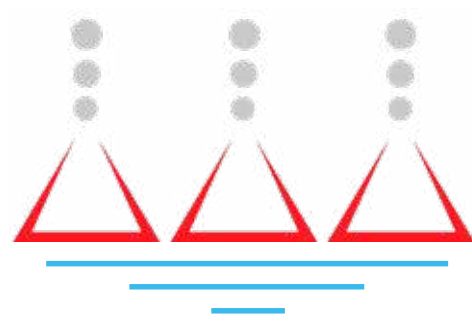




The Counting Cord

Nitnuqeyishi



September-October 2019

KENAITZE INDIAN TRIBE NEWSLETTER

Tribes prevail in ICWA challenge

In an August ruling, the Fifth Circuit Court of Appeals has affirmed the constitutionality of the Indian Child Welfare Act.

In its ruling, the court recognizes the unique political status of tribal nations and upholds the federal law critical to safeguarding the welfare of Alaska Native and American Indian children. The Fifth Circuit decision overturns the district court ruling in *Brackeen v. Bernhardt*, the federal court challenge to ICWA.

“This ruling is a strong affirmation of the constitutionality of ICWA and the inherent tribal authority to make decisions about the well-being of member children, whether they live on or off of tribal lands. ICWA remains the gold standard of child welfare policy and practice; it is in the best interest of Native children,” said Sarah Kastelic, executive director of the National Indian Child Welfare Association.

Congress passed the Indian Child Welfare Act in 1978 to address rising concerns over “abusive child welfare practices that resulted in the separation of large numbers of Indian children from their families and tribes through adoption or foster care placement, usually in non-Indian homes.”

Bernadine Atchison, Tribal Council Vice Chair and Tribal representative on the Alaska Tribal Child Welfare Compact, said that when ICWA was passed, 85 percent of Alaska Native and American Indian Children in state custody were placed outside of their family or tribe – even when there were relatives who could take the children.

About 24 years ago, tribes in Alaska set to work to transform child welfare, establishing the Tribal State Collaboration Group to address placement of children. ICWA is one of the key laws to protect Alaska Native and American Indian children by placing them with relatives to maintain their cultural identity, Atchison said.

See **ICWA**, p.4



Roberta Percy learns how to trim salmon heads from Jake Kooly at the Tribe's educational fishery.

Consistency marks fishing season

When the opening of the Tribe's educational fishery was delayed until June 16, Jake Kooly, Tribal Harvest Program Supervisor said the biggest goal was figuring out

how to make up for lost time.

“We didn't get to fish until June 16, so that was a big deal. Usually, we've got three or four thousand fish by then, so we had to get

all those fish in 35 or 40 days,”

Kooly said.

Fortunately, the fish and the weather cooperated. By the end of

See **FISHING**, p.4

Interns share culture at wildlife refuge

In a work room at the Kenai National Wildlife Refuge visitor center, Cheyenne Juliussen and Kya Ahlers are preparing for a guided hike, creating laminated cards for a plant identification activity. Ahlers explains that they'll give each participant a card, and have them find that particular plant or berry.

Juliussen and Ahlers spent the summer as interns at the refuge through the Tribe's Daggeyi Internship Program.

Daggeyi interns rotate between various Tribal programs to build job skills and college or career readiness. This is the second year that a summer placement with the refuge has been an option for Daggeyi interns.

Juliussen and Ahlers said one of the most interesting parts of their job involved interacting with refuge visitors from different parts of the country and even different parts of the world.

“People come from different countries, and we talk to them, and teach them about this area,”



Daggeyi interns Kya Ahlers and Cheyenne Juliussen prepare materials for an interpretive presentation at the Kenai National Wildlife Refuge visitor center. Ahlers and Juliussen worked as interns at the refuge this summer.

Juliussen said. “They ask us what's around here, what type of fishing, wildlife, what there is to do.”

Ahlers said some visitors don't speak English, so they used maps, hand gestures and facial expressions to communicate — “yes” and “no” are fairly universal, as it turns out.

“It's really fun when you can't speak to them, but you still try to help them,” Juliussen said. “I knew we'd be meeting people from other countries, but I didn't know I'd be able to communicate that well with them.”

After prepping their materials

See **INTERNS**, p. 4

DWC bustling with change of seasons

August and September are months of change in Alaska as we approach winter. Such has been the case at the Dena’ina Wellness Center (DWC) as well, although we are not moving into a hibernation mode!

August saw Dr. Bass from the Dental Department move to Oregon and Summer Cross, NP from the Primary Care Department move to Kentucky to be closer to their parents and families. Dr. Downum from the Dental Department acquired a private dental practice in the area. Kris Smith, Dental Clinic Supervisor, has announced her retirement at the end of October after serving the Tribe for over 20 years. The Council and Kahtnuht’ana Dena’ina Health Board value the services and expertise that each of these individuals has provided to the Tribe over the years and wish them the best in their future endeavors.

As the Tribe continues to move forward, the Council and the Health Board welcome Marion Ruth, NP, who started seeing un’ina (patients) in early August, and Dr. Stuart Marcotte who will be joining the Primary Care Department in early October. The Department now has five full-time providers which include Robert Mitchell, D.O., Heather Callum, M.D., Stuart Marcotte, D.O., Andrew Fuhman, N.P. and Marion Ruth, N.P. Each bring areas of expertise that complement one another, which means that we are anticipating that the services provided at DWC will expand accordingly. All providers are on a five-day schedule, Monday through Friday, with the exception of Andrew Fuhman, NP who is scheduled Tuesday through Saturday for walk-in appointments. Please join us in welcoming the providers to the Tribe’s Annual meeting with more announcements to come at that time.

