

the council

Vol. 43, No. 10

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

October 2018

Why I'm Voting *Yes* on Ballot Measure 1



Don Stevens
Stevens Village



For Don Stevens, a subsistence fisherman from Stevens Village, protecting our salmon habitats is essential to ensuring that he is able to provide food for the long winter months. This is one of the many reasons why Don is joining other tribal leaders throughout the state in voting YES on Ballot Measure 1.

"Fishing has been passed down to me and always has been part of my life," says Don, "Alaskans are managed down to every last detail,

giving us hardly any opportunity to fish. I am willing to sacrifice but others need to be responsible for salmon also. This way we can balance both jobs and fishing together."

Don is one of many throughout the State joining in the effort to protect our salmon habitat.

TCC's Full Board of Directors passed a resolution in support of Ballot Measure 1 and last month TCC Chief/Chairman Victor Joseph

officially announced his support for Ballot Measure 1.

Currently, Alaskans don't have a vote in the permitting process. It's important that Alaskans are able to share local knowledge and to know when permits are submitted, so we know what is happening in our traditional areas. A yes vote will ensure that we finally get the voice we deserve in this process.

Learn more about Ballot Measure 1 on pages 6 & 7

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



TCC EXECUTIVE BOARD MEMBERS

Donald Honea Sr./Ruby
1st Traditional Chief

Trimble Gilbert/Arctic Village
2nd Traditional Chief

Victor Joseph/ Tanana
Chief/Chairman

Julie Roberts-Hyslop/Tanana
Vice President

Jerry Isaac/Tanacross
Secretary/Treasurer

William "Chaaiy" Albert/Northway
Upper Tanana

Nick Alexia Sr./Nikolai
Upper Kuskokwim

Nancy James/Fort Yukon
Yukon Flats

Eugene Paul/Holy Cross
Lower Yukon

Frank Thompson/ Evansville
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,



With hunting season behind us, I hope that you and your family had luck in filling your freezers. I always look forward to spending time with my family and especially my grandchildren, teaching them about our way of life.

The Secretary's Tribal Advisory Committee (STAC) meeting took place last month, where Tribal leaders from across the nation and representatives from DHHS including the Deputy Secretary Eric Hargan, and IHS acting director, Admiral Weahkee were able to visit Allakaket, Alatna, Hughes, Koyukuk, Manley, Rampart, Tanana, Eagle, Tok, Nenana and Old Minto. More information on this visit will be available in next month's newsletter.

You have the ability to protect our way of life by making your voice heard! I am encouraging everyone to get to the polls and vote. Our future is on the ballot and it's important that we ensure that our issues remain a priority at the federal, state, and local level by showing up to cast your vote. If you want get an idea of how our elected officials have voted on Alaska Native issues, see page 9.

I want our voters to have a clear understanding of what is on the ballot this year. Ballot Measure 1 is a huge topic of concern for Alaska and for our tribes. I encourage you to learn more about this ballot measure and what it means for Alaska. Salmon and economic development are both very important to our tribes, our way of life, and our well-being. A YES vote on Ballot Measure 1 will allow Alaska to sustain healthy salmon runs for our grandchildren's children while moving forward with responsible development. This November, I will be voting YES on Ballot Measure 1.

For more information or questions regarding the upcoming election season, contact Marna Sanford, TCC's Government Relations Coordinator at x3317 or marna.sanford@tananachiefs.org

This month many tribal leaders, our Executive Board, and I will be attending the National Congress of American Indians (NCAI) Convention in Denver, CO and Alaska Federation of Natives (AFN) in Anchorage, AK. These meetings are important as they provide us the opportunity to advocate for our tribes and their needs.

As always, TCC continues to work with our tribes and tribal members to work towards our vision of Healthy, Strong, Unified Tribes.

Ana Bassee,
Victor Joseph
Chief/Chairman

2018 Subregional Meetings

TCC Chief Victor Joseph and other TCC leadership have been busy attending subregional meetings throughout the region. These meetings are important, as they provide TCC the opportunity to hear about the needs and concerns of our tribes, and figure

out ways we can assist.

The meetings include important discussion on transportation, housing, health services, employment and training, and other topics important to our communities.

Subregionals held so far include

the Upper Kuskokwim in McGrath, Upper Tanana in Tetlin, Yukon Flats in Venetie, Yukon Tanana in Minto, and the Yukon Koyukuk in Ruby.

