The Tribal Council in May passed a resolution raising the wage for all of the Tribe's entry-level positions to $16.01 an hour.

Speaking through the resolution, the Council says it is staying true to the Tribe's mission, “To assure Kahtnuht’ana Dena’ina thrive forever.”

“It’s not a ‘minimum wage.’ We wanted to call it a ‘living wage,’” said Clinton Lageson, Tribal Council Treasurer. “With the Tribe being one of the biggest employers on the Kenai Peninsula, we want to lead the way in taking care of our entry-level employees.”

Wayne D. Wilson Jr., Tribal Council Chair, said one of the goals is to generate more interest in the Tribe’s entry-level jobs, and generate a larger pool of highly qualified candidates for all positions.

“We want to be able to support all employees, but also have a way to have Tribal Members come back to the Tribe and have a good wage.”

Lageson said the idea for a living wage originated with the Tribal Employment Rights Ordinance Commission before making its way to the Council.

Another goal of the wage increase, Lageson said, is to provide opportunities for employees to pursue additional education and professional development – something that may be difficult to do for a person working multiple jobs to make ends meet.

“How do we expect them to be able to further their education if they’re worried about where their next meal is coming from and taking care of their family?” Lageson said.

The resolution declares the wage of $16.01 “a sustainable wage that builds security for an income that supports their personal needs at an entry level of employment with the Tribe.”

As the breeze coming off Cook Inlet carried smoke from the campfire across the beach, the Kenaitze Indian Tribe celebrated the educational fishery’s 30th season.

Paul Karaffa, who describes himself as “one of the originals” at the fishery, remembers when the campfire was the only amenity on the beach just south of the Kenai River mouth.

“The fishery was absolutely nothing, there was nothing here. There was the net and a little campfire, and that was it,” Karaffa said. “It sure has changed, but this is good.”

In fact, the Tribe was cutting the ribbon on the new Harvest Shop, the latest addition to the facilities at the beach site. The 30-by-50-foot building will give the Tribe the ability to expand its harvest program. In addition to plenty of space to process fish and game when the weather turns cold, it will eventually have walk-in coolers and freezers, providing space to store what is harvested.

Jake Kooly, Tribal Harvest Program Supervisor, said he is most impressed with the number of organizations that supported the project, from other Alaska Native organizations to non-profit foundations.

The June 17 celebration opened with a performance from the Jabila’ina Dancers. Tribal Council Member Lisiia Blizzard recounted the fishery’s history, followed by the Harvest Shop ribbon cutting. Traditional drumming on the Heartbeat of Mother Earth drum accompanied the meal.

“Today is a good day to have a bite of fresh salmon and be around people,” said Valery Heney.

Heney said it was her first time coming to the Opening of the Net in several years, but was there for “friends and fish.”

Karaffa, wearing the jacket he was given when he first started working at the net, said the operation was an all-volunteer effort.

Tribe celebrates 30th year of educational fishery

Tribe members and staff cut a ceremonial ribbon to celebrate the opening of the Tribe’s new harvest shop during the Opening of the Net in June. Pictured are Sasha Jackson; Council Treasurer Clinton Lageson; Council Chair Wayne D. Wilson Jr.; Council Vice Chair Bernadine Atchison; Council Secretary Diana Zirul; Hunting, Fishing and Gathering Commission Chair James Segura, Council Member Lisiia Blizzard and Logan Wik.

Jake Kooly shows Ryllynd Lageson how to fillet salmon during the gathering.
**Do you know these people? Help us update their address**

To update the following Tribal Members with our un’ina as needed.