Dental candidates to fill the vacancies created by Dr. Bass and Dr. Downum are currently being interviewed, and it is our hope to make our selections in the near future. In the meantime, Dr. Stapp is assisting the Dental Clinic by adding one more day a week to his busy schedule and Dr. Downum has agreed to assist one day a week until the permanent positions have

been filled in order to minimize the waitlist. The Wellness Department is working on areas of growth as well. Both personal trainers will be attending an extensive workshop on new services that will become available in the near future. The Department is also working with the Primary Care Department to identify complementary services.

The Behavioral Health Department is awaiting their move to their new location across the street from DWC which will not only allow for further expansion of their services but additional space within DWC for future expansion of other services. You may recall that the relocation of the Behavioral Health Department was the result of Na’ini Family and Social Services being relocated in September to a newly renovated office space in Toyon Villa.

As to the Health Board, we continue to monitor and make further recommendations on the current services that are provided at DWC. The Purchased and Referred Care (PRC) process continues to be evaluated in order to minimize the types of services that are referred elsewhere for care. The Health Board is acutely aware that at times un’ina must seek urgent or emergent care outside of our facility during non-clinic hours. Please remember in emergency cases, you or your representative must notify DWC within 72 hours of admission to a non-Indian Health/Tribal Health facility. For elderly (65 years of age or older) and disabled, you must notify DWC within 30 days of admission to a non-Indian Health/Tribal Health facility in order to assist in the coordination of reimbursement where appropriate.

The Health Board has also been working with Administration on the plans for future services at DWC, and will make further announcements as these services become available. We welcome your thoughts on areas of need that you feel would prove beneficial to all of the beneficiaries. The Health Board will be appointing Tribal Members to the Traditional Healing Committee at its next meeting. This Committee serves as a resource to make recommenda-

tions to the Health Board on matters relating to the natural, emotional and spiritual elements of health.

Members of the Health Board and Administration will be attending the National Indian Health Board (NIHB) Conference in September. Opportunities to provide Tribal consultation with various federal funding sources such as Indian Health Services (IHS) and the Bureau of Indian Affairs (BIA) will be afforded at this conference. Mary Ann Mills and I continue to serve on the Alaska Native Health Board (ANHB) and its respective committees, and I will continue to serve as a member of the Federal Tribal Self Government Advisory Committee (TSGAC). Both NIHB and ANHB serve in advocacy roles on state and national Tribal health Issues, and the Tribe’s participation is critical to ensure that the needs of our beneficiaries continue to be met.

Finally, the Health Board wishes to remind everyone of the upcoming 2020 Census which will begin in January. There will be further information regarding the Census provided at the Annual Meeting. It is critical that each of the beneficiaries, which includes all Tribal Members, Alaskan Natives and American Indians, who live in the Tribe’s service area participate in the census process. The Tribe’s service area includes those who live on the north-side of the Kasilof River to Cooper Landing. The demographics produced from the 2020 Census is what will support the Tribe’s requests for funding through IHS and the various grant programs on both a state and national level.

We look forward to seeing you at the Annual Meeting!

Respectfully,
Diana L. Zirul, Chair
Kahtnuht’ana Dena’ina Health Board



Kenaitze Chief Judge Susan Wells, standing at right, administers the Oath of Office to new Tribal Council Member Sharon Isaak, standing at left, during the July Tribal Council meeting. Isaak was appointed to fill the seat vacated in June by Jennifer Showalter Yeoman. Seated from left, Council Secretary Diana Zirul, Chair Wayne D. Wilson Jr., Council Member Mary Ann Mills, Treasurer Clinton Lageson, Council Member Liisia Blizzard, Vice-Chair Bernadine Atchison and Executive Director of Tribal Administration Dawn Nelson.



Missing something? The lost and found box at our Dena’ina Wellness Center has items including two beautiful rings we’d love to reunite with their owners. Check at the front counter if there’s a chance you’ve left something behind.

Moving soon? Please keep in touch

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

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

From the editor’s desk

The Counting Cord is a publication for members of the Kenaitze Indian Tribe and the 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 questions about content, contact editor M. Scott Moon at 907-335-7237 or by email at smoon@kenaitze.org.



NOTE FROM THE COUNCIL CHAIR

Hello,

Fall is in the air. Despite the late start, we've had a good season at the net, and we're just waiting for the silvers to finish rolling in. Meanwhile, we're also looking forward to a successful hunting season to get our freezers full for the winter. The new Harvest Shop was a great addition to expanding our harvest program.

I hope everyone had a chance to get down to the net and enjoy the beach. I'd like to thank Jake Kooly for his hard work this summer making the Tribal Fishery a complete success. And for those of you who haven't had chance to witness his fish filleting skills, you need to go down there next summer and watch him. It's very impressive.

It's been an exciting year for the Tribe, with many accomplishments. One area that probably doesn't get a lot of attention is our enrichment program. The Council provides up to \$1,000 to Tribal Members who are in need of enrichment.

