

the Council

Vol. 43, No. 7

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

July 2018



2018 Annual Denakkanaaga Elders & Youth Conference

The 2018 Annual Denakkanaaga Elders and Youth Conference was held June 12th - 14th in Tanacross, Alaska with the theme 'Native Traditions and Values - Our Foundation in Challenging Times.' This theme included keynote speakers Peter Demoski of Nulato, TCC's Elder Advisor and Kristen Law-Sunnyboy of Nenana, Youth Delegate.

Elders and youth from throughout the region traveled to Tanacross for the annual meeting to discuss topics relevant to the region.

TCC Chief/Chairman Victor Joseph provided an update on what TCC has been doing for our tribes and tribal members. Other TCC staff made presentations including Prevention Manager Roxanne Frank who spoke on generational trauma, TCC Counselors and Behavior Health Aides who provided an panel on how to heal from generational trauma.

Elections were held on the last day of the conference, where Jack Wholecheese of Huslia was elected

as the Yukon Koyukuk Seat B and Brooke Demientieff of Holy Cross was elected as the youth representative. Congratulations!

We would like to thank the community of Tanacross for their generosity and hospitality throughout the week of the conference.

For more photos from the conference see pages 4 and 5 and be sure to visit the Denakkanaaga website at www.denakkanaaga.org

Congratulations 2018 Graduates!

Tanana Chiefs Conference would like to celebrate all of our 2018 graduates from across the State and across our region!

Continuing education is so important for our youth and their future. From all of us at TCC, Congratulations!

Inside you will find a spread of featured graduates who sent in their photos for the 2018 year.

See pages 14-17 for our Special Edition Spread.



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MISSION STATEMENT

Tanana Chiefs Conference provides a unified voice in advancing sovereign tribal governments through the promotion of physical and mental wellness, education, socioeconomic development, and culture of the Interior Alaska Native people.

VISION

Healthy, Strong, Unified Tribes



Tanana
Chiefs
Conference

TCC EXECUTIVE BOARD MEMBERS

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Yukon Tanana

Norman 'Carl' Burgett/ Huslia
Yukon Koyukuk

Peter Demoski/Nulato
Elder Advisor

Jolie Murray/Beaver
Youth Advisor

CHIEF'S REPORT

Dear Tribes and Tribal Members,



I hope everyone has a safe, happy, and healthy Fourth of July weekend. I would like to remind everyone that it is important to stay safe as we celebrate the Independence Day. If you are planning to be on the rivers, please remember to wear a life vest and follow proper procedures to ensure that you and your loved ones stay safe. Boating safety tips can be found on page 6.

Thank you Chief Herbie Demit and the community of Tanacross for hosting the 2018 Denakkanaaga Elders and Youth Conference! This year's theme was "Native Traditions and Values – Our Foundation in Challenging Times." Peter Demoski of Nulato, TCC Elder Advisor and Kristen Law-Sunnyboy of Nenana, Youth Delegate, gave the keynote addresses on this topic. We really appreciate the Denakkanaaga board and staff for organizing this conference; great job! Congratulations to Jack Wholecheese of Huslia on being elected as the Yukon-Koyukuk Seat B on the Denakkanaaga Board of Directors and to Brooke Demientieff of Holy Cross on being elected as a youth representative to the Denakkanaaga Board!

Last month Lt. Governor Byron Mallott, Commissioner of Fish and Game Sam Cotten, myself and others visited the Upper Kuskokwim and Lower Yukon Subregions. Previous trips have provided insightful dialogue resulting in positive actions for Yukon River families. More from our visit can be found in the August edition of the Council.

As always, we are concerned with the public safety in our communities. The Governor's Tribal Advisory Committee (GTAC) met May 7 in Anchorage. TCC's VPSO Coordinator and GTAC Public Safety Committee Chair Jody Potts was elected Vice Chair, which is important because next year she will serve as the Chair. Congratulations Jody. More information from this meeting can be found on page 19.

This year we are really excited to announce that the Department of Health and Human Services Secretary's Tribal Advisory Committee (STAC) will meet in Fairbanks and Interior, Alaska in late September. This committee includes Tribal leaders from across the nation and representatives from the DHHS agencies, the Administration for Children and Families, Administration on Aging, Office of Public Health and Science, Centers for Disease Control and Prevention and the National Institutes of Health.

Assistant Secretary Eric Hargan will likely spend the weekend of September 22 and the STAC will follow. Various agency representatives will travel to Alaska for one on one visits with tribal programs. We will seek to bring various agency heads to as many villages as possible to highlight the needs of rural Alaska. TCC will work closely with our tribal partners across the state. Once we hear more from DHHS we will be in touch with Tribal leaders to coordinate visits. It is great honor to host the STAC and we plan to host a community potlatch in honor of our national tribal and agency visitors. More information on this meeting will be provided soon.

As in previous years, Executive staff and I will be traveling to Hughes and Huslia July 10th-12th. These visits are important to make sure TCC continues to remain in alignment with you all as we strive to maintain our vision of *Healthy, Strong, Unified Tribes*.

Ana Bassee,
Victor Joseph
Chief/Chairman

New Culture and Wellness Camp Manager

TCC is happy to welcome our new Culture and Wellness Camp Manager, Shannon Erhart! Erhart is Koyukon, raised in Fairbanks and Nulato. She recently moved back to Fairbanks from Tanana, and is happy to be near her parents, children, and grandchildren. Erhart is a UAF graduate with two Associate Degrees. She previously working for the Tanana Tribal Council, UAF-Interior Alaska Campus, Riverboat Discovery, and own and operated a dog sled kennel.

Shannon attended her first camp as the Culture and Wellness Camp Manager in Venetie, Alaska and looks forward to many more!

See pages 8 and 9 for information and photos from the 2018 Venetie Culture and Wellness Camp.



"I am excited to be the Wellness Culture Camp Manager, as I believe preserving our culture and teaching our youth is very critical in maintaining a healthy lifestyle, as well as preserving our traditions. This will also help provide identity and pride in our youth by working with the Elder's and learning about their history. Growing up in the city, it was always important for me to understand our culture, and I am excited to assist others in learning more of theirs."

