogard	Edward Darien	Linda Guenther	Ryan Lewis	Snowydel Poage	Sarah Tressler
Autumn Boling	Robert Darien	Joseph Hansen	Cherie Lindstrom	Jenna Pomeroy	Logan Trigg
Camryn Boulette	Lisa Darien-Hileman	Nelson Harker	Lynda Longoria	Betty Porter	Taha Trigg
Christopher Brandt	Leilanie Davis	Danielle Hartnett	Amber Lorenzo	Roger Randall	Courtney Tweedy
Jonathan Brandt	Rebecca Davis	Nathaniel Hartnett	Anthony Lorenzo	Arthur Raymond	Tristin Vitalis
Erica Branson	Rosa Davis	Samuel Hatfield	Gregory Lorenzo	Enoch Reams	Megan Webb
Hunter Brown	Robert Davis, Jr.	Emily Hawley	Samuel Lorenzo	Miles Richardson	Ragan Webber
James Brown	Angela Davis-Coilton	Preston Hawley	Victorio Lorenzo	Autumn Richardson-Card	Heather Wenzel
Jordan Brown	Clifford Dean	Priscilla Hawley	Roman Lott	Christina Rifredi	Valeria Wessel
Kendal Brown	Lisa Dean	Sentilla Hawley	Calvin Mack	Grier Roberts	Norma Wheeler
Kesley Brown	Tracy Deitz	Virginia Hoak	Gerald Mahle Jr.	Darick Robison	Jordan Wik
Danielle Browning	Emelie Demidoff	David Holzwarth	Gerald Mahle Sr	Steven Rodrigues	Shyanne Williams
Richard Brunni	Michele Denesha	Jessica Huf	Darla Mamaloff	Lily Ross	Nicole Williford
Walter Burt	Elsie Dexter	Natasha Huf	Sandra Marcus	James Rouse III	Raven Willoya-Williams
Manual Busane	Clifford Dolchok	Taylor Huf	Nadine Maupin	Jon Sacaloff	Brandon Wilson
Mariano Busane	Mack Dolchok	Neil Hunter	Lane Mccurdy	Nick Sacaloff	Brandon Wilson
Margaret Byron	Christopher Edelman	Raymond Ivanoff	Shawn Mccurdy	James Sanders	Sarah Wilson
Christopher Callender	Drasanna Edelman	Naomi Jackinsky	Freddie Mcneal	Alvaro Sandoval	Stephan Wilson
Kayleen Cameron-Levine	Jay Edelman	Jay Jennings	Marika Mcneal	Veronica Sandoval	Joshua Wolf
Jennifer Campbell	Edwin Edelman Jr	Tamara Johansen	Tijah Mcneal	James Scaggs	Norman Wood Jr
Michael Carlough	Courtney Edwards	Austin Johnson	Anthony Mesa	Susan Schaller	Heidi Wright
	Jamie Edwards	Kristin Johnson	Bernadette Mesa	Samuel Schimmel	Jesse Wright
	Jarroed Edwards	Micah Johnson	Violet Mesa	Sarah Scott	Neshonie Wright
	David Engelstad	Randee Johnson	John Miller	Carol Seibert	Alyssa Wright-Nelson
	Patricia England	Ryan Johnson	Mikayla Miller	Michael Seibert	Devin Zajac
	Daniel Faucett	Alison Jones	Natasha Miller	Kendra Shepherd	
	Randon Flood	Hali Jones	Brittney Mills	Maryah Showalter	
	Richard Flood	Josephine Jones	Grace Mills	Lori Sloan'	
	Robert Flood	Neal Jones	Casey Mitchell	James Smagge	
	Jolene Foree	Michael Juliussen	Debra Moore	Erica Smith	
	Louis Forstner V	Samuel Juliussen	Richard Mueller	Shannon Smith	
	Ashley Frost	Winter Juliussen	Karina Munson	Eric Smyth	

NIEA seat provides national voice for Tribe

On April 13, I accepted a seat on the National Indian Education Association Board of Directors starting immediately, with my first board meeting on May 23. It is a three-year term ending in October 2021.

This is an opportunity for the Tribe and all tribes of Alaska to have a voice at the national level in promoting Native control of Native Education for our Tribal students. Robin Butterfield, President, welcomed me as a new board member and a voice for Alaska on Native Education. I will be working closely with Alaskan advocates of Native control of Native Education, which reflects this year's



Bernadine Atchison

theme for the NIEA Convention, Oct. 8-12: "Celebrating 50 Years of Building Education Nations: Strengthening and Advancing Native Control of Native Education."

In addition, I will be sitting on two committees, Finance and Native Control of Native Education-Native Systems.

I look forward to serving you and being a representative for our Tribal children. While sitting on the NIEA Board, I will be reporting to the Education Committee and Tribal Council.

Duk'idli, Respectfully,

Bernadine Atchison
Tribal Council Vice-Chairperson

QUARTERLY, FROM P. 1

Wilson said the Tribal Council has been meeting with Sky Starkey, an attorney with experience in Alaska Native tribal and subsistence rights. The Council would like to have a subsistence fishery to avoid some of the limitations of an educational fishery.

Council and Tribal Members were critical of Gov. Michael Dunleavy's administration, and said the restrictions on this year's fishery "open the door" for the Tribe to pursue other options. It was noted that fishery access is an issue throughout Cook Inlet, and a coordinated effort is developing to address it.

Council Secretary Diana Zirul agreed.

"We're stronger together than we are as an individual tribe," Zirul said.

For the current season, Harvest Program Supervisor Jake Kooly said the Tribe would be missing out on an early run of sockeye salmon that usually come to the net between May 20 and June 15. Kooly said it will take a team effort to ensure that everyone who needs fish, gets some. When the fishery

does open, nets will be kept in the water longer, through the low tides. Tribal Member Services also will keep a waiting list of people to call on days a large number of fish come to the net. He encouraged those who do well to share, especially with Elders.

