

the council

Vol. 43, No. 9

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

September 2018

Native Language Revitalization in ACTION



The Tanana Chiefs Conference's annual Education Summit was held August 1st-2nd, 2018 at the Chief David Salmon Tribal Hall. This year's theme was "Native Language Revitalization in Action," and the activities were focused on creating language ownership, learning direct language lessons, mentor-apprenticeship, preschool development, preschool licensing and start up, understanding child care assistance, developing very

small scale community radio via Class D radio licensor, and writing basic grants for language revitalization. Participants were encouraged to form language learning goals for themselves, and to form goals about sharing their language with others, as well as drafting steps they can take towards achieving their goals.

TCC was pleased to have several



guest speakers from across the state, including Beth Barrett from the Kinderwoods Pre-School, Dr. Hishinlai' Peter and Sam Alexander of UAF, and Allan Hayton, Nathan Feemster and Dilool Erickson of the Doyon Languages project and Flynn Ludington from KWRK 90.9.

Continued on page 3.

Submit your Photos for our 2019 Calendar!

Send us your photos to be featured in the Tanana Chiefs Conference annual calendar! Help us celebrate the people, culture, and land of Interior Alaska by submitting your best photos. Don't forget to include a caption!

DEADLINE IS OCTOBER 19TH, 2018

Send your photos to
communications_dept@tananachiefs.org



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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

Donald Honea Sr./Ruby
1st Traditional Chief

Trimble Gilbert/Arctic Village
2nd Traditional Chief

Victor Joseph/ Tanana
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Frank Thompson/ Evansville
Yukon Tanana

Norman 'Carl' Burgett/ Huslia
Yukon Koyukuk

Peter Demoski/Nulato
Elder Advisor

Jolie Murray/Beaver
Youth Advisor

A Message from the Chief/Chairman



Dear Tribes and Tribal Members,

Hunting season has arrived and as we prepare to provide for our families and communities, I would like to remind everyone to stay safe. Please review our hunting safety tips on page 4. Good luck this hunting season!

Suicide is the 5th leading cause of death in our region, with suicide rates among Alaska Native men being nearly four times the national average. While suicide prevention is important to address year-round, September is a time dedicated to come together with strength around this difficult topic and to reach out to those affected by suicide, raise awareness, and connect individuals to treatment services. In September, TCC Wellness and Prevention will be releasing several short videos that address suicide and bullying. If you have concerns about a family or friend, reach out we can help. Call TCC Behavioral Health at (907) 452-8251 or the After-House Crisis line at 1 (800) 478-6682. In the meantime, you can learn more about suicide prevention on Page 7.

I would like to thank everyone who participated in our 2018 Education Summit last month, which focused on the revitalization of our native languages. You can learn more about the event on the front of this newsletter.

Last month staff and I attended subregional meetings in McGrath, Tetlin, Minto, Venetie, and Ruby. These meetings provide a great opportunity to give TCC the direction to best assist tribes. I would like to send my appreciation to McGrath for hosting the Upper Kuskokwim subregional meeting on short notice. I would like to thank all of the communities for hosting us and to the cooks.

TCC will be hosting the Department of Health and Human Service Secretary's Tribal Advisory Committee (STAC) September 22nd -26th. Ten Interior villages will present, to the highest level decision makers within DHHS and IHS, the successes and challenges in the delivery of health and human services.

Last month we explained Ballot Measure 1, commonly known as Stand for Salmon, which seeks to update Alaska's habitat laws for protecting salmon waterways. TCC's Full Board of Directors unanimously passed a resolution supporting the Stand for Salmon ballot initiative at the March 2018 convention. Although TCC supports development, we also support our fish and game natural habitats that provide for our way of life. I ask you to fully understand this ballot measure and the impact it could have if it passes or if it fails. I hope to see everyone at the polls on October 2nd for the Local/Municipal Elections.

In July, TCC was awarded the 2017 David G. Stone Career and Technical Employer of the Year Award, which you can learn more about on page 5. I would like to thank our staff here at TCC for their hard work and dedication in helping us achieve this award.

From my family to yours, we wish you a safe and successful fall season. I look forward to seeing everyone as we continue to work together to maintain Healthy, Strong, Unified Tribes.

Ana Bassee,
Victor Joseph
Chief/Chairman



2018 Education Summit *Continued...*

Participants from as far as Canada were in attendance to work on revitalizing the languages of the interior.

A critical component of the Education Summit was the formation of 10 working groups, delineated by language. The working groups for each language will be included in email listings, and they will receive invitations to access Native language learning and teaching materials specifically for their language. If you would like to be a part of these email lists please con-

tact the Education Department at educinfo@tananachiefs.org and list your name and which language working group you would like to be a part of.

If you would like to start a language immersion child care home in your community please contact Miriam Titus and Ashton Snow at Tanana Chiefs Conference. They will walk you through the child-

care assistance process, and through the licensing process to help you revitalize your language while providing excellent child care to children in your community.

Mahsi' choo to everyone who participated and we hope that you will take the opportunity to learn some of your own language today.



Tribal Youth Advocacy Institute

Last month, Chief Victor Joseph and Executive Director of Tribal Client Services Will Mayo visited the Tribal Youth Advocacy Institute to meet with the youth attending. The institute provided a space for youth to discuss advocacy priorities, find and strengthen their voice, and to connect with other youth.