**Tribal Member**
- Jennifer Campbell
- Michael Campbell
- William Cardall
- Laila Cardall
- Kenneth Coffin
- Mr. Victor Connell
- Hazel Constans
- Denise Con
- Justin Cott
- Stacy Cron
- James Cross
- Samantha Cross
- James Cross Jr.
- Robert Cross Jr.
- Lynne Daum-Hilman
- Rachel Davis
- Ron Davis
- Ronald Davis, Jr.
- Angela Dew-C-Cochran
- Clifford Dean
- Lisa Dean
- Tracy Deitz
- Emilee Demidoff
- Michelle Demoua
- Elise Dieck
- Clifford Delshick
- Mark Delshick
- Christopher Dedman
- Dramaude Friedman
- Jay Edelman
- Edwin Edelman Jr.
- Courtney Edwards
- Jamie Edwards
- James Edwards
- David Edwards
- Patricia Edgerton
- Linda F. Enquist
- Randol Flood
- Richard Flood
- Christopher Callender
- Keirin Cameron-Lewis

**Services is seeking addresses for the following Tribal Members. To update your contact information, please call Jessica Yow at 907-335-2254 or email jyowcn@kenaitze.org.**

**Tribal Members**
- Dianne Ahrendt
- Lori Ashton
- Sonya Atad
- Allan Baldwin
- Daniel Baldwin
- Jonathan Baldwin
- Raymond Ball
- Eric Bemis
- Bob Bollenbacher
- Cameron Bouma
- Christopher Brandy
- Jonathan Brandt
- Erica Brunson
- Hunter Brown
- James Brown
- Jordan Brown
- Kendal Bursen
- Katie Brown
- Danielle Brown
- Richard Bruns
- Walter Burt
- Matt Buisse
- Mariano Buse
- Margaret Byrom
- Christopher Callender
- Kaylin Cameron-Lewis

**Do you know these people? Help us update their address**

**The Health Board looks at ways to help Tribal Members thrive**

In May, Mary Ann Mills, Vice Chair, Kahtnuht’ana Dena’ina Health Board, Dawn Nelsen, Executive Director of Tribal Administration, and I attended Southcentral Foundation’s Cook Inlet Tribal Health Leadership Meeting. Discussions included the significance of the impact of self-determination on Tribal health through-out the region and each Tribe’s ability to develop health and wellness programs that reflect the needs of their membership. Topics included housing, food security, affordable housing, spiritual wellness and the impact of each of these on the ability of Tribal Members to “thrive not just survive.” This year’s closure of the Tribal fishery has also discussed as another impact on food sovereignty.

Please join us in welcoming Dr. Robert Mitchell and his wife, Kelsie, who arrived from Texas in early July. Dr. Mitchell began seeing patients on July 8 as planned, and will also serve as the De-na’ina Wellness Center’s Medical Director.

The Health Board is also pleased to announce that Marion Ruth, FNP, has also been hired and will begin serving as DWC’s third nurse practitioner in early August. She will be working full time in the primary care department.

The Board and Council are committed to developing contracts with the primary care providers in order to ensure continuity of care and strengthen the relationships between the providers and their patients.

Jim Lamb has accepted the position as the Executive Director of Health Systems, effective July 8. Jim is a familiar face at the Tribe for the past four months he has served as the Revenue Cycle Consultant, assisting Ed Koehn, Finance Director, in identifying processes issues with revenue cycle infrastructure. He has served in various leadership roles in the tribal health system during his past employment with Chevak Nation, the Alaska Native Tribal Health Consortium and South-central Foundation as well as the legislative process in Indian Health Services.

In June, Mary Ann Mills assisted in coordinating the Sub-stance-Use Disorder Conference, which was sponsored by the Tribe and held at Alaska Pacific University in Anchorage. The speaker, Carl Dawson, is a licensed professional counselor in the state of Alaska and nationally known for his lectures in the field of substance abuse treatment and recovery. The Tribal Council has committed resources to further developing questions to substance use disorders and treatment and feel that programs of this nature are a need for our providers and staff in successfully working with our un’ina as needed.

Respectfully,

**Diana L. Zirl Chair, Kahtnuht’ana Dena’ina Health Board**

**Note from the Council Chair**

**Tribal Council**

- Wayne D. Wilson Jr.

**Why we are a cohesive group of people we can achieve our mission, to assure Kahtnuht’ana Dena’ina thrive forever. I thank you all for the hard work that has allowed us to accomplish this.**

**The second big accomplishment was creating a minimum living wage for the Tribe. $16.00 is the new starting wage level for entry positions at the Tribe.**

We have exciting news to share with you today. We have an app that has arrived and started seeing patients on July 8. A permanent physician has been something the Council has wanted since the very beginning. We are in search of another doctor as well.