The Lower Yukon subregional meeting plans to be held in Holy Cross in October.

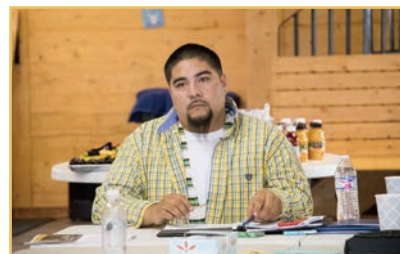
Upper Kuskokwim McGrath



Yukon Tanana Minto



Upper Tanana Tetlin

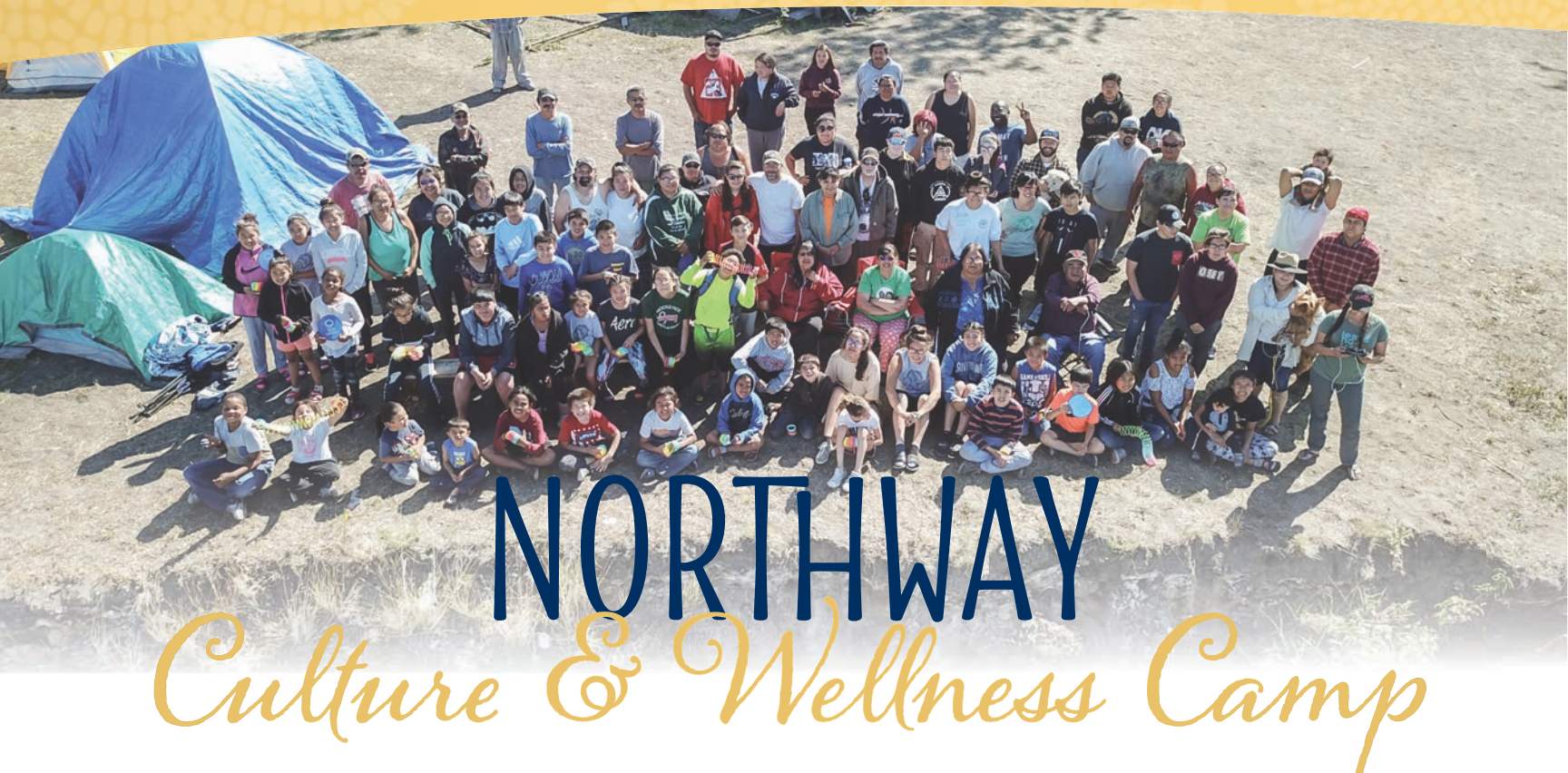


Yukon Koyukuk Ruby



Yukon Flats Venetie





Northway's 10-Mile Culture and Wellness Camp took place July 16th-20th, 2018, a short boat ride outside the village of Northway. The camp is located on the late Walter Northway's native allotment, where it was traditionally used as a hunting camp where people would come to cut white fish, get muskrat, and hunt for moose.