Photo Courtesy of Carrie Stevens

DEADLINES

Special Full Board of Directors Meeting November 14th, 2018

October 22nd, 2018

Tribal Director/Delegate Resolutions due to TCC(*tribal councils will need to meet to designate)

October 24th, 2018

Travel Authorization (TA)

deadline for TCC to pay Director/Delegate travel

Full Board of Directors Meeting & Annual Convention March 11th-14th, 2019

February 13th, 2019

Deadline to submit resolutions
(Tribes can submit resolutions anytime throughout the year)



Hunting Safety Tips

Now that Hunting Season is upon us, we would like to remind everyone to stay safe! Below we have compiled a few hunting safety tips for those who will be going out this month:

- Always wear a life jacket when travelling on the waterways
- Never go hunting without telling somebody where you are going and when you expect to return
- Be sure to stock your boat or four-wheeler with safety gear; first aid kits, rope, flare gun, hand axe, etc.
- Treat every gun as if it is loaded, even when you are sure it isn't
- Before each hunt, open your gun's action and check the muzzle for obstructions
- Wear bright clothing or reflective gear when hunting, that way other hunters can be aware when you are nearby.



TRIMBLE GILBERT, ARCTIC VILLAGE

This month's Legacy elder is Trimble Gilbert of Arctic Village, who was featured in Volume One of Legacy of our Elders series.

Gilbert was born in 1935 at a trapping camp 70 miles in Arctic Village. His parents, James and Maggie Gilbert, lived a traditional Athabaskan lifestyle, moving as the seasons changed and living solely off of the land by hunting and trapping for their food and clothing. His family only spoke in their traditional language of Gwich'in Athabaskan.

At the age of 18, Gilbert married Mary. Gilbert continued to support his growing family through a subsistence lifestyle and in 1959, he decided to enlist in a guard unit. His training was based out of Fort Yukon, and he was away from his family for periods of time.

After he returned from one of his trips, he was informed that his daughter had succumbed to pneumonia. This marked a turning point for Gilbert. Angry and upset over the loss of his daughter, he left Arctic Village. Gilbert returned to Arctic Village after speaking with Chief David Salmon who told him to go home and take care of his family.

"The eyes of the elders," says Trimble, "I think they know, they just know who is going to be a leader." Gilbert went home and began serving in his church as an Episcopal priest, something he still does to this day.

Gilbert stresses the importance of listening to elders and learning from their stories as he did growing up. "Their words get into your heart," he says. "You'll remember what they say for the rest of your life."

To hear Trimble's full story, visit www.tananachiefs.org/Legacy-Of-Our-Elders

TCC's Legacy of our Elders series documents the lives and stories of Athabaskan 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.

TCC Awarded the 2017 David G. Stone Employer of the Year

On July 25th, TCC was awarded the 2017 David G. Stone Employer of the Year award by Doug Tansy, with the Alaska Workforce Investment Board (AWIB). This award "recognizes a private sector employer whose efforts and initiatives have had an extraordinary effect on the state of Alaska, other employers, workers, and communities."

TCC was presented the David G. Stone award for being involved in training for many industries and as an active partner with other industry professionals to help those who serve access top level training and development opportunities.

TCC has set out to assist eligible Alaska Natives and American Indians in obtaining and retaining employment and self-sufficiency. Eligible applicants for employment-related services may receive assistance in getting their GED, tuition, fees, books, supplies, transportation, tools, work gear, child care, temporary room and board, meals, and more.

Along with placing an ever-increasing emphasis on youth workforce development and leadership skills, internships, and vocational education.



*TCC would like to thank those who nominated us and send a special Thank You to our employees!
We couldn't have done it without you.*

Circle Clinic Opening

On August 10th, the community of Circle celebrated the opening of the new Alice Carroll Health Center.



Help Prevent UNDERAGE DRINKING & BINGE DRINKING

Most of our community members do not drink excessively, but it is critical to remember the impacts and risk associated with excessive alcohol consumption. According to the Center for Disease Control and National Institute on Alcohol Abuse and Alcoholism; **Binge drinking is the most common, costly, and deadly pattern of excessive alcohol use in the United States.**

WARNING SIGNS OF BINGE DRINKING:

- Experiencing temporary blackouts or short-term memory loss
- Exhibiting signs of irritability and extreme mood swings
- Making excuses for drinking such as to relax, deal with stress or feel normal
- Choosing drinking over other responsibilities and obligations
- Becoming isolated and distant from friends and family members
- Drinking alone or in secrecy
- Feeling hungover when not drinking
- Changing appearance and group of acquaintances you hang out with

WHAT IS BINGE DRINKING?

Binge drinking is defined as a pattern of drinking that “brings blood alcohol concentration levels to point zero eight grams percent or above.

This typically occurs after four drinks for women and five drinks for men—in about 2 hours.”

Talk to your children and friends about the importance of healthy habits. Support and participate in healthy, cultural activities that build strong relationships. Be an advocate for change in your community through policies or enforcement to reduce problem drinking. If you know someone, or you are experiencing problems with alcohol. Please reach out. TCC offers many solutions to help you approach these issues.

For more information contact TCC’s Prevention Through Wellness Team at 907-452-8251

Visit our YouTube page to watch our Medical Minute on Binge Drinking!

What To Do About Bullying

IF YOU SEE BULLYING HAPPEN...

- Don’t join in or watch bullying. Bullies love an audience. Walk away, and see if you can get others to leave, too. Of course, don’t just abandon someone who is in real danger. Go get help.
- Stand up for the person. If it feels safe, defend the person being bullied.
- Encourage the bullied person to talk to an adult. Offer to go with them.
- Tell an adult. If you feel uncomfortable telling an adult, ask the adult to keep your comments private.
- Stop any rumors. If someone tells you gossip, don’t pass it on to others. You wouldn’t want someone spreading rumors about you!
- Offer support. Ask if the person is okay. Be friendly the next day. You can make a big difference just by showing you care.

IF YOU ARE BEING BULLIED...

- GET HELP - Don’t Keep Bullying a Secret
- Avoid the Bully
- Tell a trusted adult
- Surround yourself with other people
- Remember - violence is never the answer.