The Council has hired a new Executive Director of Health Systems. Jim Lamb started on July 8. We have filled many more key positions as of late. The Council’s goal is to make changes that will continually improve and provide the best services possible through hard work and determination. Our mission, “To assure Kahtnuht’ana Dena’ina thrive forever,” is of the utmost importance.

I hope the summer continues to have great weather so we can all enjoy a little bit of sun.

Sincerely,

Wayne D. Wilson Jr. Tribal Chair

**The Counting Cord is a publication for members of the Kenaitze Indian Tribe and the people served by the Tribe.**

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

For story suggestions or content, contact editor M. Scott Moon at 907-335-7237 or by email at smoon@kenaitze.org.

**Take a close look at state’s budget**

I would like to ask each of you to take the time to look at Governor Dunleavy’s FY 2020 budget and if you see any inaccuracies to contact your representative of the State of Alaska. I know we all have many other things we would like to do this summer, but this budget issue could cause major economic effects across all of our traditional lands. I have listed the link to the FY 2020 budget below and if you have any questions please don’t hesitate to contact me.

State of Alaska FY 2020 Budget: https://omb.alaska.gov/

When we are a cohesive group of people we can achieve our mission, to assure Kahtnuht’ana Dena’ina thrive forever. I thank you all for the hard work that has allowed us to accomplish this.

Sincerely,

Wayne D. Wilson Jr.

**Hello, This summer has had some amazing weather so far. Alaska has seen many records fall this year because of extreme high temperatures. Along with the great weather, we’ve seen a strong early run of reds return as well. It’s always good to see the first fish jumping in the river. I want to thank all of the people who attended the Opening of the Net celebration at the beach in June and the Quarterly Meeting barbecue that was held at our new Rhulag Lookout bluff property. It’s always good to see Tribal Members, family and friends at these special events that we have throughout the year. One of my goals has always been to bring our people together more often so that we enjoy each other’s company with great team and a nice environment.**

We had a couple big things happen in June. First, we officially became debt-free by paying off the Toyon Apartments. I’d like to give a special thanks to staff, the Finance Committee and Tribal Council for all the hard work that has allowed us to accomplish this.

The second big accomplishment was...
Tribe co-sponsors addiction conference

Kenaitze Indian Tribe, in partnership with Alaska Pacific University, brought Carl Dawson to Anchorage to present a three-day Substance Related-Addictive Disorders Conference in June. Dawson has consulted and lectured on the topic for more than 40 years.

“Alienated people have gone through trauma and a lot of people have gone through substance abuse,” Council Member Mary Ann Mills said. “This is a good way of understanding it.”

Dawson holds a Master of Science degree in Community Mental Health Clinical Psychology from Pittsburgh State University. He is licensed as a Professional Counselor in the state of Missouri and is certified as a Counselor and a Master Addiction Counselor. His presentations focus on the psychology of the brain and how drugs work in the body. He believes it is necessary to understand the biology of addiction before treating the psychology of addiction.

Dawson responded to a number of questions during the conference and had a chance to learn from those in attendance, as well.

“I am learning how much your culture is focused on trauma and appreciate how traditional knowledge already addresses the topic,” Dawson told the audience. “I am learning from you too.”

He said healing from trauma is like connecting dots to create a photo.

Native American traditions are all about connecting the dots. One of the reasons you hang on to your traditions is they keep you connected.

Members of the Tribal Council and staff from Behavioral Health and Na’Iini Family and Social Services attended the conference, alongside others from the health care community.

Mills first heard Dawson speak at a training for federal, state and tribal judges. She wanted to bring him to Alaska because many people here have experienced substance abuse and many more have experienced trauma.

She agreed with Dawson’s approach – that to understand the two, it is necessary to understand how the brain works and how substances and trauma affect the brain.

“I consider Carl a healer before any (of his) degrees,” Mills said. “He’s doing exactly what we’re trying to do at Kenaitze.”