Also, for the second year in a row, we are able to provide funds for all of our Tribal Members who have requested money for schooling, which is exciting.

For the past two years, Council Treasurer Clinton Lageson has been serving as the Alternate Vice President of Alaska for the National Congress of American Indians. Clinton has decided to run for Treasurer of NCAI and has full support from Council to run for the position. If he is elected, it will be very beneficial to all Alaska Native and American Indian people. The Council for many



Wayne D. Wilson Jr.

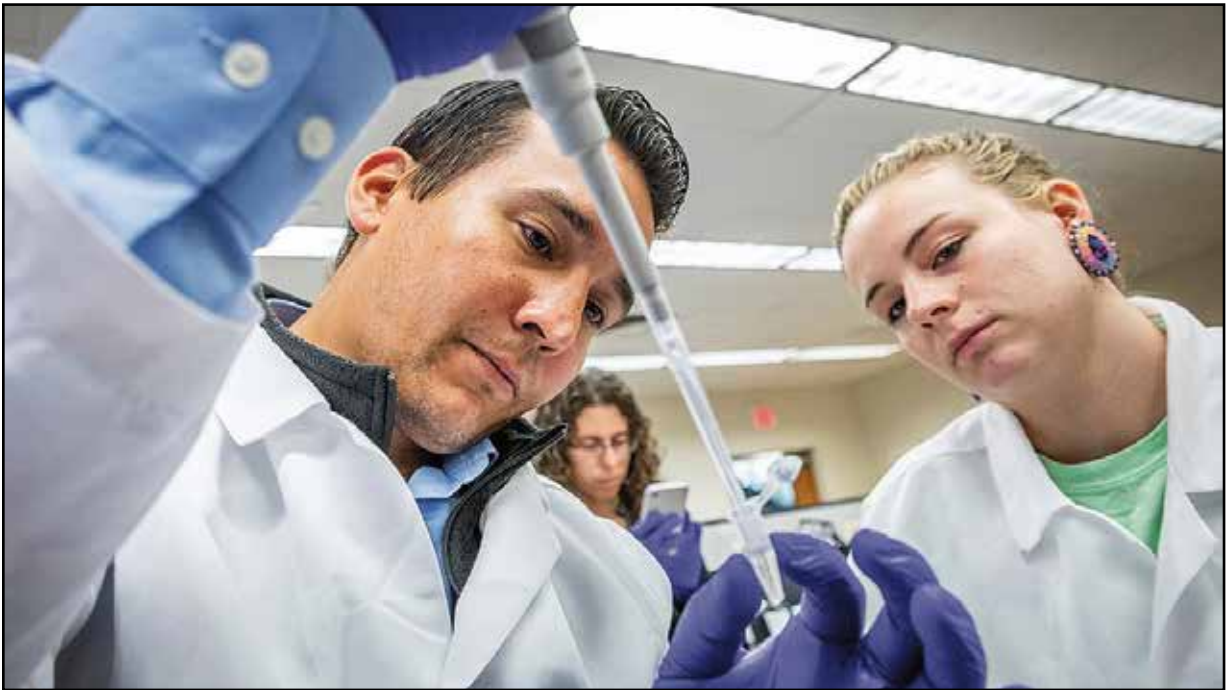
years has been working hard to advance our Tribal Members' interests by being active on the national scene, and it has paid off big in improving our standing as a Tribe.

Under the oversight of the new Kahtnuht'ana Dena'ina Health Board, programs at the Dena'ina Wellness Center are set for more growth. Na'ini Family and Social Services are moving into renovated space in Toyon Villa, and Behavioral Health will move into the Na'ini building, providing an opportunity to expand services. We also are excited to now have five full-time primary care providers at the Dena'ina Wellness Center.

Just a reminder that the annual meeting is coming up Oct. 5 at the Dena'ina Wellness Center. I can't wait to see all of you at the meeting and I hope to see a record turnout of Tribal Members. We will have lots of cash prizes, giveaways, excellent food, seeing family and reconnecting with friends.

I just wanted to say it's been a true and humbling honor to serve you as chair for the past year. Thank you all for your support. I want personally thank all Council Members for all the hard work they put in over the past year. They all did a wonderful job. Our mission is "To assure Kahtnuht'ana Dena'ina thrive forever" and that's exactly what our people will do. We will thrive.

Sincerely,
Wayne D. Wilson Jr.
Tribal Council Chair



Clinton Lageson works on a DNA sample as participants in the Summer Internship for Indigenous Peoples work at distilling their own DNA.
(Fred Zwicky/University of Illinois News Bureau)

Trip to DNA lab provides learning opportunity

Norma Johnson and I spent a week together at the University of Illinois, Carl R. Woese Institute for Genomic Biology for a Summer Internship for Indigenous People in Genomics (SING) on mitochondrial DNA.

During the week, we worked in the lab, learning how to amplify and sequence a fragment of our own DNA. Cheek swabs were taken and a protocol was followed that allowed us to isolate snips of our mitochondrial DNA – the DNA we inherit from our mother. We then amplified our DNA and sequenced it.



Norma Johnson

After we sequenced our mitochondrial DNA, we discussed the implications of genomics research.

The internship at the University of Illinois was a positive learning experience and opportunity. Links to two stories about the program are posted here for you to take a look at.