Bullying
is NOT an
Athabascan Value

September is National **SUICIDE AWARENESS** Month

National Suicide Prevention Month is an annual observance held in September to highlight the importance of knowing the warning signs and all of us here at Tanana Chiefs Conference want to provide you with some great educational materials that could **SAVE YOUR LIFE**. Suicide has direct impact on all of our communities and community members. Remember, it is OK to reach out and get involved in preventing suicide in your community.

If you or someone you know is showing signs of suicide, get help **now**.

WARNING SIGNS

Someone who is thinking about suicide will usually give some clues also known as suicide warning signs to those around them to show that they are troubled. Suicide prevention starts with recognising these warning signs and treating them seriously.

It is likely that a suicidal person will display a combination of these signs rather than one single sign

- Become depressed or withdrawn
- Suddenly appears to be fine after being depressed.
- Behaving recklessly.
- Getting Affairs in order.
- Giving away valued possessions
- Showing marked change in behavior, attitude or appearance
- Abusing drugs or alcohol.
- Suffering from a major loss or life change
- Previous suicide attempts.

WHAT TO DO

Talking to a friend or family member about their suicidal thoughts and feelings can be extremely difficult. But if you're unsure whether someone is suicidal, the best way to find out is to ask.

Here are some things you can say to start the conversation about suicide:

- I am worried about you because you haven't seemed yourself lately.
- I noticed that you have been doing (state behavior), is everything OK?

Questions you can ask:

- What can I do to help you?
- Do you have something that you can talk to for support?

**IF YOU OR SOMEONE YOU KNOW IS THINKING ABOUT SUICIDE.
PLEASE REACH OUT. WE CAN HELP.**

TCC Behavioral Health: (907) 452-8251 After-House Crisis: 1 (800) 478-6682

Alaska Careline: 1 (877) 266- HELP (4357) or text "4help" to 839863 Tues-Sat, 3pm-11pm

National Suicide Prevention Lifeline: 1 (800) 273-8255

For more information and resources on suicide prevention please contact
TCC Wellness Project Staff at (907) 452-8251 or 1 (800) 478-6822



CHALKYITSIK

Culture & Wellness Camp

The Dranjiik Gwich'in Culture and Wellness Camp was held July 9th - 13th a short boat ride away from Chalkyitsik at David Salmon Kids Camp, on the Black River.

There was over 60 participants ranging from 4 years old to Elders from the villages of Chalkyitsik, Venetie, Ft. Yukon, Beaver, Fairbanks, Anchorage, Juneau, and Homer. Two teachers were in attendance as part of the Alaska Humanities Forum-Educator Cross-Cultural Immersion program; urban teachers apply to learn about culture around the state by attending culture camps. Both of the teachers were very involved in the camp, and their assistance was appreciated.

Attendees participated in

wellness activities such as wellness and prevention and healthy parenting and families, and water safety by the State of Alaska. TCC staff bring games and activities for children to learn while having fun.

The Dranjiik Gwich'in camp's cultural focus was on native language through writing, drawing and singing, sewing & beading, harvesting/cooking/preserving food, and demonstration on tanning a caribou hide and traditional tools used.

Charlie Fields, age 9 from Chalkyitsik says her favorite part about the camp was "we get to go swimming every day and we have fun activities. I learned that everything is not about yourself, you always have to wear a life jacket in the boat and behave at camp."

The Tribal Council brought local

musician Gordon Druck to camp to play live music-what an enjoyable time had by all!

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 a half; with the hope that locals will continue with camps. Through these camps, the participants spend time with their local Elders and learn about their families, culture, history, 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



"Every year you make a day for children, do something with the children, and not only do something with them, but teach them about our culture and make a special day for them. His [David Salmon] last message before he died was 'Take care of the children. Pray for them. Make a day for them'."

- Rev. Mary Nathaniel -

The Chalkyitsik Culture Camp took place at the Chief David Salmon Kids Camp just outside of Chalkyitsik. In honor of his last wishes, a special day was set aside to honor the children at the camp. Which included a special church service, prayers, and with Reverend Mary Nathaniel giving a special prayer to each individual child.



2018 TCC Culture & Wellness Camps:

YUKON TANANA

- Allakaket - July 9th - 13th
- Nenana - Date TBD

LOWER YUKON

- Grayling - Sept. 10th-14th
- Shageluk - August 27th - 29th

YUKON KOYUKUK

- Ruby - July 30th-August 2nd
- Huslia - August 6th-11th

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



Honoring our Village Public Safety Officers

By Tiffany Simmons
TCC Tribal Development & Planning Director

VPSOs are the first responders in rural Alaska in some of the most challenging, stressful, and emotional circumstances. In most cases they are the only officer on site without the backup of any other trained officers. They serve as law enforcement, search and rescue, EMS, and fire responder, and are often on call 24-7. Frequent exposure to stressful scenarios require mental and physical abilities. Many law enforcement offices work under a great amount of pressure which can contribute negatively to health related issues. Their families also sacrifice a lot for this profession. These officers are asked to place their lives in danger so it's important we do our part to keep our villages safe by supporting our VPSO's so they can stay physically and mentally healthy and do the best job they can for our communities. The more community support they have, the greater success and longevity they have at keeping our villages safe.

Here are some ways we can show support of our officers:

- Recognize the good work they do
- Invite them to community events
- Sign up to be a paid jail guard
- Smile, wave, and say thank you as you see officers



Meet Naja

The new rural drug detection K9

Naja, the drug detection K9 purchased through generous donations from our tribes and individuals for the Fairbanks Alaska State Troopers Drug Unit. Naja completed training recently and is now working in the field, having even made a few drug busts. **Please contact Tiffany Simmons at TCC for K9 village event requests**, which will be met as the K9 and handler are available.

Tiffany Simmons
(907) 452-8251 ext. 3438
tiffany.simmons@tananachiefs.org

A special thank you to Kelly Fields of Fort Yukon for your vision and taking action on solutions for healthier communities.