There were over 144 participants at the camp including 62 youth and 82 adults.

The camp had several cultural focuses including hunting and fishing, sewing and beading, and drumming and singing. The

children at the camp would use traditional singing and dancing to welcome people into the camp each day. Lorraine Titus coordinated the language activities at the camp including traditional singing. The kids would practice each night to learn and understand the words in the songs they were singing, a point that Lorraine emphasized the importance of; "It's important to me because it identifies them and they are really proud," says Lorraine, "You could see the pride in them, they feel good about themselves."

Lorraine Titus of Northway emphasized the importance of

learning the words in the songs that they are singing, "It's important to me because it identifies them and they are really proud," says Lorraine, "You could see the pride in them, they feel good about themselves."

TCC staff were also present at the camp to provide presentation on various wellness and prevention topics.

Tribes throughout the region continue to host Culture and Wellness Camps funded through Tanana Chiefs Conference and the Administration for Native Americans.

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 9th - 13th
- Nenana - Date TBD

LOWER YUKON

- Grayling - Sept. 10th-14th
- Shageluk -POSTPONED

YUKON KOYUKUK

- Ruby - July 30th-August 2nd
- Huslia - August 13th-17th

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

MYTHS VS FACTS

THE TRUTH ABOUT BALLOT MEASURE 1

By Stephanie Quinn-Davidson, Ph.D., Director of Yukon River Inter-tribal Fish Commission

Myth: Ballot Measure 1 will shut down all development and business in Alaska.

Fact: If ballot measure 1 passes, the permitting for major projects – those that are expected to have significant and adverse impacts on salmon habitat – will include a public process and a more rigorous review of the permit application. This may mean some projects will take longer to receive their permit, which could result in project delays and increased costs. The question we must ask ourselves is: aren't our salmon worth it to make sure they are not irreparably harmed?

ADFG also admits in the FAQs provided by the State of Alaska on Ballot Measure 1 that development would not stop if Ballot Measure 1 passes, but that some projects could experience longer permitting timelines.

Myth: Ballot Measure 1 would replace our current science-based permitting system with new, unproven regulations.

Fact: The current law includes no science-based standards. Ballot Measure 1 would establish science-based standards in law that ADFG must follow when issuing permits. Those standards are based on what we know salmon need to thrive (for example: clean, cold, flowing water) and are based on lessons learned from the Lower 48. Ballot Measure 1 was drafted based on proven regulations from states where resource development is currently being balanced with adequate freshwater protections.

Myth: Ballot Measure 1 will shut down rural infrastructure projects like: roads, updates to runways, updates to washeterias, etc.

Fact: Ballot Measure 1 creates a two track permitting system: one track for major projects and one for minor projects. If a project is deemed by ADFG biologists to have significant and adverse impacts on salmon habitat, then it will be a major project and will go through a public process and more rigorous review. However, minor projects that have limited impact on salmon habitat will go through a streamlined, cheaper process.

The majority of our communities are on the mainstem of the Yukon River. To have a significant and adverse impact on the mainstem of the Yukon River, you would have to essentially dam it up – and none of our tribal or community infrastructure projects are proposing that. Improving roadways, updating airport runways, and building or repairing washeterias are all examples of projects that are likely to have minimal impact on nearby salmon habitat. As such, those projects would be considered minor projects by ADFG biologists and would go through the more streamlined, cheaper process.

Think about what updates are needed in your community and how much of an impact it would have on any nearby rivers or streams. If your project isn't dumping a bunch of toxic chemicals in to the river/stream, causing a lot of runoff or erosion in the river/stream, blocking off the river/stream, or directly disrupting the river/streambed, then your project is likely to be considered a minor project by ADFG. Updates to roads, runways, washeterias and other buildings in our communities can all be done without having a measurable impact on the Yukon River and its tributaries.