<https://will.illinois.edu/news/story/how-scientists-are-working-to-partner-with-indigenous-communities-for-genomics-research>

<https://news.illinois.edu/view/6367/801986>

Thank you for your time,
Clinton Lageson,
Tribal Council Treasurer

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FISHING, FROM P. 1

August, about 9,000 fish had come to the net, filling many freezers for the winter.

“We got a lot of reds. It was nice and consistent, so that was real nice this summer,” Kooly said.

Kooly said he considers being able to have 9,000 fish come to the net over the course of 70 tides a successful fishery.

“It was a pretty big deal to do that, to come together as a Tribe to get that done,” Kooly said. “... We got to fish every single tide in July, two nets each time, so

that was a pretty efficient fishery in my book.”

Fishing time in July is reserved for Tribal Members. Some of the Tribe’s programs spend days at the net, but must do so during other months.

“July is for Tribal Members to come down to the net and get their fish for the winter,” Kooly said.

When programs do use the net to provide a traditional or cultural activity for participants, the fish that they harvest are donated back to the Tribe to be distributed to Elders. Any excess fish go to Na’ini Family and Social Services.

Kooly explained that sharing fish is part of the fishery’s educational experience.

“It is an educational fishery. It’s there to teach people how to do it, but that’s part of the experience, to teach through giving fish,” Kooly said.

Kooly said he’s hoping silver fishing picks up in September. After that, the Harvest Program will be gearing up for moose hunts, including an educational hunt with the Yaghanen Youth Program. Kooly said Elders who didn’t receive enough fish may be able to get some moose.

The new Harvest Shop has been a nice addition to the fishery this season. In addition to providing a safe, secure place to store equipment, the building also provided a spot out of this summer’s hot weather to work on gear.

In the coming months, it will provide a warm place to work, and the Tribe’s net can stay in the water until Nov. 30.

“We have a pretty long fishing season,” Kooly said, adding that late in the season, the silver salmon “just keep getting bigger and bigger.”

INTERNS, FROM P. 1

for the guided hike, Ahlers and Juliussen were set to accompany Park Ranger Leah Eskelin to Heritage Place, a skilled nursing facility in Soldotna, for a “virtual refuge visit.” Residents at Heritage Place would have the opportunity to view some 360-degree video footage taken by the refuge trail crew through a virtual reality headset.

“We want to make sure the interns get exposure to the variety of what a ranger does,” Eskelin said. That includes outreach and education programs, like the visit to Heritage Place.

In fact, Ahlers and Juliussen have spent quite a bit of time out of the office. They’ve helped with different youth camps and Ranger-led hikes. Juliussen coordinated the refuge’s Fish Week activities, and collaborated with refuge edu-

cation staff to do projects for kids. They also worked with the Kenai Watershed Forum on monofilament fishing line recycling.

The two have also helped with the refuge’s Saturday campfire programs, including a storytell-

The Dena’ina people didn’t leave a lot behind, but their stories endure, Eskelin said.

“Being in a place with a living culture, and people who can tell their family stories, being part of this program, (Juliussen and

about the archaeological sites found on the refuge, and preparing for interpretive programs has helped broaden their cultural knowledge. For example, when planning a storytelling walk, Juliussen said she had to learn several traditional Dena’ina stories.

Both said they’d gladly do it again.

In addition to their on-the-job work, interns regularly meet with Kenaitze Intern Supervisor Misty Klodt to discuss personal, academic and career goals.

Daggeyi Internship Program opening are posted on the Tribe’s website at www.kenaitze.org/careers/. For more information on internship and scholarship opportunities, contact the Education and Career Training program at 907-335-7606 or visit www.kenaitze.org/assistance/scholarships-job-training/.

“We want to make sure the interns get exposure to the variety of what a ranger does,”

— Leah Eskelin

ing presentation with Tribal Elder Clare Swan.

Eskelin said that the refuge benefits from being part of the community and building a partnership with “a living culture, on its homeland.”

Ahlers) gain on-the-job experience while being able to provide access to their culture for our community,” Eskelin said.

Juliussen and Ahlers said they’ve learned a lot from the experience. They know much more

ICWA, FROM P. 1

Alaska continues to struggle with a disproportionate number of Alaska Native and American Indian children in state custody. As of April 2018, of the 2,886 children in state custody, 1,762 –61 percent – were Alaska Native or American Indian, a 3 percent increase from 2016.

Of the Alaska Native and American Indian children in out-of-home placements, 54 percent are in a first-preference placement with extended family. Thirty percent are in an out-of-preference placement.

Atchison said the Tribe is taking several steps to address this disproportionate rate. At the state level, the Tribe has signed on to the Alaska Tribal Child Welfare Compact. The Tribe is working in partnership with the state to move scopes of work from the Office of Children’s Services to tribes.

At the federal level, the Tribe has applied for a two-year Title IV-E planning grant, which will

provide funding for the Tribe and Tribal Members who are foster care parents. If received, the funding will open other doors for preventative program funding.

The Tribe also signed on as a party to the lawsuit to support keeping ICWA in place to protect Alaska Native and American Indian children.

At the local level, the Tribe is working with its Na’ini Family and Social Services program to identify the needs of children and families, and to work on safety plans to prevent children from entering the OCS system. The Tribe also is reviewing and updating Tribal Court codes with regard to children.