Department of Interior Session on Lands into Trust

By Maria Panozo, TCC Legal Department Intern

On July 26th, the Department of the Interior held a listening session in Fairbanks, the first of a series of meetings and consultations regarding the legal authority of the Secretary of the Interior to take land into trust on behalf of Tribes in Alaska. The Department withdrew the 2017 M-Opinion recognizing the Secretary's authority to take land into trust until further review and consultation. Many tribal leaders from across the state participated in the listening session and made comments paraphrased below.

Tribal consultation should have been undertaken before the Solicitor's Office withdrew the 2017 M-Opinion, not after. Tribal consultation demands far more than enhanced notice of a proposed action and an opportunity to comment. The 2017 M-Opinion should be reinstated during the current consultation process. The Department should organize a tribal-federal work group to explore issues pertaining to trust land acquisitions in Alaska.

Tribal consultation demands effective live sessions with tribal leaders.

Consultation sessions in Alaska must therefore be scheduled in consultation with Alaska Native organizations and set so as not to occur during peak subsistence fishing and hunting periods, or during travel days to statewide conferences such as the annual Alaska Federation of Natives convention. Most of the consultation sessions the Department set, fail to conform to these sensible guidelines.

In this instance, tribal consultation on the issue of trust land acquisitions in Alaska already occurred. Intensive consultations in Alaska and in Washington, D.C. occurred in 2014 following publication of the Proposed Rule, and involved all "stakeholders" including the public, Tribes, the State, Alaska Native corporations (ANCs), members of the Alaska Legislature, and the public. Countless individuals testified and over 100 written comments were received (79 Fed. Reg. at

76890).

The recent withdrawal of the 2017 M-Opinion incorrectly asserts the 2017 Opinion was incomplete. It was not. The 2017 Opinion was a 22-page single-spaced document with over 136 footnotes. The 2017 M-Opinion expressly states it is relying on prior legal opinions (all of which concluded that the application of Section 5 of the IRA had not been repealed by ANCSA or subsequent legislation). Finally, many tribes are not interested in pursuing land into trust but would rather the DOI focus on public safety, housing, allotment protection, child protection and education with listening sessions and action for improvements. The next land into trust listening sessions will occur on Wednesday, October 17 and Sunday, October 21 in Anchorage. Please contact the Legal Department at ext. 3178 for more information.



Take Our RURAL COMMUNITY SERVICE NEEDS SURVEY

TCC is interested in getting the ideas and recommendations of residents of our communities, specifically your priorities for community governmental, health, social services improvements needed in the future. A survey was sent to all rural communities in August. All names of survey participants will be kept confidential.

Copies of overall survey summary results will be published on the TCC website when completed.

PARTICIPANT PRIZE DRAWING

Sixteen cash prizes will be awarded. Drawing will be in September

3 chances to win \$1000

3 chances to win \$500

10 chances to win \$100

\$\$\$
CASH PRIZES
\$\$\$

DEADLINE TO RETURN POSTCARD FOR A CHANCE TO WIN:

SEPTEMBER 17TH, 2018

**Fairbanks residents will have the opportunity to take a different survey, which will be released later this year.
More information will be provided in the future.*

A Chance to Update State Laws to *Improve Fish Habitats*

On November 6, Alaskan voters will have a chance to support an important update to our fish habitat laws. The current laws are outdated and do not require specific protections for fish habitat. Most Alaskans rely on fish to feed their families so these outdated laws need to be updated ASAP. Usually the legislature updates the laws,

but failed to pass a bill that would have done so, despite one introduced in each of the last two legislative sessions. Without an update in decades, concerned Alaskans from across the state, and spanning each respective legislative district, took action by collecting over 40,000 signatures to get this issue on the ballot so Alaskans are

able to vote directly on the issue. The Alaska Supreme Court found specific provisions too restrictive on prioritizing resources, so the current Ballot Initiative includes less protections but still provides improvements to the State law. Your vote on November 6 will decide if the initiative becomes law!

What is still included in the Ballot Measure:

A public process. This has two parts to it. ADFG will be required to notify the public any time someone submits a permit application for a major activity that will impact salmon habitat. The public will also have an opportunity to comment (30 day period) on the Fish Habitat Impact Assessment that ADFG will be required to write for that major permit application.

Why this matters: Currently, there is no way for someone to know when a permit application has been submitted to ADFG and there is no way for the public to provide any input on proposed projects. This is a huge deficiency in the current law, as many activities and projects go unnoticed or fly under the radar. Our Tribes deserve a voice in this permitting process for activities happening on their traditional lands and waters. Also, there is currently no published review of the permit applications and no requirement for the Fish Habitat Impact Assessment. **As such, the current law is severely lacking in transparency and democracy.**

.....
Assumption that all waterways in Alaska are capable of supporting salmon (unless proven otherwise).

Why this matters: Currently, ADFG attempts to document all waterways in Alaska that support salmon and other anadromous species in what is called the Anadromous Waters Catalog. If someone wants to conduct an activity in a waterway listed in this catalog, then they need to apply for a permit from ADFG. If that waterway is not listed in the catalog, then they don't need a permit at all. This is a big problem when ADFG has not done surveys in all areas of the state to document where salmon spawn and rear and documenting where juvenile salmon are rearing. Just this summer, TCC biologists used a drone to document a new and unexpected area where salmon were spawning. Last year, if someone wanted to do an activity that would impact habitat on that area, they wouldn't have needed a permit because that waterway wasn't listed in the catalog. Under Ballot Measure 1, the onus will be on the person or company applying for a permit to prove the waterway is not anadromous, or they could accept the assumption and proceed through the permitting process anyway. The "assumption of anadromy" ensures that waterways that support or produce salmon but are not currently listed in the catalog still get habitat protections.

.....
Creates a major permit track and a minor permit track.