Our Guide to NATURAL MEDICINE

The Healing Properties of Fireweed

Symptoms: **Cuts, Scrapes, Open Wounds, Boils**

HOW TO USE

Crush fireweed roots and place the roots on top of wound.

Burns: **Can be made as a poultice to apply to wound.**

Boils: **Crush roots to apply to boil before bandaging.**

Most common uses: **The roots of a Fireweed could be made into a poultice for healing of skin wounds and placed directly on to ensure healing.**

Always be sure to consult your physician before making any medical or dietary changes.

BOATING SAFETY TIPS

BEFORE YOU HEAD OUT ON THE RIVER THIS SUMMER, HERE ARE SOME SAFETY GUIDELINES THAT EVERYONE SHOULD REVIEW IN ORDER TO SAFELY NAVIGATE THE WATER;



Wear a Life Jacket

Always wear a properly fitted life jacket when on deck or in an open boat.



Communicate

Tell people where you are going, and when you plan to return.



Be Weather Wise

Always check local weather conditions before departure. If there is bad weather ahead, it might be best to stay off the rivers.



Prepare for Anything

Carry a first aid kit, a survival kit, and be prepared for an overnight stay if things don't go as planned.



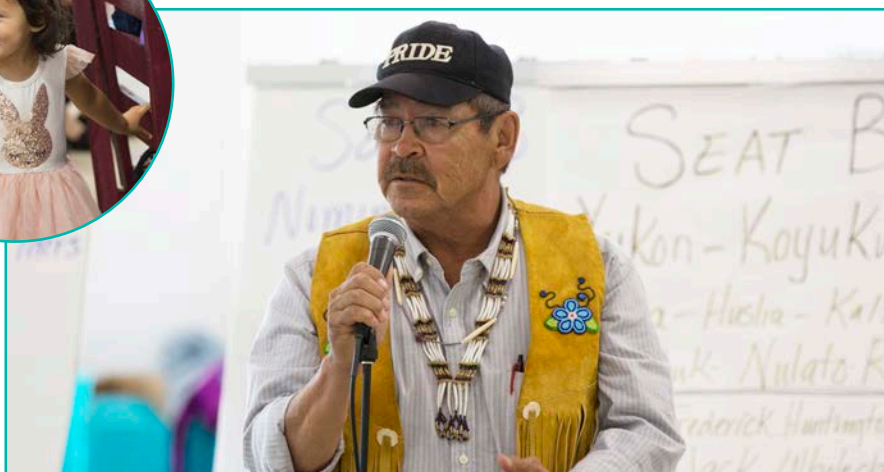
Balance Your Boat

Be sure to balance the gear in your boat and don't overload it. You may capsize.

Visit Our Website for More Details on Boating Safety:
www.tananachiefs.org/boating-safety

2018 Denakkanaaga Elders & Youth Conference

'Native Traditions and Values - Our Foundation in Challenging Times'





2018 Keynote Speakers

This years Denakkanaaga Elders & Youth Conference keynote speakers were Peter Demoski of Nulato, TCC's Elder Advisor and Kristen Law-Sunnyboy of Nenana, TCC Youth Delegate.

To read each of their speeches, visit www.tananachiefs.org

The 2019 Denakkanaaga Elders & Youth Conference will be held in Nulato! We look forward to next years conference.



Save the Date 2018 TCC ANNUAL EDUCATION SUMMIT

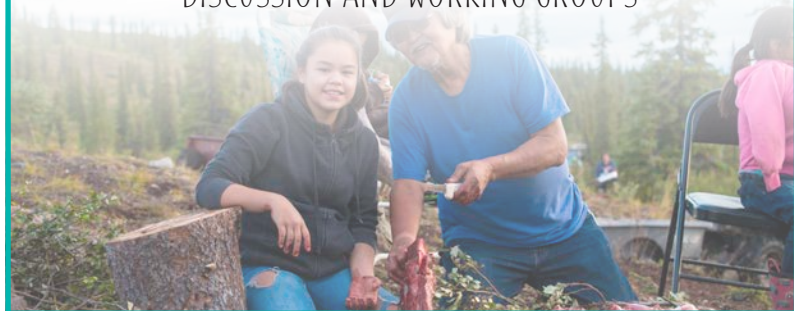
The summit focus on Revitalizing Our Languages including concrete steps we can take to learn languages, develop programs in our communities and bring new life to our languages!

AUGUST 1ST - 2ND, 2018

DAVID SALMON TRIBAL HALL

REVITALIZING OUR LANGUAGES: PLANS, ACTIONS, AND SPEAKING

ELDERS, YOUTH, PEOPLE INTERESTED IN REVITALIZING NATIVE LANGUAGES AND LEARNING NATIVE LANGUAGES, TRIBAL OFFICIALS, SCHOOL OFFICIALS. COME JOIN THE DISCUSSION AND WORKING GROUPS



Annual Sobriety Potlatch

July 20th, 2018

Old Minto Family Recovery Camp

FREE BOAT RIDES TO THE POTLATCH

Beginning at 10:00 a.m. • Nenana Boat Landing • Last boat to leave at 4:00 p.m.

Directions to Boat Landing: Main St., turn right at old railroad building to Culture Center/Museum

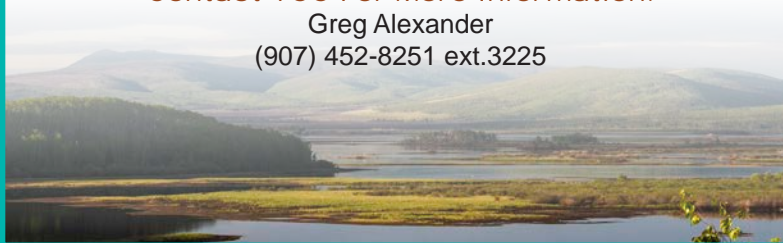
BE PREPARED - WHAT TO BRING:

- Bring Appropriate Clothing for the weather (warm clothes, raincoat, life jackets, etc.)
- Staying the night? Bring a tent and sleeping bag

Contact TCC For More Information:

Greg Alexander

(907) 452-8251 ext.3225



PAUL WILLIAMS SR, BEAVER

This month's Legacy elder is Paul Williams of Beaver, who was featured in Volume Three of Legacy of our Elders series.