In *Brackeen v. Bernhardt*, the Fifth Circuit concluded that:

- ICWA and the Final Rule are constitutional because they are based on a political classification that is rationally related to the fulfillment of Congress’s unique obligation toward Indians;

- ICWA preempts conflicting state laws and does not violate the Tenth Amendment anticommandeering doctrine; and

- ICWA and the Final Rule do not violate the nondelegation doctrine.

In its published opinion, the Fifth Circuit writes, “We also conclude that the Final Rule implementing the ICWA is valid because the ICWA is constitutional, the BIA did not exceed its authority when it issued the Final Rule, and the agency’s interpretation of ICWA section 1915 is reasonable.”

“Today’s decision that clearly defines the breadth of the relationship between the federal government and tribal nations, sends a sharp message as to the strength of tribal sovereignty, which will safeguard Indian Country from such misguided litigation in the future,” said Kevin Allis, CEO of the National Congress of American Indians.

ICWA and the Bureau of Indian Affairs’ Final Rule, put into effect in 2016 to clarify federal standards and ensure the law was being applied consistently in all states, were challenged by Texas, Indiana and Louisiana, as well as seven individuals seeking to adopt American Indian children. Plaintiffs argued that ICWA and the Final Rule violated the Fifth and Tenth amendments.

Defendants in the case are the federal government and several federal agencies and officials. Several tribes were granted motions to intervene as defendants. Twenty-one states, including Alaska, as well as 325 tribal nations, 57 Native organizations, 31 child welfare organizations, Indian and constitutional law scholars, and seven members of Congress filed an amicus brief with the court in support of the defendants.



Yaghanen Discovery Camp participants line up for an exercise during a nature walk at the Kenai National Wildlife Refuge. Campers were asked to close their eyes and use their other senses to experience the environment.

‘Connecting kids to culture and traditions’

New Discovery Camp combines fun, friends and education

While each participants in the Yaghanen Youth Program’s new Discovery Camp has his or her own highlight, camp coordinator Anna Eason said hers came during an impromptu mud session.

One of her campers told her it was dirtiest he’d ever been — and he was having a blast.

“Having that moment of a kid being able to be outside and be a kid — it’s so neat to have that a-ha moment,” Eason said.

The two-week day camp was geared toward children 9 to 12 years old. Campers engaged in a wide range of activities, from water safety and canoeing to traditional drumming and dancing.

“It was really a sample of what we have at Yaghanen,” Eason said.

Other activities included an archaeological excursion, agate hunting, beading, and a trip to the Islands and Oceans Visitor Center in Homer.

Josiah Holloway, a camp participant, said the Discovery Camp

was “really fun.” A highlight for him was kayaking and canoeing, and learning how to right a cap-sized canoe.

Riley Mosquito said she liked making new friends. She also enjoyed the various opportunities to go swimming as part of camp activities.

“My favorite activity was going to the (Kenai National Wildlife Refuge) and we went in the beaver lodge,” Mosquito said, referring to the interactive display in the visitor center.

Discovery Camp participants started their trip to the refuge with a guided nature walk along the trails by the visitor center. Ranger Leah Eskelin asked campers to identify different plants, and talked about the current spruce bark beetle infestation. Campers noted the change in ecosystems from boreal forest to muskeg as they approached Headquarters Lake, and closed their eyes to use their other senses to describe the environment.

Mosquito said campers did exercises each morning. They also did some traditional drumming, archery, and played lots of games.

“Connecting kids to culture and traditions” was part of the camp’s goal, Eason said. “It’s neat having them learn without realizing that

they’re learning.”

There was a leadership component to the camp, too, as some of the older Yaghanen participants helped as “junior guides.”

“It was good having the junior guides. The older kids came in and helped teach,” Eason said.



Discovery Camp participants document the plants and trees along a refuge trail.

Gathering good food and



Yaghanen Harvest Camp participants and Center for Alaskan Coastal Studies staff listen as Michael Opheim from the Seldovia Village Tribe talks

Harvest Campers head across Kachemak Bay to learn bounties of the seashore and forest

On a rocky beach across Kachemak Bay, Harvest Camp participants fanned out to collect data on bidarki chitons, also known as black leather chitons.

After collecting information on size and population density, they measured one other important property: how do they taste?

This year, the Yaghanen Youth Program Harvest Camp took place at the Center for Alaskan Coastal Studies' Peterson Bay Field Station. Camp participants stayed in the facility's yurts, and spent days exploring the shoreline and the trails surrounding the field station.

On the morning that campers were surveying tide pools at Otter Rock for bidarki chitons, Michael

Opheim and Steven Payton from the Seldovia Village Tribe stopped

by for a visit. Opheim talked about harvesting bidarkis that were much larger and more abundant in the past. Using a pocket knife, Opheim pried open a couple of chitons for campers to sample.

"A good recipe is bidarkis with oil, garlic, some onion and soy sauce," Opheim said. "Let that marinate — that is super, super good."

On the walk back to the field station, Opheim and Payton stopped to point out edible plants for Harvest

Camp participants to try. Campers sampled beach greens, beach peas, and goose tongue along the way, stopping at a patch of fireweed to harvest the blossoms for tea. Opheim suggested that pickled spruce tips on a grilled cheese sandwich was "the best thing ever."