The discussion also touched on other harvest opportunities, from gear changes at the fishery to the use of other traditional methods. The moose harvest program also was discussed. Lageson said more discussion will take place through the Hunting, Fishing and Gathering Commission.

"I think it needs to be a strong voice from the Tribe that the Educational Fishery is not working for us, and I think the voice needs to be loud and proud," Lageson said.

The Council opened the meeting with a review of the Secretarial Election results. The three amendments put before voters, which remove Interior Department oversight from elections to amend the Tribe's constitution, all passed. A draft of the amended constitution has been reviewed by the Constitution Committee and has been presented to the Tribal Council for signatures.

NOTE FROM THE COUNCIL CHAIRPERSON

Hello,
Summer is here and every Alaskan is taking advantage of all the sunlight that Alaska has to offer. I hope our members are able to get out as much as possible to enjoy the all the summer activities. Camping, fishing, hiking and walks along the beach are always a must during the summer months.

The Tribe's 2019 summer is all about expansion and remodeling. We started the summer off with a ground breaking ceremony for the new school and a Tribal barbecue. Construction on the structure of the building will start later in the summer.

The Tribe is presently remodeling a 4,500-square-foot portion of the Toyon Villa apartments for Na'ini Family and Social Services. When that project is complete, the Behavioral Health department will be moving from the Dena'ina Wellness Center to the current family services building.

As reported in last month's Counting Cord, the Tribe purchased the Beluga Look-out RV Park property. As a Tribal Member, I feel this piece of property is the most



Wayne D. Wilson Jr.

important parcel in Old Town that truly represents our village history. The Council originally had planned to keep the RV park open for the season, but have reconsidered and decided to move in another direction for now. Sometime in the near future, the Council will come up with a plan on what to do with property to benefit the Tribe for the generations to come.

The Council would like to remind everyone that the opening of the net and barbecue will be June 17. The Council is excited to show everyone the new harvest shop and new fish processing equipment Harvest Manger Jake Kooly has been working hard to complete. Jake has promised that even though we were forced to miss the first month and half of fishing, he and his crew will work to make sure we take advantage of every tide so that we will be able to maximize our full potential and attain our goals.

Hope to see everyone down at the beach.

Wayne D. Wilson Jr.
Tribal Council Chairperson

Health Board learns from visit to ANTHC

In April, the Health Board spent a day in Anchorage touring the Alaska Native Tribal Health Consortium and meeting with their staff regarding various types of support services that are available to Kenaitze Indian Tribe.

We wish to extend our thanks to Roald Helgesen, ANTHC CEO and ANMC Administrator, and his staff who provided tours of the Oncology Clinic and Infusion Center, Surgery Clinic, Sleep Lab and Pulmonary Clinic, Patient Housing and so much more.

Rona Johnson, Geriatric Advanced Nurse Practitioner and a Kenaitze Indian Tribe Member, provided a presentation regarding Palliative Care and the significance of preparing a Medical Advanced Directive. Dr. Ohnders, Medical Director of Community Health Systems at Alaska Pacific University, joined us to explain the various health programs available at the university and the tuition discount that is available to Alaska Natives. Dr. Tina Woods provided an overview of Community Health Services including the training process for Behavioral Health Aides.

Many ideas were shared and the Board is looking forward to incorporating these into future plans for the Dena'ina Wellness Center.

There are six primary care providers budgeted to serve un'ina in the Primary Care Department. Dr. Mitchell, who will join us in July, Dr. Callum, pediatrician, Summer Cross, ANP and Andrew Fuhrman, ANP serve in a permanent capacity while the remaining two positions are filled by temporary contract providers (locum tenens).

The Health Board continues to interview additional providers to fill the remaining



Diana Zirul

positions and is committed in its pursuit to fill at least one of the positions with another physician. We are also working with the Executive Director of Tribal Administration and the Interim Primary Care Director in assessing the workflow process within the department in order to ensure that your needs are being met.

This past week, I was honored to serve as one of the Co-Signers' co-leads during the Alaska Tribal Health Compact/Indian Health Services (ATHC/IHS) negotiations process which ended successfully with 25 updated Federal Funding Agreements for Alaska Native health services.

The Compact serves as the authorization for 25 Tribes/Tribal Health Organizations (Co-Signers) representing 229 tribes throughout Alaska to operate health and health-related programs like ANTHC and the Dena'ina Wellness Center.

This year ATHC/IHS is celebrating 25 years of successful negotiations, and this Compact represents the only multi-party compact in the nation which has served us well due to our unified approach in navigating the government-to-government relationship. ATHC is well-respected and recognized not only by the Federal government but by other tribes and tribal health organizations throughout the nation due to the innovative means in which our health services are provided and due to the vast geographic area that the Alaska Tribal Health System serves.

Respectfully,

Diana L. Zirul
Kahtnuht'ana Dena'ina Health Board Chair

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Sweet honored with award

Kimberley Sweet, an Alaska State Court Magistrate and Tribal Member, recently was honored by the Alaska Bar Association with the Judge Nora Guinn Award.

The award recognizes an individual Alaskan who has made an extraordinary or sustained effort to assist Alaska's rural residents, especially its Alaska Native population, overcome language and cultural barriers to obtaining justice through the legal system.

Sweet, a former Kenaitze Chief Judge, was recognized for her work in helping to establish the Henu Community Wellness Court, a joint-jurisdiction therapeutic court operated by the Kenaitze Indian Tribe and the Alaska Court System. Sweet also was involved in negotiating the Alaska Tribal Child Welfare Compact, a historic agreement between Alaska tribes and the state.