Why this matters: Projects that ADFG determines would have significant and adverse effects to salmon habitat would have to apply for a major permit. Everything else would get permitted through a minor permit, which will be a faster, streamlined process. The major permit track will require a more rigorous scientific review and will require that ADFG draft a Fish Habitat Impact Assessment. **Why this matters:** Right now all projects, no matter how big or small, go through the same permit process (Donlin mine and building a culvert for a single road currently require the same type of permit, despite their vastly different impacts to salmon habitat). There is currently no mandate for major, larger projects to undergo a more rigorous review.

.....
Includes language regarding habitat qualities that salmon need to thrive, such as water quality, water temperature, stream flow, bank stability, and more.

Why this matters: By including this language for protection standards, ADFG will be mandated to ensure protection of these habitat characteristics when issuing permits. Currently, none of these standards exist in law and are open to interpretation by different administrations.

Chief Victor Joseph on why he is Voting *Yes* on 1

TCC is committed to a full strategy for increased salmon returns which includes river-wide consensus on in-season management, science based management of high seas fisheries, adjusting to changing oceanic factors, salmon habitat protection, and decrease of pollutants in the oceans and rivers. The Full Board has passed a resolution to support Ballot Measure 1, which will improve the chance of stronger salmon returns for future generations. In Interior Alaska, the burden of increased King returns should not lie solely on families who year after year have less Kings to put away. We need developers to be our partners in protecting this resource. This is the balance we need in Alaska. Ballot Measure 1 which provides for reasonable development with specific fish habitat protections is good for all Alaskans, which is why I am voting Yes on 1.



”



Elder Nutrition Cook TRAINING

By Bonnie Carroll-Ginnis
Elder Nutrition Program Coordinator

On July 30th, Registered Dietitian and Cooperative Extension Service Agent, Leslie Shallcross, provided a day of training for TCC Elder Food Program Cooks. This was the first of three days of training and was followed in the next two days by food preservation training and preparation of a meal.

Leslie helped our cooks to consider the many skills and responsibilities that come with the job. She praised them for their work and reinforced how nearly everything that they do may affect the health and safety of the community elders. The morning session covered basic food safety, with a presentation used in the Alaska Food Handler Card training. The cooks were quick to pick up on the many essentials of safe food handling – hand washing (all the time); using thermometers in refrigerators and cooked foods to check for safe internal temperatures; cooling temperatures and the “Danger Zone” (41° F

to 135°F); sanitizing of surfaces and dishes; avoiding cross-contamination. They aced the presentation quiz questions! There was also a discussion and guidelines provided for safe use of donated, traditional foods.

The afternoon included information about meal planning. The cooks had identified that they were trying to make meals that would be healthy for individuals with chronic conditions such as diabetes and heart disease. Leslie started out with looking at the minimum portions in meals covered by the federal Adult and Childcare Food program and some basic considerations for how to plan meals around nutrient needs – daily Vitamin C, protein, iron, B12, etc with a focus on nutrient needs for seniors. They were



also introduced to meal planning with The USDA My Plate and a modified Diabetes Plate and practiced planning a meal, meeting nutrient targets and “the Diabetes Plate”

The Elder Nutrition Program continues to have vacancies in some of our villages please get the word out for your tribal members to apply which are part-time positions and who enjoy working with our Elders.



Attendees Included:

- Clara Demientieff, Cook from McGrath Native Village Council,
- Ann Kruger, Substitute Cook from Anvik Traditional Council,
- Tamera Turner, Cook from Holy Cross Tribal Council,
- Christine Dutchman, Cook from Shageluk IRA Council,
- Leah Morgan, Cook Ruby Tribal Council,
- Rebecca Agnes, Cook Nulato Tribal Council,
- Rose Mary Wiehl, Cook Rampart Tribal Council,
- Margaret Henry-John, Cook Circle Tribal Council,
- Bonnie Carroll-Ginnis, Tanana Chiefs Conference Elder Nutrition Coordinator.

The Elder Nutrition Program continues to have vacancies in some of our villages please get the word out for your tribal members to apply which are part-time positions and who enjoy working with our Elders.

Heidi Rader taught the Elder Nutrition Cooks all about Safe Food Preservation, How to Can Salmon, How to Make Jam, and How to Make Sauerkraut. You can find information on all of these topics from UAF Cooperative Extension Service here:

<http://www.uaf.edu/ces/foods/preservation/meatsfish/>
<http://www.uaf.edu/ces/foods/preservation/fruitsveggies/>

Being able to safely preserve food is so important so that Elders can enjoy traditional foods throughout the year.

If you're interested in having a food preservation workshop in your community, you can request one here:
<http://www.uaf.edu/ces/districts/tribes/>

New Employees New Faces



Tanna Carter New Executive Coordinator

Tanna grew up in Minto and is the daughter of Ron Carter of Nenana and the late Hanna Titus Carter of Minto. Tanna has worked for TCC for a total of 12 years, previously working for the Realty Department and recently in the Facilities Department as an Administrative Manager. She holds a Bachelor of Arts Degree in Geography with a minor in Anthropology, an Associates of Science in Aviation and a Certification in Occupational Health and Safety. She is serving part time in the Alaska Air National Guard as an Inflight Refueler on the KC135 aircraft and is a board member for her village corporation, Seth-De-Ya-Ah. Tanna brings with her experience in contracting, project management, personnel management, land management, scheduling, real estate law, program development and administrative practices and development. She has been previously employed by the State of Alaska as a Sr. Aviation Leasing Specialist and Alyeska Pipeline Service Co. as a Technical Assistant for Land Management.

She can be contacted at 907-452-8251 x3112 or tanna.carter@tananachiefs.org.



Rob Lucas Executive Director of Information Technology

Rob Lucas was raised in Logan, West Virginia and graduated high school there in 1987. He served in the U.S. Air Force for 24 years in the Health Services Management career field. He retired as a Master Sergeant holding the title of Squadron Superintendent, 354th Medical Support Squadron. Rob joined TCC in November 2012 as a Clinical Applications Coordinator. He changed jobs in 2013 and 2016 as a Health Information Systems Administrator and Corporate Information Security Officer respectfully. Rob has over 29 years' experience working in Health Care and over 19 years' experience working in Information Technology.