Myth: Ballot Measure 1 does not fix the problem of declining salmon populations.

Fact: It is true that Ballot Measure 1 does not address our current declines of salmon we are seeing across the state. That was never the intention. The ballot initiative was being drafted before the salmon declines of the summer of 2018 took place and has always been focused on protection of spawning and rearing habitat – not addressing oceanic conditions. While we can't control what goes on in the ocean, we can control what goes on in the freshwater habitats. And when salmon are in decline due to changes in ocean conditions, the single most important thing we can do to help protect and rebuild the populations is to make sure they have clean, healthy habitat to return home to year after year. This ballot measure is a proactive approach to helping buffer the impacts of climate change, rather than exacerbate them as irresponsible development would do.

Myth: Ballot Measure 1 is a bunch of outside environmentalists.

Fact: The co-sponsors of the ballot measure are: Gayla Hoseth from Dillingham, Stephanie Quinn-Davidson from Anchorage, and Mike Wood from the Matsu Valley. They are Alaskans. Additionally, over 40,000 Alaskans signed the petition to put this initiative on the November ballot. Alaska fishermen, businesses, tribes, and tribal organizations are all supporting and helping to promote Stand for Salmon.

The top three contributors for Stand for Salmon are Alaska organizations: The Alaska Conservation Foundation, the Alaska Center, and Cook Inlet Keeper. All of the organizations working on the campaign are Alaska non-profits or have Alaska programs. They include: The Alaska Center, Salmon State, Cook Inlet Keeper, The Wild Salmon Center – Alaska Program, United Tribes of Bristol Bay, and Trout Unlimited.

Myth: Passing laws by ballot measure is dangerous. We should pass laws through the democratic process of the legislature.

Fact: The Alaska legislature had two years to pass a bill that would have updated our habitat laws, but failed to even get the bill out of committee. Several hearings were held where public testimony was overwhelmingly supportive in updating the habitat laws. Additionally, the language in the bills before the Alaska legislature was very similar to the language being proposed in Ballot Measure 1. When our legislature fails us, as they did the past two years, we have a constitutional right as Alaskans to propose legislation through the ballot initiative process.

Myth: The current law is working... or our habitat laws are the “gold standard” of habitat laws or there are already enough protections for spawning salmon.

Fact: There is no indication that the current laws are working. We are a relatively young state and have a low population; we haven't yet had the kind of development pressures that the Lower 48 salmon rivers have seen. However, that's changing as our state grows in population and as we try to grow our economy. Salmon runs are relatively healthy and intact in Alaska because of sustainable fisheries management – more commonly known to fishermen as escapement goals – not because of habitat protections.

It is true that we can't point to one single project that has wiped out a whole salmon system in Alaska, but that doesn't mean the current law is working. It just means that a project like that hasn't been proposed yet – until now. Pebble Mine, Donlin Mine, Chuitna Mine, and the Susitna-Watana Dam are all examples of current or recently-proposed projects that would entirely wipe out or block off salmon rivers. As more and more projects are being proposed in Alaska, we need to make sure we have the right habitat laws in place that will protect salmon for future generations.

Finally, we only need to look to the Kenai peninsula or the Matsu Valley to see how urban development is causing local declines in salmon populations. Over half of the culverts under roadways on the Kenai peninsula are inadequate for salmon passage, blocking off miles and miles of spawning habitat. Additionally, The MatSu Basin Salmon Habitat Partnership – a collaboration of state, federal, local, and non-profit partners – report in their strategic action plan that “rapid population growth and the accompanying pressures for development will increasingly challenge the ability of stakeholders to balance fish habitat conservation with these changes over time” and that local salmon streams could experience significant health degradation without human intervention to restore and rehabilitate habitat.

We Need Every VOTE

Don't like what you see in Juneau & Washington? VOTE.

Like what you see? VOTE.

Democracy works best when we ALL participate!



TUESDAY, OCTOBER 2:

LOCAL GOVERNMENT & SCHOOL BOARD

TUESDAY, NOVEMBER 6:

STATE & NATIONAL ELECTIONS

REGISTER / REQUEST ABSENTEE BALLOT / FIND YOUR POLLING PLACE

www.elections.alaska.gov



Let's Get Out and VOTE

The village with the highest voter turnout in the TCC region in the November 6th election will receive a \$500 check to use at their discretion.