Sweet's nomination for the award received support from a number of people, including retired Superior Court



Sweet

Judge Anna Moran and Superior Court Judge Jennifer Wells. Others supporting the nomination included retired Alaska Supreme Court Justice Dana Fabe, Alaska Legal Services Corporation Executive Director Nikole Nelson, and Alaska Federation of Natives President Julie Kitka.

"She's probably one of the wisest people I know," Moran said of Sweet.

Moran said that Sweet has great empathy for other people, and a sense of interpersonal dynamics, traits that make her an excellent judge.

"She is very bright, and has tremendous heart," Moran said.

Moran lured Sweet to Fairbanks for the award presentation under the guise of a training workshop during the Alaska Bar Association annual convention. As the award was being presented, Sweet said she assumed it was for Moran – right up until the presenter mentioned "former Kenaitze Indian Tribal Court Chief Judge."

Moran said she appreciates the way in which Sweet is able to blend Tribal Court and state court systems.

Sweet said the state is starting to recognize the benefits of tribal courts, though she said there are many people to be credited for that.

Nora Guinn was the state's first Alaska Native judge, and one of the state's first female judges. She often conducted court proceedings in Yup'ik to foster a better understanding of legal principles.



Henu Community Wellness Court graduates Roy Beaver and Ty Hawkins, Alaska Superior Court Judge Jennifer Wells and Kenaitze Indian Tribe Tribal Court Chief Judge Susan Wells listen to comments from attendees during a Henu graduation ceremony in April.

HENU, FROM P. 1

ticipating in Henu, but eventually found it to be life-changing.

"It's like taking the impurities out of gold – you have to melt it down," Beaver said. "So stick with it and you're going to come out more pure."

Hawkins said Henu is different in the way that people are treated.

"I've been through a lot of inpatient programs, and I got more from this outpatient program than all of the inpatient programs," Hawkins said. "It's the way they treat people, the way they go about it."

Hawkins said he is determined to give back for what he feels the Tribe has given to him. He's planning to lead the court's alumni group, and is has plans for other ways to contribute.

Beaver has been busy contributing his own hard work to help get

the Freedom House men's long-term recovery residence up and running.

"I've always wanted something for men, so I jumped at the chance. I'm excited to be a part of it," Beaver said.

Beaver said he is grateful for the love and support he's felt from Henu.

"They don't want you to fail. They're willing to work with you. They want you to succeed," he said.

Beaver is excited to get his license back, and grateful for the job opportunities that come with it. He's also grateful to have rebuilt his relationship with his son and grandson.

"That's very special," Beaver said.

Tribal Court Chief Judge Susan Wells said she is thrilled to see the transformation in Henu participants, and to see the community support for them. Reconnecting Henu participants with the community is part of the vision for the court.

"They're really so thankful to the Tribe for putting this together and doing it, and being there for them," Judge Wells said.

Judge Wells said she also is grateful to see past graduates continue to be engaged in the community and involved in an alumni group. Henu's first graduates were Kenaitze and Salamatof Tribal Members, and had that support network available after they graduated. Some subsequent graduates have been non-Native, and while the court started with a vision for what post-graduation care would look like, there wasn't a concrete answer to the question, "You've graduated, now what?"

"Keeping that connection is important," Judge Wells said. "It's what we need for after-care. ... We're only as healthy as our community – and our community is Native and non-Native."

TRANSPORTATION, FROM P. 1

ments and to Tyotkas. However, she said that they have found that while Elders are enjoying their lunch, drivers have time to make additional trips in the central Kenai area.

On Tuesdays and Thursdays, drivers help with "life needs" things like grocery shopping or trips to the post office or pharmacy.

"If somebody needs groceries, and needs a ride, we'll find a way to fit them in," Bell said.

Bell said she works closely with the Tribe's service providers to make sure appointment and transportation schedules match up. It sometimes requires a little flexibility to get everyone where they need to go, but she said everyone – service providers and riders – has been willing to make it work.

Currently, the Transportation program has a fleet of three passenger vans, one of them wheelchair accessible, and two drivers.

Bell said drivers can provide



Elders depart a Kenaitze van at Tyotkas Elder Center in May. The Tribe's transportation services support those who use any of the Tribe's services.

transportation for any program. For example, there's been a need for rides to Education and Career Development since its office was moved over to K-B Drive off Kalifornsky Beach Road.

Rather than having established routes, rides are modeled on a door-to-door, on-demand service.

The Transportation program's service area stretches from Nikiski to Scout Lake Road in Sterling to Pollard Loop in Kasilof. Rides are scheduled on a first-come, first-served basis.

Anyone needing a ride can contact Bell at 907-335-7212.

Building for the future

Middle-school student dives into ANSEP academy

Emilee Wilson, a seventh-grader at Kenai Middle School, recently had the opportunity to go to college.

Wilson was selected to attend a two-week Alaska Native Science and Engineering Program Middle-School Academy, held in February on the University of Alaska Anchorage campus.

Wilson, a Tribal Member, was one of 54 students from the Kenai Peninsula Borough and Lower Kuskokwim school districts to attend the academy.

ANSEP was launched in 1995 as a scholarship program for university students. The program encourages and supports Alaska Native people in pursuing careers in science and engineering. It has evolved to provide learning opportunities for students from sixth grade all the way through post-graduate programs.

Wilson said she hadn't heard about ANSEP until she received



Emilee Wilson an information packet from her school, and went through it with her mother. She said she was very excited about the opportunity.

Participants in the Middle School Academy tackled a number of hands-on projects designed to spark an interest in STEM fields – science, technology, engineering and math.

One of the first things they did, Wilson said, was to build their own computers. As an incentive, students on track to meet certain academic goals are able to keep the computers they built.

Wilson said it was her first time learning about the inner parts of a computer, such as the motherboard.

“After we built it, we got to play on it,” Wilson said.