Danny Williams Security Manager

Danny Williams comes to TCC with 18 years of experience in security, with four of those years as the Security Manager for the Fairbanks Memorial Hospital.

TCC Supports Back-to-School with Backpacks & School Supplies

Chief Victor Joseph and the rest of TCC are helping rural elementary school students celebrate their back-to-school week with 150 backpacks filled with school supplies!

The backpacks were sent out to students in Koyukuk, Rampart, Venetie, Dot Lake, Tanacross, Shageluk, Anvik, Hughes, Tetlin, Takotna, and Nikolai.

Chief Joseph wants to wish our students the best as they work towards meeting their educational goals. We hope to see our young students enjoy their time learning.



International Fetal Alcohol Syndrome (FAS) Day

By Amanda Race, MA, CRC, Tribal Vocational Rehabilitation Program Manager

September 9th is International Fetal Alcohol Syndrome (FAS) Day. People world wide have set aside this day to commemorate the lives of those who experience the effects of alcohol consumed by their mother during pregnancy. **These children and adults are at risk for minor and major learning disabilities, behavioral problems, and physical birth defects of the heart and other vital organs.** Individuals who experience these difficulties are characterized by the diagnosis FAS (Fetal Alcohol Syndrome) or the term FASD (Fetal Alcohol Spectrum Disorders).

Facts About FASD

FASD is 100% preventable

If you are pregnant or could get pregnant- don't drink alcohol. No woman intends to injure her baby, but damage can be done before a woman knows that she is pregnant.

FASD is the leading known cause of brain damage.

The damage caused by prenatal exposure to alcohol can cause problems with learning, behavioral control, language development, problem solving and judgment.

Alcohol causes more damage to babies than any other drug.

No amount of alcohol is safe during pregnancy. The brain is the only organ that develops throughout the entire pregnancy, making it particularly vulnerable to alcohol.

For the majority of those affected, FASD is an invisible birth defect.

An individual with FASD may look their age, but may function intellectually and emotionally younger than their years.

FASD is found in all socioeconomic groups and in all races. Wherever women drink, Fetal Alcohol Spectrum disorders exist.

The cost of lost human potential related to FASD is immeasurable.

The cost of providing services to an individual with FASD has been estimated to be between \$1.5 -2 million dollars over their lifetime. However, there is also a larger cost to families and society at large.

FASD lasts a lifetime.

The damage caused by prenatal alcohol exposure is permanent, but individuals and families who receive proper evaluations and support are better able to develop strategies that will help them be more successful at home, in school and in the workplace. Individuals who are not appropriately evaluated and supported are at greater risk of dropping out of school, having employment problems, or being incarcerated. Early diagnosis and appropriately treated FASD enhances and supports individuals, families and society.

If you know a child or a family who may be struggling with the effects of prenatal alcohol exposure, what can you do?

Encourage them to talk to their health care provider about their concern so that the individual can get appropriate evaluations. They may also contact the Fairbanks FAS Diagnostic Team through Alaska Center for Children and Adults (ACCA) at 456-4003 for information regarding evaluations and the resources available to children and families.

On September 9th, FASD Awareness Day, please share this information with your family, coworkers, and others who can help prevent Fetal Alcohol Related Birth Defects and who might provide information and support to individuals and families who are struggling with the results of prenatal alcohol exposure.

FIND OUT MORE ABOUT FASD

The Community Developmental Disabilities (DD) Grant Program will have an Awareness Table at Tanana Chiefs Conference on Friday, September 7th on the 1st floor Lobby at the Chief Peter John Tribal Building. Please stop by to learn more about FASD and share some fun ideas on non-alcoholic drinks and information to help families be aware of how to prevent FASD and also what services are available for persons with FASD.

For more information about services available in Fairbanks and statewide through Behavioral Health Programs and the FASD Diagnostic Team at ACCA in Fairbanks, contact:

Robin Campbell, DD Coordinator at TCC at 800-478-6822 ext. 3231 or at robin.campbell@tananachiefs.org

Fetal Alcohol Spectrum Disorder Awareness Month

In 2015, the National Organization on Fetal Alcohol Syndrome held their first annual FASD Awareness Month. Thanks to their efforts to raise awareness about the risks associated with prenatal alcohol exposure and to prevent the occurrence of FASD, FASD Awareness Month is a permanent expansion of FASD Awareness Day (September 9th).

Signs & Symptoms

FASDs refer to the whole range of effects that can happen to a person whose mother drank alcohol during pregnancy. These conditions can affect each person in different ways, and can range from mild to severe.

- Abnormal facial features, such as a smooth ridge between the nose and upper lip (this ridge is called the philtrum)
- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones

There is no cure for FASDs, but research shows that early intervention treatment services can improve a child's development. Some treatment options include medication to help with some of these symptoms, behavior and education therapy, parent training.

If you would like more information on Fetal Alcohol Spectrum Disorders or are concerned about your child, **make an appointment with your child's pediatrician today.**

1st Annual Disability Pride Walk

By Amanda Race, MA, CRC, Tribal Vocational Rehabilitation Program Manager

Fairbanks hosted the 1st Annual Disability Pride Celebration on Saturday, July 21, 2018. Fairbanks joined Anchorage, Kenai, Kodiak and Juneau in the state's 1st Annual Disability Pride Celebration, part of a national movement that celebrates diversity.

Disability Pride Alaska seeks to change the way people "SEE" disability, end the stigma of disability, and promote the belief that disability is a natural and beautiful part of human diversity. People

with disabilities are the largest and most diverse minority, representing all abilities, ages, races, ethnicities, religions and socio-economic backgrounds.