The conference was structured to appeal to behavioral health clinicians, as well as those from social services and governance in attendance.

APEX supplied 2.4 continuing education units to health and social service professionals.

Dawson encouraged those who are affected by substance-related addiction to seek help. “He courageous and reached out.”

Dawson will be back in Alaska in September for a training offered by Kenaitze Tribal Court in partnership with the Bureau of Indian Affairs Office of Justice Services. Find details on the opportunity by searching for “Combating the Impact of Substance Use and Abuse in Alaska” at https://www.eventbrite.com.
Learning from the pros

Archaeologists share knowledge, skills at Susten camp

Participants in the Yaghanen Youth Program's Susten Archaeology Camp spent a week documenting a site along the shore of Kenai Lake at Trail River Campground, near Moose Pass.

Erosion has exposed items of interest to archaeologists, including some small animal bones.

“This site is really cool,” said Kya Ahlers, a camp participant. “It’s a lot bigger than ones we’ve been to before. There’s a lot of fire-cracked rock, bones, a big pit and another cache pit.”

Camp participants were spread out along about a hundred yards of shoreline, profiling spots where erosion had exposed layers of soil and a potential middens. The young archaeologists also began to document the remains of a cabin from the early 1900s.

The site was just one of the unique aspects of this particular Susten camp; with a half-dozen professional archaeologists on site, there was essentially a 2:1 instructor-to-camp participant ratio for parts of the week.

There were multiple benefits – campers got to learn from professionals with different skill sets and specialties, but also got to see how the professionals interact and learn from each other.

“It’s nice having a lot of archaeologists. There’s a lot of people, and they’re all learning from each other. It’s a really cool experience,” Ahlers said.

Susten camp participants weren’t just learning, though – they’re conducting important research. Sherry Kime, a U.S. Forest Service archaeologist, said working with the camp provides an opportunity to do some work that otherwise might not get done with limited resources.

“It’s helpful having all the extra bodies, and the kids are so experienced – they know what they’re looking at,” Kime said. “We’re learning from each other. They do make a huge contribution.”

Along the Kenai Lake shoreline, campers were profiling eroding areas, documenting the protruding bones and the different layers of exposed soil.

Other camp participants were mapping the site using high-end GPS units, and using probes to determine whether the soil had ever been disturbed.

“I like probing the soil,” said Corbin Stueve, a camp participant. “You can figure out if people have been there and see if the ground is intact.”

Shovel tests – a small sample excavation – revealed charcoal, fire-cracked rock, and what appears to be a layer of volcanic ash. A shovel test in the large pit turned up pieces of flattened tin.

The small animal bones, likely porcupine, eroding along the shoreline were one of the most intriguing finds.

“Dena’ina usually burned remains, or if it’s a middens also are accredited by the school district. Yaghanen Youth Program Manager Michael Bernard explained that the Susten curriculum was developed through a collaboration between the Tribe, the U.S. Forest Service and the U.S. Fish and Wildlife Service.

Ahlers said she appreciated the contribution she and her fellow camp participants have made to the area's archaeological knowledge.

“Now we can say, ‘We worked on this site with a bunch of archaeologists.’ Not many people can say that,” Ahlers said.

Above, Carrie Ceci, a U.S. Forest Service archaeologist, helps Savanna Wilson and Hanna Wilson profile an eroding area of a site along the shore of Kenai Lake while Tiana Begaef, an intern with the Heritage Assistance Program, watches. The work was being conducted as part of the Yaghanen Youth Program's Susten Archaeology Camp.

Left, camp participant Cody Uribe-Kivisto and Youth Advocate Susan Crane measure the location of small animal bones protruding from a section of eroding shoreline.

Below, the measurements are used to create an accurate profile of the archaeological site.

“Oral histories shared over hundreds of generations teach you how to live in the world,” Rogers said. “Oral history fills in the details that archaeology can’t get at.”

For example, as part of a camp activity, participants made toggle fish hooks from pieces of bone. While research shows the existence of this type of tool, it doesn’t explain how it was used. Were the hooks baited? If so, how?