She’s been able to play “Cool Math,” and has used her computer for school work.

Students also did some structural engineering using models. Wilson said she worked with two other students to build a tower with K’Nex building kits. Instructors provided examples, and a guest speaker shared some building tips.

“Then we went to the ANSEP building to see if it could withstand an earthquake for 1 minute,” Wilson said.

Wilson said her group’s 67-inch-tall structure held together for 47 seconds. Just two towers withstood the full minute of shaking.

Students had the chance to apply their engineering skills to bridge building. Wilson said she worked with two other students to draft a blueprint of a structure, and then build it to the exact specifications using balsa wood. She said it was the most challenging project she did.

“You had to figure out what style of bridge you wanted to build, but my team picked a really hard style, so it was hard to build,” Wilson said.

To test their structure, which was about 2 feet long, weight was

placed on the bridge. Wilson said her group’s bridge supported 63 pounds before giving way.

Students also worked in groups of three to build a small windmill that could harness wind energy.

“We had a limited amount of supplies, and we had to make it so it would lift a weight,” Wilson said. “My team lifted seven hex nuts, which was the most out of everyone.”

Wilson said she liked all of the projects she worked on, as well as making friends with students from other parts of Alaska. She said she missed home a little bit, but got used to staying on campus pretty quickly.

As for her future studies, she said she’d like to learn more about archaeology, and attend one of the Tribe’s Susten Archaeology Camps when she’s older. She said she’s inspired by her older sister Julianne, who worked as an archaeologist assistant for the U.S. Forest Service last summer.

Wilson summed up her ANSEP experience in two words: “Memorable and fun.”

To learn more about ANSEP and the programs offered, visit www.ansep.net.

Scholarship recipients earn high marks

The Kenaitze Indian Tribe’s Scholarship Program would like to recognize the following Tribal Members who have achieved a high grade point average for the fall 2018 semester:

Madison Bergman, a third-year student studying nursing at Point Loma Nazarene College, earned a GPA of **3.45**.

Miranda Boehmler, a first-year business student at Kenai Peninsula College, earned a **3.62** GPA.

Camryn Boulette, a fourth-year student studying business administration with a focus on finance at Western Washington University, earned a GPA of **3.46**.

Dylan Darien, a second-year student studying computer networking at the University of Alaska, earned a **3.62** GPA.

Josef Franke, a third-year student at Ventura County Community College studying accounting, earned a GPA of **3.86**.

Norma Johnson, a graduate student in anthropology at the University of Alaska, earned a GPA of **3.9**.

Josephine Jones, a fourth-year music student at the University of Idaho, earned a **3.57** GPA.

Tessa McGahan, a second-year student studying economics and photography at Texas Lutheran University, earned a GPA of **3.86**.

Haley Lancourt, a graduate student pursuing a master’s degree in athletic training at Boise State University, earned a GPA of **3.70**.

Nathanael Reams, a fourth-year student at the University of Alaska studying geological engineering, earned a GPA of **3.76**.

Marissa Shaver, a second-year student at Trine University studying biomedical engineering, earned a GPA of **3.42**.

Tribal Council’s work in D.C. pays dividends

It has been an honor to be able to support the passage of H.R. 375 in the 116th Congress, 1st session, House of Representatives. It is a bill to amend the Act of June 18, 1934, commonly known as the Indian Reorganization Act, to reaffirm the authority of the Secretary of the Interior to take land into trust for Indian Tribes, and for other purposes.

Kenaitze Indian Tribal Council is very supportive of Tribal self-determination and Tribal sovereignty and that is what makes this exciting work for me because of the strong Tribal Council leaders that support these efforts. I feel fortunate to work on bills that can help Tribes stand strong to be able to determine their sovereignty. I would like to take the time to thank all of the Kenaitze Tribal Council and staff for their



Clinton Lageson

help and guidance on this bill.

You can learn more about H.R.375 at www.congress.gov/bill/116th-congress/house-bill/375.

A related measure is H.R.312, the Mashpee Wampanoag Tribe Reservation Reaffirmation Act, to reaffirm the Mashpee Wampanoag Tribe reservation, and for other purposes. The bill confirms that the reservation of the Mashpee Wampanoag Tribe is in trust and can’t be challenged in court. A similar law was enacted for another tribe in 2014. The U.S. Supreme Court later upheld it as constitutional. Learn more about the measure at www.congress.gov/bill/116th-congress/house-bill/312.

Thank you,

Clinton Lageson
Tribal Council Treasurer



A candlelight vigil at the Raven Plaza on the Dena'ina Wellness Center campus followed the third annual Violence Against Women Forum in April.

'We can do something'

VAW forum participants seek solutions

When Kristie Traver was asked to share inspiration with attendees at the Tribe's third annual Violence Against Women Forum, she found it in regular people who took individual actions that launched movements.

Traver, who works in the Alaska office for the National Indian Country Clearinghouse on Sexual Assault, started with the anti-sexual violence movement of the 1970s, which she said started as a group of women meeting in a living room.

"They said, 'I can do something; we can do something,'" Traver said.

Traver talked about Lisa Shannon, author of "A Thousand Sisters: My Journey into the Worst Place on Earth to be a Woman." Shannon learned of atrocities that women in the Congo were subjected to through an episode of "Oprah," and decided to take action. She set out to raise money with the goal of sponsoring 30 women. What started as a solo 30-mile run has grown

into a national organization.

Traver also talked Tarana Burke, who found herself talking with a 13-year-old girl who had been sexually abused. Burke couldn't bring herself to respond, to even say, "me too." In 2007, she started Just Be Inc., a non-profit organization that helps victims of sexual harassment and assault, adopting "me too" long before social media hashtags.

Traver wrapped up her remarks by asking how to get more "regular people" involved in conversations about sexual assault and gender-based violence.