Previous Winners:

- 2016- Tetlin
- 2014 - Hughes

Winners will be announced at our 2019 Annual Convention in March.



2018 Legislative Scorecard

SCOTT KAWASAKI	STEVE THOMPSON	ADAM WOOL	TAMMIE WILSON	DAVID TALERICO	PETE KELLY	CLICK BISHOP	GOVERNOR WALKER
							
DISTRICT 1 DEMOCRAT	DISTRICT 2 REPUBLICAN	DISTRICT 5 DEMOCRAT	DISTRICT 3 REPUBLICAN	DISTRICT 6 REPUBLICAN	DISTRICT A REPUBLICAN	DISTRICT C REPUBLICAN	INDEPENDENT
FY19 Operating Budget Vote 100% in line with our priorities*	FY19 Operating Budget Voted zero times in line with our priorities	FY19 Operating Budget Voted 80% of the time in line with our priorities	FY19 Operating Budget Voted zero times in line with our priorities	FY19 Operating Budget Voted 20% of the time in line with our priorities	FY19 Operating Budget Voted zero times in line with our priorities	FY19 Operating Budget Voted 20% of the time in line with our priorities	FY19 Operating Budget Submitted a budget with 100% of our priorities funded
Medicaid Expansion Supported	Medicaid Expansion Opposed	Medicaid Expansion Supported	Medicaid Expansion Opposed	Medicaid Expansion Opposed	Medicaid Expansion Opposed	Medicaid Expansion Opposed	Medicaid Expansion Lead the way on Medicaid expansion#
Increased Education Funding Supports	Increased Education Funding Opposes	Increased Education Funding Supports	Increased Education Funding Opposes	Increased Education Funding Supports	Increased Education Funding Opposes	Increased Education Funding Opposes	Increased Education Funding Opposes
Public Safety # introduced language in support	Public Safety Opposed	Public Safety Supported	Public Safety Opposed	Public Safety Supported	Public Safety ----	Public Safety Supported	Public Safety Supported
Fairbanks Four Compensation #Introduced two bills in support	Fairbanks Four Compensation Supported	Fairbanks Four Compensation Supported	Fairbanks Four Compensation Supported	Fairbanks Four Compensation Supported	Fairbanks Four Compensation Referred Bill to 3 committees (signals a DNP)	Fairbanks Four Compensation Opposed	Fairbanks Four Compensation Supported
Alaska Native Language Emergency #Co-Sponsored	Alaska Native Language Emergency Supported	Alaska Native Language Emergency ----	Alaska Native Language Emergency Opposed	Alaska Native Language Emergency Supported	Alaska Native Language Emergency Supported after changing word 'emergency'	Alaska Native Language Emergency #Co-Sponsored	Alaska Native Language Emergency #Introduced Bill
Indigenous Peoples Day #Co-Sponsored	Indigenous Peoples Day Supported	Indigenous Peoples Day Supported	Indigenous Peoples Day Opposed	Indigenous Peoples Day Supported	Indigenous Peoples Day Opposed	Indigenous Peoples Day #Co-Sponsored	Indigenous Peoples Day Supported
Election Opponent Pete Kelly for Senate Seat A	Election Opponent Van Lawrence	Election Opponent Keven McKinley	Election Opponent Unopposed	Election Opponent Ed Alexander	Election Opponent Scott Kawasaki	Election Opponent Unopposed	Election Opponent Mark Begich and Mike Dunleavy

10 HEALTHY TIPS TO LOWER YOUR CANCER RISK

Approximately 1 of every 3 Americans will develop some form of cancer during their lifetime. Fortunately, research shows that **up to 50% of cancer cases are preventable.**



No Tobacco- Tobacco is responsible for 30% of all cancer cases. It's never too late to quit. Encourage our youth to never use tobacco.



Maintain A Healthy Weight- Obesity is strongly linked to cancer. Be as lean as possible, without being underweight.



Get Screening Tests- Current recommendations indicate Alaska Native/American Indians should begin cancer screenings at age 40.



Reduce Your Chemical Exposures- Check your cleaning products, deodorant, make-up, and sunscreen for safety on this website: www.ewg.org



Limit Alcohol- New research shows, the more you drink, the higher your risk for cancer.



Exercise Regularly- Adults should exercise at least 30 minutes every day.