Marcelo Weese, a U.S. Forest Service archaeologist based in Cordova, said he was impressed with the camp.

“These kids are awesome. They listen very well, and they’re really excited about their culture and how everything fits in. They’re very intuitive, and they know a lot,” Weese said.

That knowledge will pay dividends for camp participants. The Susten camps join the list of Yaghanen camps accredited by the Kenai Peninsula Borough School District. Camp participants who complete the requirements can earn .5 high school elective credit.

Fish and Moose Camp curricu-

ums include classes on fire-making and smoking, and as she held them up for students to see, the “ews” were replaced with “yum!”

Camp participants started off the summer reading books and looking at photographs about fish and the different methods by which they are gathered.

After the filleting demonstrations with the real fish, campers built a drying rack on which to hang their own “fillets” – theirs are made of felt.

“We provide the opportunity for children to mimic skills with appropriate materials,” Sinenko said.

Camp participants will have special visitors come and talk about different aspects of processing fish throughout July. Students will get to see what the dried fillets look like, and talk about smoking and canning.

Students also will learn some of the basics of fish biology and anatomy. For example, Sinenko talked about the characteristics of male and female salmon – using the fish head as a model – while Nickoli-Evan did her filleting.

Dena’ina words also are included in some of the lessons. As the summer progresses, lessons might include traditional uses of plants, and some of the Dena’ina history.

“The ultimate goal is that we’re setting the groundwork for cultural education as they get older,” Sinenko said.

Early Childhood Center programs include Early Head Start, for pregnant mothers and children from birth to age 3; Head Start for children from 3 to 5; and an After-School Program for children in kindergarten through third grade.

To learn more, call 907-335-7260 or visit https://www.kenaitze.org/programs/early-childhood-center/.

Summer on the Kenai Peninsula means salmon, and children at the Early Childhood Center’s summer camp are getting a hands-on experience.

What we’re doing during summer camp is thinking of the natural lifeways of the Dena’ina people,” said Carol Sinenko, a teacher at the Early Childhood Center.

During the school year, there are different cultural activities to focus on.

“In the summer, we’re thinking about fish, and how to prepare that fish so it will last throughout the year,” Sinenko said.

Recently, students had the opportunity to watch as a salmon was prepared for drying and smoking. The fish had come to the net at the Tribe’s Educational Fishery, and Jaelene Nickoli-Evan, a Teacher Aide at the Early Childhood Center, showed students how she prepares a fish for hanging on a drying rack using an axe.

First, she cut off the head. When asked what she would do with it, she smiled and said, “Save it for later!”

Then, she gutted the salmon, eliciting a few “ews” from her audience. Finally, she sliced along the backbone and ribs on each side – leaving the two fillets attached at the tail so they could be hung on a rack.

Nickoli-Evan made several cuts across the fillets to help with drying fish, give it back to the water. So finding bones here is really different from what we normally see,” Ahlers said.

Monty Rogers, an archaeologist with Cultur-

al Alaska, said the site is in what was a border area between Dena’ina and Chugach cultures.

“This site could be Kenaitze, or it could be Chugach, or it could be both, which would be interesting,” Rogers said. “It has a lot of potential to shed some light on the early use of this area.”

Rogers said that while archaeology shows what artifacts were used in the past, it is a culture’s oral histories that explain how those things were used.
Custom Seafoods more than just fish

As the salmon hit the Kenai River, Custom Seafoods in Soldotna is gearing up for a busy season. But did you know the business is open year-round?

Custom Seafoods Processors Inc. is owned by Kahtnuht’ana Development Corporation, a federally chartered business corporation wholly owned by the Kenaitze Indian Tribe. The corporation was established with the goal of providing economic self-sufficiency and increasing the Tribe’s overall support for underfunded programs examined several business opportunities. It was launched as a family business in 1994 to process, package and freeze sport-caught fish. The company incorporated and moved into leased space in 1996. After 10 years of growth and the addition of smoking and game processing services, the business moved into its current location, a custom designed, state-of-the-art facility on the Kenai Spur Highway.