"We don't always need to have professionals at the table," Traver said.

Traver said more victims need to be brought to the table as well.

'It's not just a question of what don't we have, but what do we have?'

– Kristie Traver

"We think of victims being represented by victim advocates, but we need to hear their voices," Traver said.

Traver said there also is a push to include more men, because they are role models for other men.

"The majority of men, who are upstanding, we need to empower them," she said.

Traver also asked forum participants to think about the community's strengths in addressing sexual assault and domestic violence.

"It's not just a question of what don't we have, but what do we have? What do we do well in this community?" Traver said.

Amber Webb, an artist from Dillingham, opened the forum by discussing her work, a 15-foot-tall kuspuk with faces of missing or murdered Alaska Native and American Indian women. The piece, her second, was inspired by the disappearance of a family friend.

knows all the families, and some of the victims. The message hits home wherever the kuspuk is displayed, she said.

"When I take this anywhere, I hear a story – 'This is something that happened to me. I could have been on there,'" Webb said.

Webb chose to use a black Sharpie marker to draw the faces.

"The permanence of them being gone is like the permanence of me putting marks on this project," Webb said.

Forum attendees also heard presentations from the Alaska Native Women's Resource Center, an FBI victim specialist, and on a trauma-informed approach and care.

Sandra Kerns, a behavioral health professional who uses animals as part of her therapy treatments, talked about introducing animals and stories into the process of helping people deal with trauma. She said that at her farm, "people will navigate to the animal that is right for them."

She also shared parts of a story about Bubba the French bulldog, who was trying to help a mouse escape from a trap.

"People respond well to metaphors and stories," Kerns said.

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You could feel the egg-citement

On the day before Easter, families packed into the Mountain View Elementary School multi-purpose room for a feast of hot dogs and hamburgers before heading out to the playground for the annual Easter egg hunt.

“It was a lot of fun,” said Clinton Lageson, Tribal Council Treasurer for the Kenaitze Indian Tribe. “It’s always nice to see the joint effort between Kenaitze and Salamatof, and all the work that goes into having a good Easter party.”

Lageson said he especially enjoys the prize drawings, which included dozens of Easter baskets and children’s bicycles.

“It’s an awesome thing to see the joy on a kid’s face when they win something they didn’t expect – and it’s a positive thought to know they’ll be outside on a bicycle instead of watching TV,” Lageson said.

The bicycles for the prize drawing were supplied by the Salamatof Native Association. Salamatof Chair Kaarlo Wik said he thinks every kid should have a bike.

“Salamatof has purchased bikes for this event for years. It’s always fun to see kids’ eyes light up when they’re a winner,” Wik said.

Marvin Pingayak was one of the lucky winners. In fact, his family did quite well in the prize drawings, with multiple bicycles and Easter baskets. He said he was excited about the bike as he is ready for a new one.

His mother, Inez, said the family comes every year, but this was the first time they had won any prizes. She said they come to enjoy the party, and to get the kids out for the day.

Cole Stapp, a dentist at the Dena’ina Wellness Center, also brought his whole family to the party. He said it was the second year they’ve attended.

“It’s nice to celebrate Easter together and have a little fun finding some eggs,” Dr. Stapp



Sofia Goggia, 4, jumps up and down with excitement at winning a new bike during the party.



Children scramble for eggs on the school playground during one of the egg hunts.

said. “There’s good food and good company, and it’s nice to run into people outside of the work setting.”

Catherine Felt and her daughter, Luna, were at the party for the first time. Luna, a student at the Early Childhood Center’s Head Start preschool, had just finished the Easter egg hunt for her age group.

“I found a million!” Luna said of her success.

Catherine Felt said they learned about the party through Head Start, though she didn’t realize just how big the party would be.

The egg hunt was split up by age group, with the youngest participants in the school hallway, and the rest spread around the school playground and sports fields.

Lageson said he was glad that the weather had cooperated – many central Kenai Peninsula residents woke up to a dusting of fresh snow that morning, but the sun was shining by the afternoon.

Wik said he remembers his first bike – a Huffy Turbo that, unfortunately, “broke in half” when his



Liam Bliss high-fives Kenaitze Tribal Council Treasurer Clinton Lageson and Salamatof Chairman Kaarlo Wik before picking out the bike he won during the raffle.

cousin took it over a jump.

Lageson said his first bike was also a Huffy that he was fond of jumping. He said he received it in the springtime, and to this day, associates spring with getting outside to kick off the outdoor season – something the annual Easter party

has become a part of.

Lageson said he’s grateful for the effort that goes into planning the annual gathering.

“I appreciate all the work that Kenaitze and Salamatof Members and employees put into this,” he said.



Children play on the Cook Inlet beach at the Tribe’s fishery site during the Early Childhood Center’s year-end picnic.

Center celebrates with picnic

The Early Childhood Center celebrated the end of the school year with a family picnic at the Tribe’s Educational Fishery in May.

Preston Rucker, who just attended the Head Start preschool for two years, didn’t hesitate when asked about his favorite part of school: “Lunch time!”

His mother, Lisa, said Preston will be well-prepared heading into kindergarten next year. She’s no-

ticed that his writing skills, art and social skills have really developed over the past two years. She said her favorite art project was called “Mistletoes” – for Christmas, students dipped their toes in green paint and made artistic prints.

Brody Murphy, who also will be headed to kindergarten next year, said his favorite part of school was “playing inside and coming to the beach.”

Raelynne, Brody’s mother, said she’s appreciated the cultural songs her son learned. She said the annual picnic is a great way to wrap up the school year.

Cheyenne Stovall’s father, Ben, also said he appreciates the cultural songs and believes his daughter will be well-prepared when she starts kindergarten in the fall.

Cheyenne said her favorite part of school has been choice time.