Williams was born in 1936 in Salmon Village, 60 miles above the Black River. It was a small village about 50-60 people. According to Williams, the people there - including his parents - lived solely off of the land. The people of Salmon Village spoke only in their Native language. "Hardly anybody knew English," says Williams.

After moving to Chalkyitsik in 1940 to attend school, Williams mother and father fell ill and were taken to Fort Yukon by boat to be cared for. During this time, other residents in the village helped to take care of Williams and his siblings. "They would come and cut wood and sometimes bring us food," he says.

After living alone, the children were sent to live with their Grandmother, Fanny Solomon. Williams says, "My Grandmother lives to be 117 years old I think." Solomon taught her Grandchildren all about the land and traditional customs, something that Williams still remembers and passes on to others to this day.

It was during the springtime that Williams first met his wife when she dropped her bucket of water and he stopped to help her. The couple was wed in a ceremony with friends in a small cabin. They started their family and the couple would hunt, trap, and fish. "I worked hard for her for twenty years," he says, "We lived the subsistence lifestyle and it wasn't easy, but it was fun. Fun living with her."

Williams and his wife had five children and numerous grandchildren who continue to live in Beaver, Alaska.

To hear Paul's full story, visit www.tananachiefs.org

TCC's Legacy of our Elders series documents the lives and stories of Athabascan elders throughout the TCC region. Their interviews are compiled into volumes that include a DVD movie as well as an accompanying book. The books and DVDs highlight the elders and the stories that they want to share. These videos are available on our website at www.tananachiefs.org

Funding for Legacy Project made possible by TCC & The National Park Service.

July is National UV SAFETY AWARENESS Month

Summer has arrived and the sun is shining bright, July is National UV Safety Awareness Month and all of us at Tanana Chiefs Conference want to provide you with some great educational materials that could **SAVE YOUR LIFE**. Understanding UV safety and how to protect your skin and eyes is incredibly important.

If you are worried about your skin or want to know more about the damaging effects of the sun, make an appointment with your provider.

WHAT CAN UNPROTECTED SUN EXPOSURE DO?

There are many harmful things that unprotected sun exposure can do. The sun emits radiation known as Ultraviolet-A (UV-A) and Ultraviolet-B (UV-B) rays. Both types can damage your skin and eyes. UV-B rays have short wavelengths that reach the outer layer of your skins. While UV-A rays have longer wavelengths that can penetrate the middle layer of your skin.

- **Cause vision problems and damage to your eyes**
- **Suppression of the immune system**
- **Premature aging of the skin**
- **Skin cancer**

MINIMIZE YOUR RISK

Cover Up. Wearing a hat or other shade-protective clothing can partly shield your skin from harmful effects of UV ray exposure. For eye protection, be sure to wear sunglasses.

Stay in the Shade. The sun's glare is most intense at midday. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

Choose the Right Sunscreen. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both UV-A and UV-B rays.

Use the Right Amount of Sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

Enjoy the outdoors this summer and remember to protect your eyes and skin!

Source: https://www.va.gov/QUALITYOFCARE/education/UV_Safety_Awareness_Month.asp

TCC Head Start: Enroll Today!

QUESTION: WHAT'S HIGH QUALITY, CHILD AND FAMILY FRIENDLY, AND AVAILABLE ALMOST ALL YEAR ROUND?

The answer? TCC Prenatal to Five Head Start.

Did you know that TCC has the first birth to five AI/AN grant in the nation with funding to serve 229 children? We currently operate with center based programs in nine villages, and have home based programs in eleven, and

as our name states, we serve prenatal families all the way through four year olds, and we have teachers and family visitors ready to serve you and your child with research based curriculum, nutritious, USDA approved food, fun family activities and health screenings too! Our Prenatal to Five Head Start can serve families with higher levels of income, and we save 10% of our slots especially for children with special needs. On top of all that we give parents the opportunity to learn skills in program governance and

advocacy. We are currently enrolling and re-enrolling for August 2018, and would love to have YOUR family in our program next year.

Together, let's make 2018-2019 our best program year ever!

Interested in enrolling?

Contact Tonya Yatlin, ERSEA Data Entry Technician, at extension 3469.

We look forward to seeing you soon!

Don't Grow Your Own Food to Save Money - *Do it for so Many Other Reasons!*

By Heidi Rader
Tribes Extension Educator

Food is cheap in the U.S. and we spend a lower percentage of our disposable income on food than any other country. We cook less and eat out more where a large portion of our food budget goes. But we pay for cheap food in other ways. Industrial agriculture takes a toll on the environment and contributes to climate change, impacts our health, and makes it more difficult for small farmers to be competitive and make a living.

Because food is so efficiently produced and inexpensive to buy, having a garden probably won't save you money especially if you factor in your time and labor. Establishing a new garden can also cost a bundle to start (<https://www.joe.org/joe/2014april/rb5.php>). Gardens add daily chores to your schedule and require someone to water while you're gone fishing/hiking/hunting this summer (unless you install a drip-irrigation system like I talked about here: <https://bit.ly/2uK6YOc>).

If you focus solely on gardening to save money, you might be discouraged pretty quickly and decide not to garden. But you might miss out on the rewards some of growing a garden that have nothing to do with money.

For one--gardening is fun! It's a great thing to do with kids and there are many studies showing the value of gardens as a teaching tool in all

aspects of curriculum--science, math, art--you name it. It also teaches kids responsibility and how to develop a work ethic. Kids are also more excited to eat vegetables that they grew.