Summer Lazenby, Facility Manager, said the layout of the 12,000-square-foot building is ideal for the workflow from processing to packing to smoking and freezing, and was designed to allow for growth without requiring an addition. Since Custom Seafoods was acquired by Kahtnuht’ana Development Corporation, there has been a focus on growing retail operations and offering seafood processing services for the commercial sector. Lazenby said the retail part of the business includes a gift shop focused on Kenai Peninsula-produced items, supplemented with Alaska-made products. With tourist season in full swing, those locally made products have been popular. Examples include wares from the Alaska Salt Company in Homer, and a special seasoning blend created in-house. The gift shop also features clothing items, cookbooks, as well as seafood and sausage products. Custom Seafoods has brought the gift shop to the masses this summer with a booth at the Wednesday Market at Soldotna Creek Park.

While July means fishing, come autumn, Custom Seafoods will begin to shift its focus to processing game. Lazenby said the staff at Custom Seafoods are able to process any game animal that comes their way, from moose and caribou to bear and musk ox. In addition to traditional cuts and ground meat, Custom Seafoods offers a wide range of sausage options. Custom Seafoods guarantees that customers will get their own fish or game back. The business also offers a 15-percent discount for Tribal Members.

Custom Seafoods is located at 35722 Kenai Spur Highway in Soldotna. Find more information at https://customseafoods.com, or call 907-262-9691.

15% discount for Tribal Members
Joanne Shepherd, the Front Desk Supervisor at the Dena'ina Wellness Center, helps un'ina to determine if they’re eligible for TSHIP. As of May 1, 71 people are enrolled in TSHIP through the Dena'ina Wellness Center. There are a number of benefits to enrolling in TSHIP. For the individuals who enroll, TSHIP pays for health care that might not be covered by IHS.

“An old woman told me that it is important to have health insurance to make sure you have health care when you need it. I enrolled in TSHIP through the Dena’ina Wellness Center because it provides health care that might not be covered by other insurance.”

— Joanne Shepherd

Joanne Shepherd, Front Desk Supervisor at the Dena’ina Wellness Center, poses for a photo with Scott and Joann Earsley. The couple credits TSHIP for telling them about the Tribally Sponsored Health Insurance Program, saving them hundreds of thousands of dollars.

**TSHIP benefit: Peace of mind**

Scott Earsley said that when he and his wife Joann first received an application for the Tribally Sponsored Health Insurance Program, they weren’t really sure what it was. For them, it has turned out to be a life-saver. The Tribally Sponsored Health Insurance Program, or TSHIP, provides health care coverage for Tribal Members, Alaska Native and American Indian people who aren’t eligible for other coverage. “A lot of folks have too much income to qualify for Alaska Medicaid, yet they fall into this category where they don’t have insurance. It’s a big gap,” said Jim Lamb, Executive Director of Health Systems at the Dena’ina Wellness Center. “A lot of these folks work, but they don’t have insurance available through work, or they don’t work enough hours to qualify, or they’re self-employed.”

There are a number of benefits to enrolling in TSHIP. For the Tribe, it preserves limited Indian Health Service and Purchased and Referral Care funds. For the individuals who enroll, TSHIP pays for health care that might not be covered by IHS.

“The primary benefit is the peace of mind to give somebody who is in that segment” without health insurance, Lamb said. After learning more about the program, the Earsleys enrolled in mid-2015.

On Dec. 17, 2015, they found themselves in the emergency room at the Alaska Native Medical Center in Anchorage after Joann said she felt like she had been “hit on the side of the head.” Joann was medicated to Swedish Medical Center in Seattle, where she was treated for hemorrhaging in her brain. The couple spent almost two weeks in Seattle for Joann’s care, coming home on New Year’s Eve. Then, on Jan. 3, 2016, Joann had to be medevaced to Seattle again, this time for a week-long stay. Scott Earsley said he’s not sure what would’ve happened had they not had health insurance through TSHIP. Bills for Joann’s care were covered, “there’s no cost to the patient,” Scott Earsley said.

“It relieved me of worrying about finances when I needed to be taking care of my wife.”