“I love playing at choice time,” Cheyenne said. “I choose Magna-Tiles, but sometimes I do something different.”

Early Childhood Center programs include Early Head Start, a home-based program for pregnant mothers and children up to age 3; Head Start, a preschool program for children ages 3 and 4 by Sept. 1; and the After-school program for Head Start alumni and Alaska Native and American Indian children in kindergarten through third grade.

For information and applications, visit <https://www.kenaitze.org/programs/early-childhood-center/> or call the Early Childhood Center at 907-335-7260.



Shannon Dodge, center, helps her son Trey, left, and Chase Purcell build a sand castle on the beach. At right, Dan Poulin helps his daughter Adalyn fly a kite during the year-end picnic.





Jayden Sanders gathers cottonwood buds during a trip to Captain Cook State Recreation Area in April.

Youth learn cottonwood's medicinal qualities

On a sunny but brisk April day, several youth continued the traditional Dena'ina use of cottonwood with their harvest of freshly emerging buds.

"Now is a good time to get them because the medicine is in there," explained Audré Gifford, from the Behavioral Health department at the Dena'ina Wellness Center, as they picked buds at Captain Cook State Recreation Area north of Nikiski.

As they harvested cottonwood buds, k'elujaq'a in Dena'ina, Gifford quizzed the participating youth on the Dena'ina word for cottonwood, esni. She also shared some wisdom passed on to her from Tribal Elders.

"When you gather medicine, it's important to think good thoughts," Gifford said. "The Elders say that makes the medicine stronger."

The outing was part of the Tribe's Yinihugheltani program, which aims to raise awareness of and prevent suicide.

Gifford said that getting kids

out in a natural setting contributes to the program's goal of building resilience.

"What we do in our program is to take best practices from Western behavioral health and traditional indigenous knowledge, and blend

those together when we're working with kids," Gifford said.

Gifford there is a Dena'ina cultural tradition of, when dealing with an issue, taking a piece of dried salmon and going for a walk in the woods.

"It shows that for thousands of years, our people have

gone out in the woods for healing," she said.

Cottonwood buds can contribute to healing as well. They contain salicylates, and have anti-microbial properties. After collecting cottonwood buds in small canning jars, the buds were covered with sunflower oil. The infused oil can soothe skin irritation and inflammation, among other medicinal properties.

For some of the participants, it was their first time gathering cottonwood buds, and they weren't sure how they would use them. Others said they would try applying the infused oil the next time they get a cut or a scrape.

Jalyn Yeoman said she intended to take advantage of the aromatic properties of the cottonwood oil with the guinea pig she keeps in her room.

"I want my room to smell good," she said.

After they finished their gathering, participants gathered around a campfire and shared the Dena'ina story of "When the Animals Divided into Pairs," which tells how Spruce, Cottonwood and Dog made themselves useful to the Campfire People. They finished the afternoon with a walk on the beach.

Gifford said Yinihugheltani aims to instill pride and a sense of self in Alaska Native and American Indian youth.

"A lot of the work we do is coping skills to deal with the stressors that come up in life," Gifford said.

The Yinihugheltani program has a number of other events planned for the summer. Starting May 24, youth ages 10 to 18 are invited to meet at 10 a.m. at the Dena'ina Wellness Center to go and hike a Kenai Peninsula trail. RSVP to

Chrystal Wright at 907-335-7500 to reserve a seat.

A trip to Denali National Park is planned for July 4-10 for high school youth; RSVP to Gifford at 335-7335.

Other Yinihugheltani activities include days at the Tribe's Educational Fishery to learn how to process salmon, with the fish distributed to Elders, and devil's club harvesting.



A downed cottonwood tree provided plenty of buds for participants to gather.



Cottonwood buds soak in sunflower oil. Cottonwood buds contain salicylates and have anti-microbial properties. The infused oil soothes irritated skin.

Ticket to ride

Students rise to ‘100 Books’ challenge

The excitement inside was just as electric as the thunder and lightning outside as students in the Early Childhood Center’s After-School program gathered for the “100 Books for a Bike” celebration on a

recent Friday afternoon. During the school year, students in the program, which serves children in kindergarten through third grade, are challenged to read 100 books at their grade level. Those who complete the challenge are rewarded with a new bicycle, donated by the Salamatof Native Association. In an earlier interview, Kaarlo Wik, Salamatof Native Association Chairperson, said he thinks every kid should have a bicycle. He said

that he has been told by teachers that not only does the program encourage kids to read, it actually gets them reading above their grade level. “And I love giving away bicycles,” Wik said. Salamatof Board Member Henia Minium was proud of the students’ accom-



MJ Rogers gives his new mountain bike a try.

plishment. “We’re proud of you,” she said. “Keep reading all summer, and be safe when you ride your bike – wear your helmet.” Chrissy Monfor said the Johnny Monfor Head Start Golf Classic was started 18 years ago to raise funds to provide books for the Head Start program. The annual tournament took a few years off, but is back and will continue. “From when we started the tournament 18 years ago, the needs have changed, but the kids haven’t,” Monfor said. “We appreciate your support as parents. Supporting your children to learn how to read is the best thing you can do for them.” With the formalities over and the sun breaking through the clouds, students got down to the business of picking out their bikes. After finding their match and fitting their helmets, they took their new bikes for a test ride in the Early Childhood Center parking lot. “They’ve worked at it and worked at it all these months,” said Charmaine Lundy, Head Start Coordinator. “I’m so incredibly proud of all these successful young people.”



Head Start Coordinator Charmaine Lundy steadies Fred Zimin as he gives his new bike a spin.

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Fostering healthy families

Alaska Native foster families fill a crucial need

As a foster parent, CIRI shareholder Jennifer Showalter Yeoman (Dena'ina Athabascan) has made it her life's mission to help stem the tide of intergenerational trauma that has impacted the lives of Alaska Native children and families. Over 20-plus years as a foster parent, "I've seen child welfare up close – the ups and downs, the good and the bad," Jennifer said.