Vegetables, berries, and fruit from your backyard are fresher, more nutritious, and tastier. Produce that has journeyed across the world loses nutrients along the way. In order to arrive at grocery stores looking appetizing, varieties are grown for their capacity for storage and harvested before they are fully ripe. Tomatoes are a perfect example of this and why they are so much tastier when grown in your own garden or greenhouse. When you grow your own garden, you can choose varieties based on taste or nutrient content or even for their uniqueness, and you can harvest and eat them when they have fully ripened.

Another reason to grow your own food is that food produced on an industrial scale relies on an array of pesticides and chemicals to ensure profitability and marketability of their produce. Some types of produce rely on pesticides more than others. The EPA evaluates the safety of individual pesticides, not how multiple pesticides act together. They also have a limited budget to test long-term effects of pesticides on our health and the environment. Produce that comes from countries outside the U.S. also have different safety standards than we do.

Growing a garden can be a way that we can reduce our impact on the environment. It can reduce our carbon footprint by reducing the amount of oil and gas used to transport our food. If we compost, then it can be a way to keep about a third of our waste out of the landfill and put it to good use in our garden. It's estimated that half of our produce in the U.S. is thrown away. Food waste happens on farms, at grocery stores, and in our homes. Growing all that extra food takes a great deal of water, fertilizer, and other resources. With a little planning and by growing what you like to eat you can minimize waste. Vegetables keep longer in a garden than in the fridge so rather than stocking up at the grocery store and having some of your produce wilt, just harvest from your garden when you want to eat it. Also, you might just save yourself a few trips to the grocery store as well. With all the construction going on this summer, that might save you a lot of time!

Finally, if you grow a garden, you'll probably cook more at home. That's good for you and your family. If you decide to go out to eat less, that actually could save you quite a bit of money.

With so many benefits of growing a garden, don't disparage if you're not saving money, just focus on all of the other reasons to grow a garden.



Old Organic Lettuce

Although thankfully lettuce in the grocery store looks better than this, this organic lettuce for sale was definitely past it's prime.



Lettuce Head

This is fresh lettuce I grew in Fairbanks. You can see and taste the difference between fresh and not so fresh lettuce.

This project was supported by the Federally Recognized Tribes Extension Program of the National Institute of Food and Agriculture, USDA Grant # 2013-41580-20782. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author (s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

Questions about gardening? Contact Heidi Rader at heidi.rader@tananachiefs.org or 907-452-8251 x.3477

Billing and Purchased/Referred Care (PRC) *FAQ's*

1. I'm a patient at TCC and I received a bill for care I received outside of the clinic. Why am I getting a bill and what can I do to get it paid?

- ***If you are referred outside of TCC:***

If you are referred to an outside provider, please stop by or call Alternate Resources to see if you qualify for payment benefits. You are required to do this before going to an outside provider.

- ***If you were seen in the Emergency Room (ER):***

If you go to the ER at Fairbanks Memorial Hospital (FMH), make sure to tell them that you are a TCC patient. Also give FMH any Medicaid, Denali KidCare, or private insurance cards you may have. This will help you to avoid getting bills.

- ***How payment works:***

Always check to see if your visit outside of TCC is covered before receiving the service. It is important to remember that TCC is a health care system, not insurance company. Most services received within TCC are completely covered except things such as glasses and dentures.

- After you have seen Alternate Resources, please pick up a Purchase Order from Purchased and Referred Care (PRC)*. Take this with you to your appointment.



2. TCC sent me to another place for care. Why did I get a bill?

It's possible that you either didn't check with Alternate Resources or didn't pick up a Purchase Order from PRC before your appointment.

- Check with Alternate Resources and PRC every time you are referred outside of TCC. If services will not be covered, they will inform you at that time. This will help avoid unexpected bills.

3. I had an emergency and I went to the hospital and now I'm getting bills. Who do I talk to?

Please call PRC at 451-6682 ext. 3613. The biller who handles your case will help you find a solution.

4. I don't understand my bill or my Explanation of Benefits (EOB). Who should I call?

Call PRC at 451-6682 ext. 3613 and ask for the biller who handles your account. They will help answer your questions.

5. I have been sent to collections. What do I do?

Whenever you first receive a bill or an EOB from FMH or another provider, it is important that you call PRC right away so your biller can check on your account. They will be able to help you understand what happened and will try to help you correct the situation. Don't ignore bills – not answering bills will keep the account in an aging status that will eventually go to a collection status.

PRC gets an alert from the hospital the day after a TCC patient visit to FMH ER and reviews the account. Based on the review, PRC makes a decision whether the visit is covered or not.

Reasons you may receive a denial from PRC:

- Being seen in the ER for a non-life-threatening issue when the clinic is open.
- Going to the ER for a non-life-threatening issue without calling the triage line (907-452-8251, extension 3487) first.
- Receiving care outside of TCC without getting a referral from TCC (self-referral).

PRC will work with you to try to get an alternate resource to pay your bill and help you avoid collection activity. We are working with our healthcare partners on this issue also so that our patients are not sent to collections unnecessarily.

6. What else can I do to make sure I'm covered?

Please make sure TCC Registration has all of your insurance information, a copy of your ID, your CIB, your income information, and proof of residency. PRC will also help you connect with Alternate Resources for a Medicaid application or other types of insurance if you qualify.



2018 VENETIE

Culture & Wellness Camp

The 2018 Venetie Culture and Wellness Camp was held May 30th - June 2nd at Van choovee' (Big Lake) two miles out of Venetie, Alaska.

There was a total of 64 participants ranging in ages 4 to 83; from the villages of Venetie, Arctic Village and Ft. Yukon. Attendees participated in wellness activities such as smoking, alcohol and drug prevention, healthy parenting and families, and wellness and prevention, focusing on making good choices and doing scenarios in peer pressure situations.

The cultural focus of camp was on the importance of ducks and geese to the area. Black Ducks provided the cultural activities focus-in hunting, cleaning, preparing, cooking and of course eating! Attendees learned how to prepare the ducks for drying to

keep for use during other times in the year, learning skinning/filleting of the ducks for drying and making the smoke house to dry them. They had the opportunity for taking care of caribou and bear meat while at camp, learning about smoking them for preservation.