Protect Yourself- From sexually transmitted infections.



Get Immunized -HPV & Hepatitis vaccines prevent cancer.



Eat A Healthy Diet- Eat lots of vegetables, fruits, and whole grains. Limit salty foods, and red meat.



Know Your Family History- Your family history may indicate the need to start cancer screenings at a younger age, or more frequently. Be sure to share this information with your doctor.

Every day, you make choices that affect your health!

CHANGE before you HAVE TO!

-Jack Welch-

How Senate Bill 26 effects our Permanent Fund Dividend

Alaska has long relied on the amount of money our State makes from royalties on oil and gas development. For years and years, the high price of oil ensured that we had money in our general fund to pay for new schools, new roads, state services, grants, etc. Now that oil prices have been much lower, the State doesn't have the revenue to support its most basic functions such as education, social services, and retirement benefits. This has forced our lawmakers to look to new ways of paying for our government services. Senate Bill 26 was introduced as a way to use a portion of the Permanent Fund to help defray the amount of lost revenue due to lower oil prices.

Due to the passage of Senate Bill 26 this year, there have been a lot of changes made to the way the Alaska Permanent Fund is managed. Both the House and Senate approved a law that restructures the way money comes in from oil and gas revenues, how it is deposited, and how much is provided to Alaskans in the form of our Permanent Fund Dividend (PFD). The money for the checks has always come out of "earned

interest", which is the pot of money that the corpus makes each year. The change in our PFD isn't where the money is coming from, but how the dividends are calculated.

How were our PFDs calculated in the past?

In the past, our PFDs were calculated by how well the permanent fund was performing at the time. This meant that our PFDs would reflect how well our State's investments were doing at that time. If the investments were doing good and making money, our PFD would reflect that. This also meant that if the investments weren't performing well fiscally, we would see that reflected in our PFD with a smaller amount of money to each Alaskan.

How are our PFDs calculated NOW?

With the passage of Senate Bill 26, the amount that the state "draws" away from the earned interest account is a percent of the total amount of the corpus. You may have heard the phrase POMV or Percent Of Market Value used in the news to describe the new

way of doing business. Senate Bill 26 takes the average of five years of interest and allows the state to take up to 5.25% of that amount., thus a percent of the market value of the corpus.

This year, the State is drawing \$2.7 million out of the interest account. But here is the kicker: SB 26 allows for part of that money to be spent on state government. SB 26 does not dictate how much goes to checks and how much goes to government – that is still in the hands of our legislators, and the amount will be decided each year.

So how did the legislature come up with \$1,600?

Since the amount of the dividend is not part of SB 26, that amount was decided by our elected lawmakers and the final number of this year's check was hotly debated. The \$1,600 "cap" was decided on after both the House and the Senate went back and forth over numbers. Your check for next year will be a fresh debate, creating a tension in Juneau to keep Alaskans happy and to hold the line on state spending.

Eye Clinic Village Travel Schedule

VILLAGES	TRAVEL DATES
Rampart	Dec 11-13, 2018
Stevens Village	Nov 13-15, 2018
Anaktuvuk Pass	Jan 8-10, 2019
Galena	Feb 5-8, 2019
Allakaket	Mar 19-21, 2019
Minto	May 13-18, 2019
Beaver	June 11-13, 2019
Huslia	July 9-11, 2019
Tok	July 15-19, 2019

VILLAGES	TRAVEL DATES
Venetie	July 30 - Aug 1, 2019
Tanana	Aug 13-16, 2019
Hughes	Aug 27-29, 2019
Nulato	Sep 10-12, 2019
Kaltag	Sep 24-26, 2019
Koyukuk	Oct 8-10, 2019
Ruby	Oct 22-24, 2019
Chalkyitsik	Nov 5-7, 2019
Arctic Village	Nov 19-20, 2019
Fort Yukon	Dec 10-13, 2019

FINANCIAL MATTERS\$

ANSWERING YOUR QUESTIONS ON BILLING, TRAVEL, AND MORE!

Q: Why do I get billed for some things and not others?

A: If you've ever wondered why TCC bills for some things and not others, you've probably received some non-essential services. Tribal and IHS facilities have a responsibility to provide essential (medically necessary) services to American Indians and Alaska Natives regardless of ability to pay. Though we do try to find an alternate payer whenever we

can, so we can stretch our dollars farther and provide services to more patients. We also offer sliding fee discounts! Please ask for an eligibility form next time you visit your local clinic to see if you can qualify for this benefit.