A disproportionately high number of Alaska Native children account for the state's out-of-home foster care placements – roughly 55 percent, though they account for only about 20 percent of the state's overall child population. According to the Bureau of Indian Affairs, nationally, Alaska Native and American Indian (AN/AI) children are 2.5 times more likely to end up in state foster care than white children.

A federal law that seeks to keep AN/AI children with AN/AI families, Congress passed the Indian Child Welfare Act (ICWA) in 1978 in response to the high number of AN/AI children being removed from their homes by both public and private agencies.

"I think it's vitally important for Alaska Native adults to foster and adopt Alaska Native infants and children," Jennifer said. "Even with ICWA, severe disproportionality still exists. There is a tremendous need to focus resources and investment on creating opportunities and better outcomes for Alaska Native youth."

Jennifer didn't grow up with strong ties to Alaska Native culture. She spent her childhood in Soldotna, where the vast majority of residents are white. "It's kind of embarrassing to say now, but I was just like any other Soldotna kid – I have blonde hair and fair skin, so everyone assumed I was white. Once in a while, things would crop up. I remember going on a field trip and there being questions about Alaska's first people, and I was excited to know I was an Alaska Native person."

After high school, Jennifer enrolled at the University of Alaska Fairbanks, pursuing dual degrees in anthropology and social work.

"It was during that time, as I was learning more about Alaska



Jennifer Showalter Yeoman and her husband Jason Yeoman sit for a family photograph in their yard above Cook Inlet. Pictured from left, Jalyn, Nadia Walluk, Jennifer, Mylee (holding Harvey the dog), Amber Harless, Jason, Samuel Fitch, Jenna and Dawson. The Yeomans have adopted four children.

Native culture, that everything really clicked," Jennifer explained. "I came to the realization that there would be a time in my life I would be there to help my people."

Jennifer's first job out of college was with Alaska Children's Services, a nonprofit based in Anchorage, followed by a four-year stint as an ICWA worker with Kenaitze Indian Tribe.

"I wasn't familiar with the scope (of Alaska Native child welfare policy and practice) prior to becoming an ICWA worker, but you learn a lot about children's lives and the effects of historical trauma," Jennifer said.

Jennifer inherited CIRI shares through her uncle, Claude "Bobby" Showalter, who passed away in 2004, and is also connected to CIRI through her father, James Showalter. A commercial fisherman passionate about subsistence rights, James served on the council of the Tribe when Jennifer was growing up.

"My father's involvement kind of planted the seed for me, though the idea of becoming more involved with the Tribe didn't click for me until I was in college," Jennifer said. She has served continuously on the Tribal Council since 2012, and in October 2018, she was re-elected to another two-year term. She is passionate about the Tribe's programs, services and are-

as of advocacy, including Dena'ina language preservation, Alaska Native health and wellness, subsistence rights and youth programs.

Jennifer became a Tribal foster parent in 1997, one year after giving birth to her first biological child, a son named Paul.

"I had several kids who were in Tribal custody stay with me for short durations, as well as one family member who stayed for four years," Jennifer said. "Eventually, I became licensed with the State of Alaska as a foster parent and adopted four children through the foster care system."

Currently, Jennifer and her husband have two biological children, two adopted children and one foster child living at home. Their oldest living biological child, a daughter, attends college out of state. Paul passed away in 2006, when he was 8 years old.

"Paul was my first child and he died in an automobile accident. I was driving, so it was extremely devastating for everyone," Jennifer shared. "I was hospitalized for approximately three weeks as a result of the accident and had to go through speech, physical and occupational therapy."

"Any sad circumstance you go through, at some point you have to ask yourself, 'What did I learn from that?'" Jennifer mused.

"When I was in the hospital recovering, one of the nurses was pregnant. I told her, 'Whatever you do, just love your baby.' At the end of the day, remember to value and embrace what you have."

While fostering has its share of challenges, "you don't have to be perfect," Jennifer emphasized. "You can still be the change for somebody in their life. Something that feels small and insignificant to you has the power to impact somebody in ways you'll never know."

In addition to a busy family life, Jennifer also works part-time at Central Peninsula Hospital. In her spare time, "I absolutely love fishing our Tribal net," Jennifer said. "My husband is from the Nome area, and I like going there to fish camp in the summertime and comparing the two cultures. My children are blessed to be able to learn from both my husband and myself the different cultures of their heritage."

Jennifer is a strong advocate of AN/AI foster families for AN/AI children. For information about becoming a foster parent, visit www.dhss.alaska.gov/OCS.

This story originally appeared in the January edition of Raven's Circle, the CIRI shareholder newsletter, and is reprinted with permission.

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For more information, call Maria Guerra, Na'ini Family Services Supervisor, at 907-335-7600.



‘Bring the plants to them’

New beds provide access to traditional use plants

In May, the Tribe celebrated the plants that have sustained the Dena’ina people for centuries.

The celebration of Nudnelyahi Qudulyi, Dena’ina for “that which grows medicine,” included field trips, plant use workshops, and a feast. The celebration concluded with a tour of the newly installed traditional use planting beds on the Dena’ina Wellness Center campus.

Six planting beds have been installed around the campus, taking advantage of the varying sunlight in each location. The planters were constructed with support from an AARP Community Challenge Award.

Tia Holley, a Wellness Consultant at the Dena’ina Wellness Center, said the planter project is a way to provide access to traditional plants for people who may not be able to go out and gather plants themselves.

“We have a lot of Elders from all over the state, and we can go out and bring the plants to them” Holley said.

The planting beds contain a wide

range of plants, all of them labeled with their common and Dena’ina names for easy identification. Examples from the first bed include roseroot, or hushtnila; and wormwood, or ts’elveni.