Safety is a large portion of these camps: learning proper gun handling, water respect with the need of life jackets, and proper usage of canoeing, as well as tool safety. Attendees were able to enjoy beading and sewing activities by making mittens and beading moose skin crosses; some of the youngest campers beaded necklace or bracelets. Participants also practiced their language with kinship lessons, and cultural games with the use of goose feathers. A ratting canoe was made while

in camp, from the very beginning to end, using more traditional hand tool method at camp.

These camps help in giving our youth a strong foundation as they move forward in their lives and help to strengthen their self-identity.

Tribes throughout the region continue to host Culture and Wellness Camps funded through Tanana Chiefs Conference and the Administration for Native Americans. Two camps will be hosted in each subregion for the next year and half; with the hope that the locals will continue with camps. Through these camps, the participants spend time with local Elders and learn about their families, culture, history, and language; and learning to survive without electronics for a few days!

For more information on upcoming camps, visit our website at www.tananachiefs.org/culture-and-wellness-camps





2018 TCC Culture & Wellness Camps:

YUKON TANANA

- Allakaket - July 18th-21st
- Nenana - Date TBD

LOWER YUKON

- Graying - Dates TBD
- Shageluk - Dates TBD

YUKON KOYUKUK

- Ruby - July 30 - August 2nd
- Huslia - Date TBD

YUKON FLATS

- Chalkyitsik - July 9th-13th
- Venetie - May 30th - June 2nd

UPPER KUSKOKWIM

- Nikolai - March 19th-23rd
- TBD

UPPER TANANA

- Northway - July 16th-21st
- Tetlin - June 18th-23rd

Summer Youth Talk of Reclaiming Traditions in Cultural Connections Show

Seventeen Alaska Native youth were hired in May to share their culture with tourists throughout the summer at the Morris Thompson Cultural and Visitors Center. As they teach Alaska's visitors, they're learning so much more about traditional skills that keep them grounded in their culture.

The Cultural Connections show is the centerpiece of TCC's summer programs at the Center. The youth sing and dance traditional Gwich'in, Koyukon, Yup'ik and Inupiat songs. They tell stories about what it's like to survive, and thrive, by blending the ways of their ancestors with the conveniences of modern living. They share information about traumas of the past, and how their people are reclaiming their traditions once forbidden. The show is educational and powerful, and the performers are endearing.

Daren Deaton is back for his fourth year and is a lead performer in the live show. On stage, he introduces himself by his Native name of Qalq. A recent Edgumbe graduate, he is a mentor to the newer employees. He teaches them the dances, songs, and encourages them to stay focused.

Between the stage performances, the students bustle about the artisans workshop helping Cultural Program Director Dixie Alexander with a myriad of tasks. They learn job skills like showing up on time, greeting customers, sales, managing store inventory, and teamwork. They learn traditional skills like beading earrings and suncatchers and making tassels for boots that will

be sold in the Alaska Native Gift Shop.

Some days, they work together to prepare meals for up to 30 people as part of the Taste of Alaska program. Some of the youth cut up vegetables for a salad and moose soup. Deaton shows Kip Angiak, one of the first year employees, how to prepare the yeast for fry bread. "The water has to feel hot to your hand," Deaton says, "but not so hot that it kills the yeast." They work together to finish the batch of fry bread.

Fresh fry bread is just one of the perks of the job. "When the tourists ask me what I like about working here, I tell them I like the paycheck!" jokes Deaton.

Angiak just finished his freshman year at Monroe High School. He is a mix of native and Caucasian. His father's side is Yup'ik from Tunanuk, and his mother was from Montana. He had little experience singing and dancing before this summer, but has developed a passion for learning more about his culture. He quickly picked up Yup'ik drumming, and sings the Yup'ik Seal Hunt song with a strong, deep voice while the rest of the performers dance the story of hunters paddling out to sea with their harpoons in search of a seal. Despite his young age, his speaking skills have him performing as the show's narrator.

Savannah Fields, a 15-year-old sophomore at Effie Kokrine Charter School, is the youngest in the program. She's also the only one that introduces herself on stage in her native language, a skill she learned



from Kenneth Frank at Effie.

"Before I came here, I didn't know how to dance or talk in front of people," says Savannah. "Now I'm not as shy as I used to be."

Meeting people is what 16-year-old Ashley Luke likes best. "I like talking to the audience. After they watch our show, they tell us their stories and their culture, says Luke. "Some of our stories are similar."

Jadon Nashonak, a sophomore at the University of Alaska Fairbanks, doesn't like to dance as much as the other youth. While he doesn't perform on stage, he is every bit as important to the success of the summer program. He runs the Alaska Native Gift Shop, making sales to tourists, tracking inventory, and running the cash register. He also uses his photography skills by taking photographs in the Photos in Athabascan Garments program. "I like to let the younger kids do their thing, and I sit back and work in the store and behind the scenes."

Summer Youth employees working for TCC Cultural Programs at the Morris Thompson Cultural and Visitors Center include Daren Deaton, Caitlin Shugak, Tia Sullivan, Jadon Nashonak, Gabe Ridley, Savannah Fields, Ashley Luke, Ashley Holtry, MacKenzie Nollner, Francis Nollner, Kip Angaik, Koa Zimmer, Jaida Attla, Earl Hafford, Leneil Hafford, Lynette Hafford and Isaiah Horace.



CIRCLE: Lynette and Leneil Hafford have played music together for more than six years. They learned from renowned Gwich'in Athabascan Fiddler Bill Stevens.

RIGHT: Ashley Holtry makes and sells porcupine and dentalium shell earrings each day, and also helps visitors make their own as part of the Make It & Take It program.

FIVES TIPS FOR

Talking to your Children about Alcohol

Research shows that parents are the #1 reason young people decide to drink. So, start talking to your children about alcohol before they start drinking - as early as 9 years old. Even if it doesn't seem like it, they really do hear you.