The Tribe's Harvest Camp is geared toward girls, teaching youth about the many edible and medicinal plants used by the Dena'ina people on the Kenai Peninsula. Campers learn about respectful and sustainable harvesting practices, and how to preserve what they've picked.

Katie Gavenus, program director for the Center for Alaskan Coastal Studies, said that when Michael Bernard, Yaghanen Recreation and Prevention Manager, approached the center about an activity, he was probably thinking about a few hours at the Wynn Nature Center in Homer — not a five-day stay across Kachemak Bay.

Gavenus said it's proven to be a fruitful partnership.

"I'm pretty excited about it. I hope it's something we can build on in the future," Gavenus said.

Gavenus said she's enjoyed mix-



Steven Payton, right, leads Harvest Camp participants in a clam dissection.

nd great times



ks about traditional-use plants at the center's Peterson Bay Field Station.



Emilee Wilson sews a moccasin during a break in activities.

ing traditional gathering with some lessons on the biology behind it. For example, camp participants collected water samples to observe plankton under microscopes, and learned how those organisms impact the rest of the ecosystem.

As much as she's teaching, she's also learning, she said.

"Learning about (science) is wonderful, but it's also wonderful to be

able to harvest for several days in a row," Gavenus said.

Harvesting opportunities around the field station abound. In addition to the bounty on the shoreline, camp participants also ventured into the woods for bushels of berries.

"We played camp games, and we did some (Native Youth Olympics) games, and we're making moccasins," said Taylor Rickard, a camp

participant.

Megan Whittom said the camp highlights for her were berry picking and tide pooling, while Emilee Wilson said the best part was staying in the yurts.

Brianna Blankenship said she was looking forward to teaching her fellow campers how to make fireweed tea.

Payton, who led a clam dissection in addition to the edible plants walk, said it was awesome to see a group of young people learning about traditional uses in the same place he came for a culture camp when he was a kid.

"It's neat to see," Payton said. "When we (Seldovia Village Tribe) do our culture camps, Mike (Opheim) always likes to bring up that I was going to culture camp, and now I'm teaching the new crew."

Opheim said he appreciated the opportunity to collaborate with the Kenaitze Indian Tribe on a cultural activity.

"This is really awesome. It's always fun to work with other tribes in

the area," Opheim said.

As for the sushi-style bidarki that Opheim served up on the beach? It got mixed reviews.

"It was good," Wilson said.

"It was too chewy. It was really fishy," said Rickard.

"And salty," said Whittom.

"It was really salty and chewy, but it was good at the same time," Blankenship said. "Weird but good."



Brianna Blankenship listens during a clam dissection lesson.

Tribal Members, Did you know, the Kenaitze Indian Tribe is able to provide a wide range of assistance to those in need?

- Emergency assistance for damage to your home or personal items
 - Energy assistance for home heating costs
 - Emergency housing, transitional housing, and help with home repairs
- Child care assistance • Food cache • Burial assistance
- Domestic violence and sexual assault services
- Scholarships, student housing and career training
- Tribal Member enrichment fund

Even if you do not think you qualify for any of the above programs, please take a moment to contact Na'ini Social Services at 907-335-7600, as there may be alternative resources available to assist you with your needs.



Kenaitze Early Childhood Center Now accepting applications!

**No-fee programs for pregnant women
and children from birth to age 5**

Native and Non-Native ● Health screenings

School readiness ● Family engagement

Children with disabilities accepted



We work with our Elders, community, and Tribal programs to ensure the best services available.

Find applications and more at:
www.kenaitze.org/ecc
130 N. Willow Street, Kenai
907-335-7260





Bessie Phillip and Helen Dick describe traditional Dena'ina uses for wormwood plants growing in the planter in front of them during a workshop at the Dena'ina Wellness Center. The planter and others like it were made possible due to generous support from AARP.

Traditional-use plants put to good use

As the small group of Elders strolled across the Dena'ina Wellness Center campus, they talked about what they found.

Comments ranged from “I remember using this when I was a kid” to “I have this growing in my yard,” and even “I saw this for sale at a shop in Anchorage – it was really expensive!”

The Elders were touring the new traditional-use plant beds on the Dena'ina Wellness Center campus. The raised beds were made possible with funding provided by AARP, and were built with the idea that, if Elders aren't able to

go far afield to harvest traditional-use plants, the plants can be brought to them.

The recent activity started with harvesting some wormwood, ts'el-veni in Dena'ina, to be used in a natural bug repellent workshop at Tyotkas Elder Center.

Bessie Phillip, a Wellness Assistant, explained that her mother taught her not to pick the wormwood stems with seeds, but the ones without seeds. She said she was taught to leave something behind for the plant. After harvesting some wormwood, she left a strand of her hair in the planter.

Phillip also said that thinking good thoughts are important when harvesting plants for medicinal use.

Later, Elders used the wormwood to make a natural bug repellent, and wormwood-infused oil in a soothing body lotion.

Ronda Holben said she enjoyed the fellowship and community ties made while participating in the workshop at Tyotkas.

“It gives us an activity to do in our community that ties us to our culture,” Holben said.

Holben joked that the repellent might keep away the bugs, but that it smells so good, it might attract bears.



Phillip and Dick talked about showing respect and giving thanks to the plant as it is harvested.