Alaskans are joining a nationwide Disability Pride movement that promotes dignity, self-acceptance, inclusion and validation of the human experience.

Participants in Fairbanks spotlighted their "See Me" theme in the Golden Days Parade this year, to acknowledge identities beyond disability, including their roles in our community as employees, artists, friends, volunteers and voters, to name a few. Self-advocates and advocates from Fairbanks Resource Agency, AK Center for Children & Adults, Tanana Chiefs Conference, Alaska Service K9's, Morning

Star Ranch, Step in Autism Services and Access AK and their families from the Interior walked or observed the Parade this year. We hope that in years to come, people from all areas, rural & urban, will participate in the Disability Pride movement creating their own celebrations.

For more information about how you can be more involved in the Celebration, please contact Wendy Cloyd, Disability Pride Alaska – Fairbanks at (907) 456-8901 or email her at wcloyd@fra-alaska.net, who contributed to this article. You may also contact Robin Campbell, Developmental Disability Coordinator, at TCC, 1-800-478-6822, extension 3231 or email her at robin.campbell@tananachiefs.org



A True Love Story

Courtesy of Nick Alexia Sr.

On July 29th, Nick Alexia Sr. and Ann Alexia, of Nikolai celebrated 51 years together. Nick shared their beautiful story together on Facebook with friends and family.

"Seems like not very long ago. But it's been 51 years since I asked my life long partner to come live with me on this day. Young man of 20, uncertain, no job. Trapping in winter and cutting cord wood in summer. I barely got by. But working together we lived off the land we made it through the hard years. Unlike young people now we had to work for everything that we need. We had to build our own shelter the material that went into



it we had to work for. But working together we went through those hard years. After we started going back to school and learning different trade things got easier. But those early years were the most wonderful times we had camping whenever or where ever and living off of the land. Sometimes it got stormy my own doing but we weathered the storms together. She stood by me enjoying the wonderful gift from the all mighty.

Lots of times during my battle with alcohol I could have been dead or spend my life in jail but God, my wife ,my son, and my daughters gave me another chance. Which I'm thankful for forever. Once in a while someone will tell me what you talking about you did the same thing. But those bridges were burned when I crossed it I can't go back to it. This is a one way trip which I'm coming to the end of. I thank my wife for standing right beside me here on the banks of the Kuskokwim river or under the hot Southern California sun."

Nick and Ann remind all of us that, although there are tough times throughout life, love and hard work will help pull you through it!

All of us here at TCC want to thank you for sharing your story and congratulate you both on 51 years together!

FINANCIAL MATTER\$

ANSWERING YOUR QUESTIONS ON BILLING, TRAVEL, AND MORE!

Q: Why do I need to bring so much paper to my appointment?

A: If it seems like TCC is asking for a lot of paperwork from you for your appointments, you're not alone. Many of our patients wonder why we ask for so much paper from them. They also wonder why we ask so many questions. The reason is, as a federally-funded Tribal/IHS program, we are required to track a lot of information on our patients to make sure that we can report accurately how we are using those dollars responsibly.

We also receive grants that require us to collect what sometimes seems like very personal data. Without that data, we don't receive as much money to spend on additional services for our patients. Since IHS is not an insurance program, it's especially important that patients bring their insurance information, if any, at every trip to any of our locations.

Thank you for helping us out by always making sure you have your documentation with you when you come in.

What is Financial Matters?

Financial Matters is a new, monthly column from TCC Health Services Finance (HSF) to answer your questions regarding anything from billing issues to concerns about travel and registration.

The HSF Division includes Registration, Alternate Resources, Coding, Billing, Health Information, Purchased/Referred Care, and Patient Travel.

Questions and/or suggestions for the column can be sent to TCC Communications Division and will be routed to the Health Services Finance (HSF) Director for consideration.

Communications Division

Communications_dept@tananachiefs.org

How the Small Town of Homer Supports a Slew of Local Farmers

By Heidi Rader, Tribes Extension Educator for TCC

This spring, I had the happy excuse to visit five farms in Homer--to film high tunnels and season extension techniques for a YouTube series called, *In the Alaska Garden with Heidi Rader* (<https://bit.ly/2y3uabV>). While I was there, I kind of fell in love with those farmers. Their passion, tenacity, and creativity was infectious and rekindled my own dream of being a farmer I discovered they're innovating in lots more ways than high tunnels. I say farmers but they all also identify strongly with the term "market gardener"--a term that describes farmers who grow food predominately for direct markets using mostly low-tech, hand tools on small acreage. They are voracious readers, watchers of YouTube videos, and sharers of ideas. Some of their favorite authors and vloggers include Eliot Coleman (*The Four Season Farm*), Ben Hartman (*The Lean Farm*), Curtis Stone (*The Urban Farmer*), and Jean-Martin Fortier (*The Market Gardener*).

My first stop was Homer Hilltop Farm where Carey Restino has carved out a farm that winds through forest and devil's club on Diamond Ridge. Carey exuded energy as she showed us her high tunnels and hoop houses that have helped her dramatically extend her season in a microclimate that is cooler than Homer proper due to its higher elevation. She had an impressive lineup of the latest, low-tech tools designed for market gardeners including a six-row seeder, a Quick Cut Greens Harvester, and a soil tilter to name a few.

Next stop--Twitter Creek Gardens. Emily Garrity's no-nonsense attitude was evident in her well-run, efficient farm. Her methods of extending the season range from a small hoop house to a large, Rimol movable tunnel, which is very easily moved by two people--I know I moved it! Her passive solar greenhouse was also a highlight. It allows her to grow greens into the winter and early in the spring. Her seedlings stay cozy high up in an attic of the greenhouse. In addition to a CSA, she also sells through the Alaska Food Hub (<https://alaskafoodhub.localfoodmarketplace.com/>), the coolest

kid on the block for direct-marketing methods. It makes it easy for farmers to sell and consumers to buy locally grown products by aggregating them on an easy-to-use website. It's one-stop shopping at its finest.