1. SHOW YOU DISAPPROVE OF UNDERAGE DRINKING

Over 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink. It is important that you send a clear and strong message.

2. SHOW YOU CARE ABOUT YOUR CHILD'S HAPPINESS & WELL-BEING

Young people are more likely to listen when they know you're on their side. Try to reinforce why you don't want your child to drink - not just because you say so, but because you want your child to be happy and safe.

3. SHOW YOU'RE A GOOD SOURCE OF INFORMATION ABOUT ALCOHOL

You want your child to be making informed decisions about drinking, with reliable information about its danger. You don't want your child to be learning about alcohol from friends, the internet, or the media - you want to establish yourself as a trustworthy source of information.

4. SHOW YOU'RE PAYING ATTENTION

You want to show you're keeping an eye on your child. Young people

are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

5. BUILD YOUR CHILD'S SKILLS & STRATEGIES FOR AVOIDING UNDERAGE DRINKING

Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

For more information and tips for talking to your children about alcohol visit • www.samsha.gov or talk to TCC's Prevention Through Wellness Team at 907-452-8251

CULTURAL CONNECTIONS

A 30-minute live performance featuring Alaska Native youth sharing dances, music and stories.

Educational • Powerful • Endearing

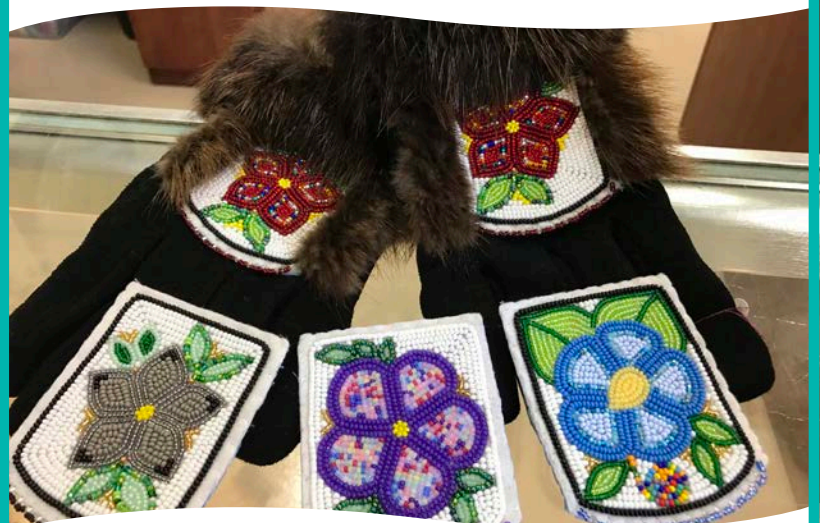


Monday – Friday
11:30am, 1:30pm and 3:30pm
June, July & August

Morris Thompson Cultural & Visitors Center
\$10 per person • \$5 for youth 16 and under

Seeking BEADED GLOVE TOPS

TCC Cultural Programs is buying glove tops from village beaders. We will be using the tops to sell made-to-order beaded gloves to tourists in the Artisans Workshop store in the Morris Thompson Cultural and Visitors Center.



E-Mail photos of your completed glove tops to
cultural.programs@tananachiefs.org

Congratulations 2018



Chanel Simon
University of Alaska Anchorage



Nikita Poncho & Lori Rueben
University of Alaska Fairbanks



Christopher Ambrose
Effie Kokrine



Ernest S.A. Nickoli
Lathrop High School
Nulato



Gage Stratton
Denali Preschool & Learning Center
Hooper Bay



Gavin D'Angela Jackson
Monroe Catholic High School
Louden Tribal Council



Hope Roberts
University of Alaska Fairbanks
Tozitna, Tanana/Circle City/
Valdez Native Tribe



Isaiah Horace
Lathrop High School
Gwichyaa Zhee Gwichin Tribal Council



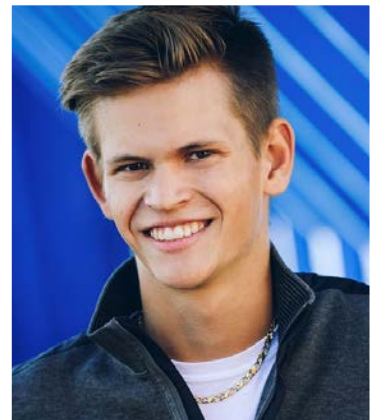
Jazmyn Vent
Effie Kokrine Charter School
Huslia Tribal Council



Katie Turner
Mt. Edgecumbe High School
Holy Cross Tribal Council



Lyla Evans
Kindergarten
Beaver Traditional Council



Ryan Michel
Monroe Catholic High School
Tanana Tribal Council

GRADUATES

Here's to you!



Jaelynn Pitka
Lathrop High School
Ruby/Beaver



Katelyn Renae Kangas
West Valley High School
Ruby



Shana Esmailka
Kaltag High School
Kaltag



Jessie Fix-Nelson
Tok School



Violet Finney
Woodriver Elementary
Fort Yukon/Eagle



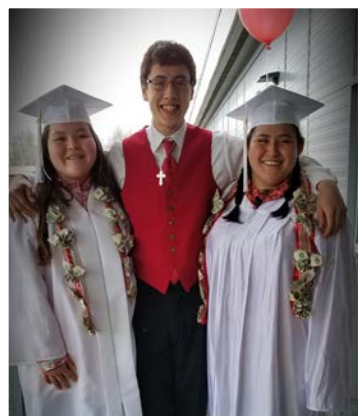
William Hudson
North Pole High School
Nenana



Robert Gilbert Loud
Galena Interior Learning Academy
Louden/Arctic Slope Regional Corporation