“It wasn't hard to do the project, and it's something I can share with other people, too,” Holben said.

Tom Shugak said he enjoyed using traditional plants to make useful products. He also appreciated the traditional-use plant beds on the Dena'ina Wellness Center campus.

“It's nice to know that they're there. Now I can go find the plants that I've seen that are safe,” Shugak said.



Linda Ross concentrates as she pours hot salve into molds during the workshop.



Alita Bayes, right, laughs as she shares some of the wormwood salve with Donald Kilbuck.

A guide to Purchased and Referred Care

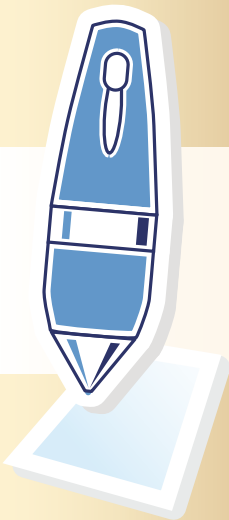
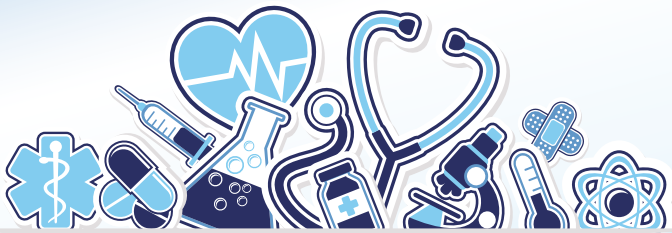
Purchased and Referred Care is a benefit to eligible un'ina, those who come to us. It provides funding for referred or emergency health services at non-tribal medical providers and facilities. Purchased and Referred Care funds for approved services can assist with medical expenses incurred outside the Dena'ina Wellness Center.

Purchased and Referred Care is not an entitlement or insurance program. Funding is not guaranteed by the Kenaitze Indian Tribe. Eligibility requirements apply.

Contact:

Phone: 907-335-7500

Fax: 888-491-3360



Who is eligible?

Purchased and Referred Care has a number of eligibility requirements. The program is open to:

- Un'ina who use the Dena'ina Wellness Center as their primary care provider.
- Non-Alaska Native or American Indian women pregnant with an eligible Alaska Native or American Indian person's child with proof of paternity from the eligible beneficiary.
- Children of eligible Alaska Native and American Indian people, including foster children, adopted children, stepchildren, legal wards and orphans, until age 19.
- Students temporarily absent from their Purchased and Referred Care Delivery Area during full-time attendance at school.

Additional eligibility information

- Alaska Native and American Indian people who are Alaska residents for 180 days prior to the date of service and intend to remain in Alaska.
- Must live within the Purchased and Referred Care Delivery Area: Cooper Landing, Kasilof (North Side of Kasilof River), Kenai, Nikiski, Ridgeway, Salamatof, Soldotna, Sterling and Wildwood.
- Must notify a representative of emergencies: In emergency cases, you (or your representative) must notify the Dena'ina Wellness Center within 72 hours of admission to a non-Indian Health/Tribal Health facility. For elderly (65 years of age or older) and disabled, you must notify DWC within 30 days of admission to a non-Indian Health/Tribal Health facility.



Referrals

A Dena'ina Wellness Center medical provider must initiate the referral for non-emergent care, such as routine prenatal care, mammograms, primary and secondary care, or specialty consultant services not available at the Dena'ina Wellness Center.

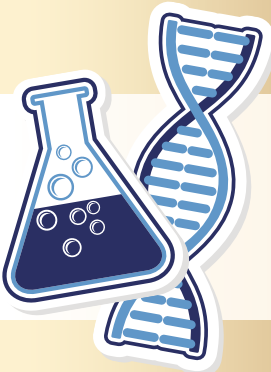
A referral is not an obligation to pay.

Approval for payment is based on eligibility and availability of Purchased and Referred Care funds.

Services received outside of an Indian Health/Tribal Health facility without a referral are reviewed to determine the level of emergency care.

Patients are responsible for bills that do not meet the criteria of emergency care.

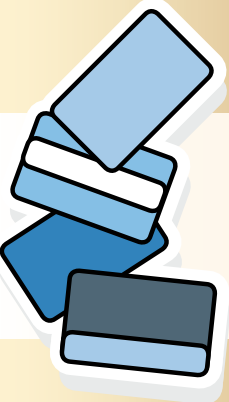
For un'ina who do not have alternate resources, the Dena'ina Wellness Center works with the Alaska Native Medical Center and refers to Anchorage for medical care and travel to and from Anchorage.



What is not covered?

- Medical services provided by non-Indian Health/Tribal Health facilities and/or medical providers, when the un'ina was not referred and/or the services were not authorized by the Dena'ina Wellness Center Purchased and Referred Care Workgroup.
- Inpatient or outpatient mental health services.
- Inpatient or outpatient substance abuse programs.
- Medical care considered investigational or experimental.
- Nursing home or long-term care facilities.
- Routine and specialty dental services.
- Services received at a non-tribal health care facility if the Dena'ina Wellness Center was open and available to provide services the day that care was received.
- Bills submitted to the Purchased and Referred Care Department more than one year after the date of service.
- Emergency services that are the result of drug and/or alcohol use.