— Scott Earsley

**TSHIP: Alaska Salmon Head Pho**

This pho is based on an indigenous Alaskan fish head soup. Traditionally the heads were cooked down long enough to leach calcium, supplementing an otherwise dairy free culture. If you don’t have a fish head handy, try using frames or even filet scraps.

**Ingredients:**

1 tablespoon sriracha (optional)
1/2 teaspoon ground star anise
1/2 teaspoon ground cinnamon
1/2 cup basil, chopped
2 Alaska Grown carrot, julienned (about 1 cup)
1 Alaska Grown onion, julienned (about 1 cup)
1 Alaska Grown zucchini, julienned (about 1 cup)
1 1/2 Alaska Grown “snow apple” (turnip) or daikon radish, julienned
1 cup Alaska Grown leafy greens, such as kale or chard cut into 1/4-inch ribbons
Fresh bean sprouts, bean leaves, tom cilantos, for garnish, as desired

**NOODLES AND VEGETABLES:**

Soak noodles in cold water, as needed (so head is submerged while boiling). Reserve broth and discard head.

**PHO:**

Heat oil in oven-proof pan over medium high heat. Add cakes and fry for 2 minutes per side. Stick in oven to finish cooking for 3 minutes.

**ALASKA SALMON HEAD PHO**

This pho is based on an indigenous Alaskan fish head soup. Traditionally the heads were cooked down long enough to leach calcium, supplementing an otherwise dairy free culture. If you don’t have a fish head handy, try using frames or even filet scraps.

**Ingredients:**

1 small Alaska Grown yellow onion, peeled and halved
1/2 Alaska Grown carrot, julienned (about 1 cup)
1 1/2 Alaska Grown celery, julienned (about 1 cup)
1 1/2 Alaska Grown zucchini, julienned (about 1 cup)
1 1/2 Alaska Grown “snow apple” (turnip) or daikon radish, julienned
1 cup Alaska Grown leafy greens, such as kale or chard cut into 1/4-inch ribbons
Fresh bean sprouts, bean leaves, tom cilantos, for garnish, as desired

**SALMON HEAD BROTH:**

Heat oil in oven-proof pan over medium high heat. Add cakes and fry for 2 minutes on each side. Stick in oven to finish cooking for 3 minutes.

**SALMON PATTIES**

1 pound salmon, diced
1 cup panko
1/4 cup celery, minced
1/4 cup red pepper, minced
1/2 cup basil, chopped
1/4 cups green onion, chopped
1 1/2 teaspoons Tony Chacheres’s Cajun Seasoning
1 whole egg
1 1/2 teaspoons lemon juice

**Directions:**

Mix all ingredients. Shape into cakes using a 1/3 measuring cup, 1 inch thick, and place onto cookie sheet. Refrigerate for 30 minutes. Preheat oven to 400 degrees F. Heat oil in oven-proof pan over medium high heat. Add cakes and fry for 2 minutes per side. Stick in oven to finish cooking for 3 minutes.

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 salmon.

**SALMON PHO BROTH:**

Heat oil in oven-proof pan over medium high heat. Add cakes and fry for 2 minutes on each side. Stick in oven to finish cooking for 3 minutes.

**SALMON PATTIES**

1 pound salmon, diced
1 cup panko
1/4 cup celery, minced
1/4 cup red pepper, minced
1/2 cup basil, chopped
1/4 cups green onion, chopped
1 1/2 teaspoons Tony Chacheres’s Cajun Seasoning
1 whole egg
1 1/2 teaspoons lemon juice

**Directions:**

Mix all ingredients. Shape into cakes using a 1/3 measuring cup, 1 inch thick, and place onto cookie sheet. Refrigerate for 30 minutes. Preheat oven to 400 degrees F. Heat oil in oven-proof pan over medium high heat. Add cakes and fry for 2 minutes per side. Stick in oven to finish cooking for 3 minutes.

**SALMON PHO BROTH:**

Heat oil in oven-proof pan over medium high heat. Add cakes and fry for 2 minutes on each side. Stick in oven to finish cooking for 3 minutes.
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 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
  907-335-7219

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