Ariana Reimer-Ely, Christopher Ambrose, Malea Marks
Effie Kokrine Charter School



Ashlyn Turner, Jonathan Miller, and Kyana Madros
Andrew K. Demoski School



Daren Deaton
Mt. Edgecumbe High School
Beaver Tribal Council



Kie Curtiss
Gwich'yaa Zhee



Naomi Sam
Galena Interior Learning Academy
Huslia



Dakota "Koty" Winter Titus
Minto School
Native Village of Minto



Raquel Moses
University of Fairbanks Alaska
Allakaket



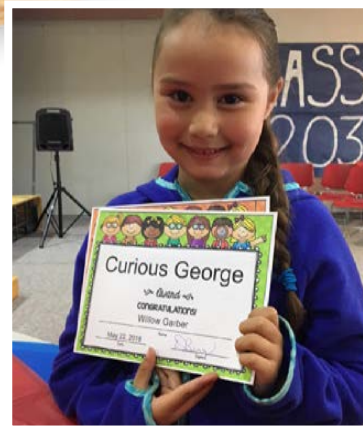
Bristol Meadow Demit-Albert
Walter Northway School
Northway



Teddy Northway, Christian Albert
Tok School
Tetlin



Kasey Arnell Captain
Galena Interior Learning Academy
Ruby Tribe



Willow Garber
Tok School
Tetlin



Matthew McCarty
Raven Correspondence
Ruby



Devon Joseph Romo Tate
Cook Inlet Native Headstart
Nome Eskimo Community



Christina Paul
Walter Northway School
Northway



Araya Stoffa
Nenana High School
Gwichyaa Zee Gwich'in



Alissa Healy
IDEA/University of Alaska Fairbanks
Healy Lake



Deborah Panamaroff
University of Alaska Fairbanks
Beaver



Rhonda Pitka
University of Alaska Fairbanks
Beaver



Jessica Black
University of Alaska Fairbanks
Ft Yukon/Nenana



**Andrea Nield, Charlene Stern,
Sharon Hildebrand**
University of Alaska Fairbanks



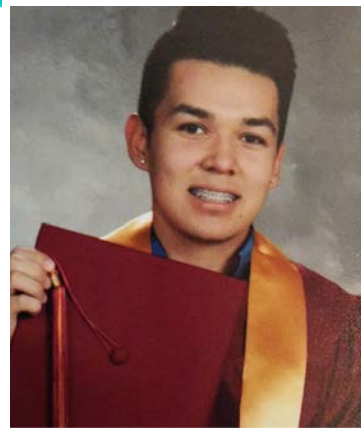
Colby Ashlyn Esmailka
Kaltag High School
Kaltag



Mikayla Gustafson
Lathrop High School
Athabaskan/Inupiaq



Jennalee VanDyke
Mt. Edgecumbe High School
Gwichyaa Zhee



Alexander Samuelson
Mt. Edgecumbe High School
Holy Cross Tribe



Christian Frerichs
Effie Kokrine



Destiny Rose Demoski
Effie Kokrine Charter School
Koyukuk Tribe



**Lucya Carlo &
Aubrey Bella Moses**
FNA Pre-K Graduates



**HeadStart Graduates
in McGrath**



Alaina Pitka
Cruikshank School
Beaver



HeadStart Graduates in Galena



HeadStart Graduates in Nenana



HeadStart Graduates in Huslia



HeadStart Graduates in Northway

Congratulations!

Be a *Positive Force* in the Online World

By Heather Rogers, TCC,
Executive Director of Human Resources

Tanana Chiefs Conference in recent years has experienced an increase in the number of concerns expressed from tribal members, tribal leaders and employees regarding negative posts being made on social media (Facebook, Twitter, Instagram, etc.) about communities, community activities, tribes, tribal members, co-workers, etc. Facebook is the world's largest social media site with an estimated 2.19 billion users. Keeping this in mind, it isn't surprising that TCC and our communities are being impacted by its use. While people are essentially free to post whatever they want on Facebook within the confines of the law, it doesn't mean it is always a good idea to do so.

GMA News has started a campaign called "Think Before You Click" which promotes the responsible use of social media. Online everything is just a click away and with one click, whether that is to tweet, to post a new status on Facebook, or to tag someone in a photo, we have as much power to tear a person or community down as we do to build them up. It's all one easy click away. The GMA News proposal is simple, to think before you click. Think about the repercussions of what you are about to post, will it hurt others, will it hurt your community, could it potentially hurt you or those you care about the most? It's impossible to take back what you've posted online, and every post has an effect.

To quote Gandhi (mostly) you can "be the change you wish to see in the online world." Here are twelve suggestions for the responsible use of Facebook or other social media that can help you be that change agent.

1. AVOID POSTING THREATENING STATEMENTS

Posting threatening statuses, especially anything concerning schools, places of work, the president or governmental issues can be considered serious or even national threats.

2. AVOID LEAVING YOUR PROFILE PAGE OPEN FOR EVERYONE TO VIEW

If you want to keep your page from unwelcome viewers, set your profile to "private." This means only your friends can see your posts and pictures!

3. AVOID ENGAGING IN ARGUMENTS

The downside of social media is miscommunication and confusion. It can turn sarcasm into something offensive.

4. AVOID VENTING ABOUT YOUR PROBLEMS

Unless you want your issues to go public, choose talking to a friend or write your feelings out on paper.

5. AVOID BAD MOUTHING PEOPLE

Remember that when you gossip about people or judge others on their actions, it is you who may be judged and looked down upon by other people.

6. AVOID COMPLAINING ABOUT YOUR TEACHERS, CO-WORKERS, OR BOSSES

It is likely that what you post will get back to the person you are posting about, it almost never improves the situation.

7. DON'T ACCEPT A STRANGER'S FREIND REQUEST

You don't want strangers to study your life and know your every move. It is best not to make it easier for them to follow your life by adding them as friends.

8. AVOID POSTING DISCRIMINATING PHOTOS

Remember that there is a possibility of potential employers, co-workers, or people in your community that may look at your page.

9. AVOID POSTING PHOTOS OF

LEGAL DOCUMENTS

Any personal information such as addresses, phone numbers, social security numbers, bank account information, or credit card numbers should be kept off Facebook for your own safety!

10. AVOID ANNOUNCING VACATION DATES

More often than not homes are robbed while the homeowners are away on vacation.