***Not an all-inclusive list**



What is an alternate resource?

By law, an Indian Health/Tribal Health facility is the payer of last resort, meaning you must apply for and use all alternate resources available to you before payment from Purchased and Referred Care funds can be authorized.

Alternate resources include:

- Medicare A and B
- Alaska Medicaid
- Private insurance
- Workers' compensation
- Auto insurance
- Homeowner's insurance
- Veterans Administration

Screening for alternate resources must be completed within 12 months of the referral date. Dena'ina Wellness Center staff are happy to screen you for alternate resources and assist in the application process. Please contact the Benefits Coordinator Office to schedule an appointment at: **907-335-7562 or 907-335-7563.**



Appeals

If you receive a letter denying use of Purchased and Referred Care funds and would like to submit an appeal, the appeal must be submitted in writing within 30 days. The Appeals Committee will review your file and respond within 60 days.

Submit appeals to:
Dena'ina Wellness Center
Attn: Purchased and Referred Care
508 Upland St.
Kenai, AK 99611

Cooking with Kenaitze: It's a wrap! Add some fun to school lunches

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 pinwheel wraps.

Pinwheel wraps are a fun spin on a bagged sandwich. Wraps come in many varieties such as spinach, whole wheat, teff, and gluten-free. You can also make peanut butter and banana for a sweet twist on the classic meat and cheese sandwich. Try adding shredded carrots, cabbage, or zucchini, sliced red pepper or cucumber, or add hummus instead of mayo or as your protein source.

— Caraline Tompkins, Dena’ina Wellness Center Dietician

HUMMUS VEGGIE PINWHEELS

Ingredients:

- 1 (8-ounce) container of hummus or light cream cheese
- 1 cucumber, sliced into 1/4-inch rounds
- 1 green bell pepper, seeded and sliced into small strips
- 2 medium tomatoes, diced
- 1 package of 8-inch tomato, spinach, corn or whole-wheat tortillas (8 to 10 tortillas per package)
- 12 coffee stirrers or large toothpicks (to act as skewers)

Instructions:

1. Wash and prepare vegetables.
2. Spread 2 tablespoons of hummus or cream cheese onto each tortilla.
3. Place 3-4 slices of cucumber, 2 slices of bell pepper, and about 2 table-
spoons of tomato in the center of the tortilla.
4. Roll the tortilla, tucking in the ends.
5. Cut the roll into 1-inch rounds or pinwheels (should get 4 for each tortilla).
6. Place two tortilla rounds onto a skewer or large toothpick.

Tips:

Try different flavors of hummus, such as lemon or garlic.
Try different vegetables such as onions, black olives, or shredded carrots.
Try different tortilla flavors such as tomato, spinach, whole-wheat or corn,
and mix them up on skewers.

— University of Massachusetts Cooperative Extension

TURKEY PINWHEELS

Colorful tomatoes and spinach make these pinwheels brighten a lunch box or party tray.

Ingredients:

- 8 ounces cream cheese, low-fat (garlic and herb)
- 6 flour tortillas (8 inch)
- 6 slices turkey (low sodium, 6 ounces)
- 3 Roma tomatoes (medium, chopped)
- 3 cups baby spinach leaves (fresh)

Directions:

1. Place tortillas on microwaveable plate or paper towel; microwave uncov-
ered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a
slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend
flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on
serving plate.

— Ohio State University Cooperative Extension, Recipes - Ross County



MEXICAN PINWHEELS

Have kids help mix the ingredients and spread the cream cheese mix-
ture on the tortillas for this fun and flavorful snack.

Ingredients:

- 2 ounces cream cheese, softened (3 1/2 tablespoons)
- 1/8 cup canned corn, drained (2 tablespoons)
- 2 tablespoons chopped green chilies, drained
- 2/3 tablespoon chopped onion (2 teaspoons)
- 2 tablespoons salsa
- 3 large flour tortillas (10 inch)

Directions:

1. Drain the corn and green chilis. Collect, chop and measure all ingredients
before starting to prepare the recipe.
2. Mix cream cheese, corn, green chilies, onions and salsa together in a
bowl.
3. Spread mixture on tortillas, roll up tightly, and wrap in plastic wrap.
4. Cut in 1-inch slices, and serve immediately, or store in the refrigerator
until ready to serve.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.
Be creative! Add washed, chopped fresh cilantro or spices like cumin and
chili powder in step 2.

— Colorado State University and University of California at Davis

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



Jenna Yeoman gathers blueberries during Yaghanen's Harvest Camp at the Center for Alaskan Coastal Studies' Peterson Bay Field Station. Read more about the Harvest Camp's trip across Kachemak Bay on Page 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

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

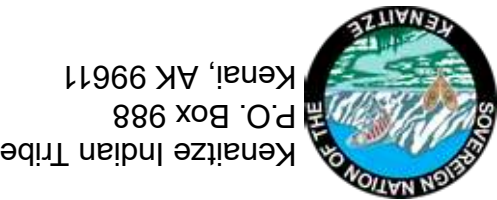
**Yaghanen Youth Program,
Education and Career Development**
35105 K-B Dr., Soldotna, AK 99669
907-335-7290

Dena'ina Wellness Center
508 Upland St., Kenai, AK 99611
907-335-7500

Na'ini Family and Social Services
1001 Mission Ave., 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



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