At Oceanside Farms, I had the pleasure of visiting Don McNamara and Donna Rae Faulkner. I'd met them before as students in the Alaska Growers School, an intensive beginning farmer training program for would-be farmers that I spear-headed, so it was fun to see them still at it with gusto. They also happen to be famous and were mentioned in an article about high tunnels in Homer in the *Economist* (<https://www.economist.com/united-states/2016/08/27/growing-farmers>). They began their farming adventure as urban farmers, where, in addition to their own land, they farmed on others' city lots. This is a movement that has been written and vlogged about by Curtis Stone. Briefly, the movement argues that land dedicated to growing lawns in urban areas is better used to grow food. It's easier to sell food when you're in an urban area as opposed to rural areas where sometimes there are long driving times to get your products to the market. They quickly outgrew the small city lots and now have a parcel a couple miles out of town where they have erected eight, 30-by-72-foot high tunnels. Each high tunnel had its own unlikely surprise--hops in one, grapes in another, domesticated blueberries here, vigorous strawberry plants in May there. Though not certified, the couple's scavenging instincts and dedication to organic farming methods lead them to the fish docks in the winter, coffee shops, and the food bank to concoct their steaming, fragrant compost piles that are the foundation of their farm.

At Synergy Garden, Lori and Wayne Jenkins showed some compelling examples of the benefits of high tunnels. Garlic and asparagus were growing like gangbusters in the tunnel while barely emerging or not yet emerged outside.

The last farm I visited, Will Grow Farm, is an off-grid farm and originally also lacked road access. When Paul and Jen Castellani lacked road access, they hiked their vegetables

out. This meant they had to consider the weight of vegetables that they grew choosing lettuce over potatoes for instance. It's still debatable whether there is road access. To get there, I pushed the limits of my rental agreement on a bumpy road, then walked across a muddy impassable section, then drove the last part in Paul's old pickup that has been relegated to that purpose. With limited electricity from a generator and solar power, they carefully strategize their operation by limiting water pumps needed and eschewing energy-guzzling refrigeration.

Along with visiting farms, I sampled locally grown fare at an impressive number of restaurants for a small town like Homer. The new Alaska Grown mobile app identified eight restaurants in Homer that serve up Alaska grown food compared with Fairbanks, which in spite of being at least five times larger, had only three restaurants. It's evident that the community of Homer cares about food--where it comes from and how it tastes. When eating with the locals, the topic of conversation continuously swirled around the best things to eat at which restaurants and who served local food. Homer is fanatical about local food, and makes it known with their pocketbooks.

It's no wonder the high tunnels are popular there because it makes working on a farm comfortable in the rainy, cold weather. The longer season means that making a living by farming is easier--while still not being easy--to grasp. Exploring new ways of doing things, sharing knowledge, and having a community that supports their efforts can't hurt either.

There's a lot we Alaskans can learn from the farmers (or market gardeners) of Homer. You can check out videos of all these farms and their innovations along with other videos of gardening in my "*In the Alaska Garden with Heidi Rader*" series at <https://bit.ly/2y3uabV>. Videos will be posted weekly throughout the summer.



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

THE COUNCIL NEWSLETTER

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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

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VILLAGE VACANCIES

- Behavioral Health Aide (Anaktuvuk Pass, Chalkyitsik)
- Behavioral Health Clinical Associate (Galena)
- Community Health Aide/Practitioner (Chalkyitsik, Eagle)
- Elder Nutrition Cook (Venetie, Chalkyitsik, Nikolai)
- Home Care Provider (Galena, Tanana, Eagle, Nulato)
- Intake Services Coordinator (Galena)
- Physician Assistant - Upper Tanana Health Center (Tok)
- Substitute Elder Nutrition Cook (Venetie, Huslia, Shageluk)
- Substitute Elder Nutrition Cook (Arctic Village, McGrath, Nulato)
- Tribal Administrator (Alatna)
- Tribal Family Youth Specialist (McGrath)
- Tribal Workforce Development Specialist (McGrath)
- Village Public Safety Officer (Venetie, Circle, Tanana, Grayling, McGrath, Nulato, Ruby)

FAIRBANKS VACANCIES

- Accounts Receivable Payment Poster
- Behavioral Health Clinical Associate
- Billing Technician II
- Central Scheduler
- Child Protection Program Manager
- Community Planning Coordinator
- Employment & Training Coordinator
- Energy Assistance Program Assistant
- Hospitality Support Staff
- OJT Elder Nutrition Support Staff
- Psychiatrist
- RN Case Manager
- Special Projects Assistant
- Tribal Development Program Assistant
- Tribal Family Youth Specialist

REGION- WIDE VACANCIES

- Itinerant Clinician - SOC
- Tribal Transportation Intern

JOB LISTED WERE OPEN AS OF AUGUST 20TH, 2018

UPCOMING MEETINGS/EVENTS

TCC Closed
September 3rd • Labor Day

Secretary's Tribal Advisory Committee (STAC)
September 24th-26th

First Alaskan's Institute Elders & Youth Conference
October 15th - 17th • Anchorage, AK

Alaska Federation of Natives Annual Convention
October 18th-20th • Anchorage, AK

Your story **MATTERS!**

Suicide prevention is up to everyone in our community.

IT TAKES
Courage & Strength
TO SEEK HELP

**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS OR
HAVING THOUGHTS OF SUICIDE PLEASE CONTACT:**

TCC BEHAVIORAL HEALTH
(907) 452-8251 ext. 3800
After Hours Crisis:
1 (800) 478-6682

ALASKA CARELINE
1 (877) 266-HELP (4357)
Text "4help" to 839863
Tues-Sat 3pm-11pm

NATIONAL SUICIDE PREVENTION
1 (800) 273-8255