11. AVOID POSTING YOUR LOCATION

Posting your location and tagging yourself at a public place not only alerts any nearby stalkers or harassers of where you are, but it may also alert them that you are not at home.

12. BEFORE YOU POST, THINK!

Remember to THINK and ask yourself these questions before posting on any social media site:

T = is it True?

H = is it Helpful?

I = is it Inspiring?

N = is it Necessary?

K = is it Kind?

Hopefully, you have found these tips to be helpful and that they serve as a reminder to all of us to THINK before we click or post. Be a positive force in the online world and use your words and talents for good!

This article is for general informational purposes only. It does not constitute legal advice and does not reflect TCC's social media policy. TCC currently does not have a social media policy for its employees. Employees will be made aware of TCC's social media policy through official TCC internal communications when one is developed



JOIN THE FORCE

Become a Village Public Safety Officer

VPSO's play an important and honorable role to preserve the peace, prevent and detect crime, and protect life and property within our region. TCC is continuously striving to increase the knowledge and capabilities of our VPSO through leadership.

During the GTAC meeting on May 7th, many important items were discussed, particularly public safety issues in rural Alaska and the discussion paper drafted and led by TCC. This discussion paper addressed short, medium, and long term fixes to the VPSO program. Although most of the short fixes are in the process of being implemented.

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TRAINING EXPENSES COVERED

EXCELLENT BENEFITS
FREE HOUSING (IN CERTAIN LOCATIONS)
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First Government-to-Government Consultation *in Arctic Village*

By Tonya Garnett, Native Village of Venetie Tribal Government Executive Director

In May, the First Government-to-Government Consultation between the Native Village of Venetie Tribal Government, Venetie Village Council, Arctic Village Council and the Department of Interior (DOI) was held in Arctic Village. The meeting focused on the Arctic National Wildlife Refuge and the impacts that opening it up to oil and gas production will have. Since the passage of last year's Tax act, the DOI is leading the federal effort to complete an Environmental Impact Statement (EIS). As a part of the EIS process, the DOI will host additional Government-to-Government Consultations and

public scoping hearings.

Those in attendance included Chief/Chairman Victor Joseph, Vice President Julie Roberts-Hyslop, 1st Chief of Gwichyaa Zhee and Yukon Flats Subregional Representative Nancy James, and Emerging Leader Julia Fisher-Salmon.

Throughout the meeting, Chiefs and tribal members expressed to DOI their opposition to oil and gas leasing at the porcupine caribou birthing grounds. Other issues raised by Tribal officials included: the potential impacts to the health and wellbeing of all Gwich'in people, protection for

porcupine caribou habitat, and conservation of other subsistence resources such as waterfowl and fish. All Tribal representatives made clear to the DOI officials that the Gwich'in people remain united on the issue of protecting the birthing grounds of the Porcupine Caribou Herd.

Numerous Tribes and organizations have submitted requests for an extension of the scoping period and to schedule additional scoping hearings in other villages that will be impacted by the proposal. The Tribes believe such an extension is critically necessary to ensure any EIS document has the appropriate data and information to adequately guide future decisions.



"I just hope and pray that the people in the outside world, they don't understand who we are, where we come from, how we live, that they will take an opportunity to learn to respect us and to help us continue to survive as Indigenous people..." - Julie Roberts-Hyslop, Vice-President, TCC

THE COUNCIL NEWSLETTER

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www.tananachiefs.org

Letters to the Editor, other written contributions and photo submissions are welcome. However, space is limited and program-oriented news has priority. We reserve the right to edit or reject material. Letters and opinions are not necessarily the opinions of Tanana Chiefs Conference.



Tanana
Chiefs
Conference

Follow us:     

JOIN THE TCC FAMILY

WWW.TANANACHIEFS.ORG

Village Vacancies

- Community Health Aide/Practitioner (Dot Lake, Ruby, Rampart, Circle, Chalkyitsik, Healy Lake, Stevens Village, Tetlin, Alatna, Manley Hot Springs)
- Family Visitor (Allakaket)
- Infant/Toddler Teacher (Galena)
- Preschool Assistant Teacher (Galena)
- Squad Boss (Tok)
- Tribal Administrator (Stevens Village)
- Tribal Family Youth Specialist (Koyukuk, Healy Lake, McGrath)
- Tribal Workforce Development Specialist (McGrath)
- Village Public Safety Officer (McGrath, Grayling, Circle, Ruby, Fort Yukon, Nulato, Venetie, Tanana)
- Wild Land Firefighter Type II Crew Member (Tok)

Fairbanks Vacancies

- Administration Intern
- Brownfield Technician
- Camp Counselor
- Certified Medical Assistant II
- Clinical Supervisor: Outpatient Services
- Clinical Training Specialist
- Coordinator/Instructor Mid-Level Practitioner
- Elder Nutrition Cook
- Family Advocate
- Itinerant Behavioral Health Clinician
- Pharmacist

Region- Wide Vacancies

- Community Health Aide/Practitioner - Itinerant
- Itinerant Clinician - SOC
- Rural Clinic Operations Manager

JOB LISTED WERE OPEN AS OF June 6th, 2018

UPCOMING MEETINGS/EVENTS

TCC Closed
July 2nd • President's Discretionary Day

TCC Closed
July 3rd • Observing Martin Luther King Day

TCC Closed
July 4th • Independence Day

Allakaket Culture & Wellness Camp
July 9th - 13th • Allakaket, AK

Chalkyitsik Culture & Wellness Camp
July 9th - 13th • Chalkyitsik, AK

TCC Education Summit
August 1st - 2nd • David Salmon Tribal Hall

Garden of Roses Camp for Girls
August 3rd-5th • Fairbanks, AK
For Alaska Native girls age 8-17 who are survivors of sexual abuse.
Call Debbie Demientieff at 907-729-3795

Tanana Chiefs Conference Fitness Center offers **GROUP FITNESS CLASSES**

Zumba
Kickboxing
Yoga
Elder Group Fitness - NEW!



Visit the TCC Fitness Calendar at
www.tananachiefs.org to view the monthly schedule