“Wormwood is used all over Alaska. It is really important for all kinds of medicine,” Holley said.

Another bed includes devil’s club, or heshkeghka’a; and yarrow, or bask’ilt’uts’l.

Holley said parts of devil’s club can be used “to make a fantastic pain salve,” while “yarrow, as you can see, will grow anywhere.”

A bed in front of the Dena’ina Wellness Center gathering space windows is filled with beach plants, including goosetongue, or nut’aq’i tl’ila; and sedge, or tl’egh. Goosetongue was incorporated into a pesto sauce for the celebration.

A pair of beds near the main entrance to the Dena’ina Wellness Center include flowering plants such as lupine, or nantl’ihi t’una; wild geranium, or ja’jadi; and wild rose, or heshkegh.

“The rosehips have more vitamin C than anything in Alaska. We do rosehip lotions. They’re nice for your skin,” Holley said.

Other blooms include fireweed, or nildghuligi; and pineapple weed, or aramashga.

The last bed takes advantage of a shady spot beside the Dena’ina Wellness Center and includes crowberries, or dghilingek’a; Labrador tea, or quchukda; and lingonberries, or hey gek’a.

During the tour, Holley empha-



Wellness Consultant Tia Holley plants wild greens into planters on the Dena’ina Wellness Center campus in early May. Wild plants were featured in a feast that wrapped up a week of celebrating Nudnelyahi Qudulyi, Dena’ina for “that which grows medicine.”

sized the need to harvest responsibly. In addition to harvesting with good intentions, treating the plants with respect and taking only

what you need, private property also should be respected. Holley suggested the Kenai Peninsula Borough’s mobile parcel viewer, available at www.kpb.us/gis-dept, to determine what permission you’ll need for the land you’re on.

Holley said she hopes eventually, the Dena’ina Wellness Center beds will produce enough to allow for Elders to harvest some of the plants.

“I know they appreciate it when we bring the plants to them, but I’m sure they’d rather harvest it themselves,” Holley said. “And then we can hear their stories.”



A feast featuring wild foods capped a week of celebrating Nudnelyahi Qudulyi, Dena’ina for “that which grows medicine.” At right, wild greens in the planters are labeled with information cards.



Cooking with Kenaitze

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 we focus on traditional wild greens.



At left, cook with wild greens including (clockwise from top) nettles, goosetongue, spruce tips and beach lovage.

FRESH SPRING SALAD

This salad was served at the Nudnelyahi Qudulyi celebration, with many of the ingredients coming from the greenhouse on the Dena’ina Wellness Center campus.

Salad:

- 1 bunch dandelion greens (harvested or from the grocery store)
- 2 cups bok choy leaves (greenhouse)
- 2 cups radish leaves (greenhouse)
- 2 cups kale (greenhouse)

Dressing:

- Olive oil
- Honey
- Maple syrup
- Red wine vinegar
- Crowberry juice

Directions

Mix to taste, and drizzle over greens.

DANDELION GREENS PESTO

Substitute just about any green for the dandelion greens in this simple recipe.

Ingredients

- 4 cups dandelion greens
- 1 cup basil leaves
- 3 tablespoons pine nuts
- ¼ cup Parmesan cheese
- 1 clove crushed garlic
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 3 tablespoons olive oil

Directions

Place the first five ingredients into a food processor and process until finely chopped. Add the lemon juice and salt and pulse five times. With the processor on, slowly add oil and process until well blended.

ALL KALE CAESARI!

This salad from the Healthy Lunchtime Challenge Cookbook can be served as a meal.

Ingredients

- 4 slices whole-wheat bread, cut into ½-inch cubes
- ¼ cup olive oil, plus 3 tablespoons
- ½ teaspoon salt, truffle flavor or regular
- Freshly ground black pepper
- 8 ounces salmon fillets
- 1 head kale (about 5 cups), stems removed, cut into bite-sized pieces
- 1 tablespoon Worcestershire sauce
- Juice of ½ fresh lemon
- 2 tablespoons grated Parmesan cheese
- ¼ cup chopped black olives
- 1 egg

Preparation

1. Preheat the oven to 275 degrees. In a large bowl, combine bread cubes with 2 tablespoons of olive oil, salt, and pepper. Bake for 15 minutes or until golden and dry.
2. Meanwhile, season the salmon with salt and pepper. In a nonstick skillet, warm 1 tablespoon of olive oil over medium heat, add the salmon skin-side down and cook for 5 minutes, turn over and cook 2 minutes more, or until salmon is firm. Remove skin.
3. In a large salad bowl, add the kale. Place the whole uncracked egg into a cup with hot water and let sit for 5 minutes. In a small bowl, whisk together remaining ¼ cup olive oil, Worcestershire sauce, lemon juice, salt, and pepper. Crack the egg into the dressing and whisk until combined. Add the dressing to the kale and massage in so that the kale is well coated. Flake the salmon and add to the kale along with Parmesan, olives, and croutons. Toss well to combine.

Recipe courtesy What’s Cooking? USDA Mixing Bowl,
<https://whatscooking.fns.usda.gov/>.



SUBMIT YOUR FAVORITE RECIPE

Chiqinik to those who submitted these recipes. Have a recipe to share? Email it to M. Scott Moon at smoon@kenaitze.org

The Big Picture



Amber Webb, an artist from Dillingham, talks about her work, a large kuspuk adorned with the faces of missing or murdered Alaska Native and American Indian women, during the third annual Violence Against Women Forum in Kenai. Webb said she wanted to “show this problem in a way that people have to feel it.” See story, p. 6

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

Yaghanen Youth Program, Education and Career Development
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
510 Upland St., Kenai, AK 99611
907-335-7600

Tribal Court
508 Upland St., Kenai, AK 99611
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