However, some services are non-essential, and include things like eyeglasses, dentures, acupuncture and massage services. TCC is proud to provide these enhanced services to our patients but it's important to understand that these

services, which are not considered essential, will come with a price tag if you are paying for them on your own.

Please note that you must be a registered patient at one of our clinics to receive services, and always check with Alternate Resources to see if you qualify for a third-party payer like Medicaid, and check with Purchased and Referred Care if you are ever referred to another provider's office!

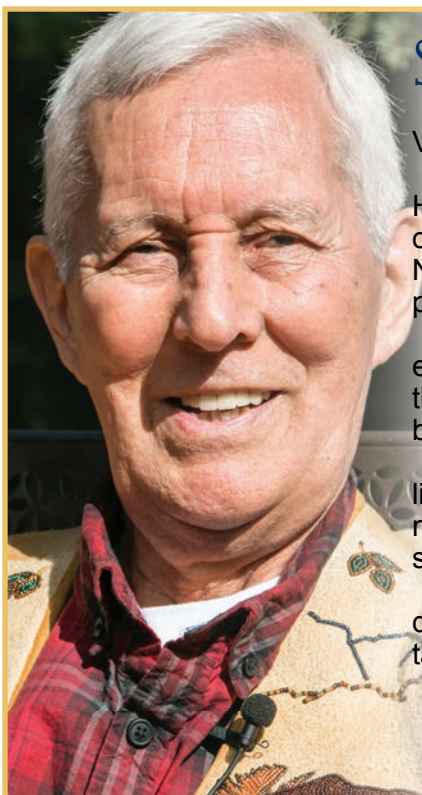
What is Financial Matters?

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



SAM DEMIENTIEFF, HOLY CROSS

This month's Legacy elder is Sam Demientieff of Holy Cross, who was featured in Volume One of Legacy of our Elders series.

Demientieff was born in 1939 in the village of Holy Cross to Nick and Nellie Demientieff. Holy Cross was a place known for its mission school's significant impact on the loss of Native language and culture there. Students who had the ability to speak their Native language might do so in the privacy of their home, but it was banned and even punishable if spoken in school.

As a young kid, his father began a barge business that would come to be a successful endeavor for the family for years, making Nick Demientieff a name known up and down the Alaskan river system. A huge part of his growing up, was learning how to run the boat and living on board throughout the hauling months of the year.

By the late 1960's, Demientieff met his wife, Mary. "She came out of the airport with this little mini-skirt on, blonde hair, and these little gloves." He says. The couple eventually married at the Moose Hall in Fairbanks. Together they started a family and now have several grandchildren.

Demientieff recalls his dad teaching him about respect. "He would bring us over to the diesel engine and say 'Do you see this engine? You take care of this engine, and it will take care of YOU!' That's respect.

To hear Sam'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.

October is National **BREAST CANCER AWARENESS** Month

Did you know that 1 in 8 women will be diagnosed with breast cancer in their lifetime? October is dedicated to increase the awareness of about the importance of early detection of breast cancer and all of us at Tanana Chiefs Conference want to provide you with some great educational information that could **SAVE YOUR LIFE**. The good news is that most women can survive breast cancer if it's found and treated early. A mammogram - the screening test for breast cancer - can help find breast cancer early when it's easier to treat.

Call your provider and schedule your mammogram **today!**

WARNING SIGNS

Knowing how your breasts normally look and feel is an important part of breast health. Finding breast cancer early as possible gives you a better chance of successful treatment. Knowing what to look for does not take the place of regular mammograms and other screening tests.

- A new lump/mass is the most common symptom
- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)

Sometimes breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there.

Because mammograms do not find every breast cancer, it is important to be aware of changes in your breast and to know the signs of breast cancer.

TREATMENT

Your plan will be based on your stage, type, personal information, and history.

Choosing Your Doctor

Working with a doctor to guide your breast cancer treatment decisions is key. Determine what you need to do to create a positive partnership with your doctor and when it might be prudent to seek a second opinion.

Standard Treatment vs. Clinical Trials

Before selecting your treatment plan, it's a good idea to understand the difference between standard treatment and clinical trials so you can make an informed decision.

Treatment

The most common form of treatment is surgery, but there are other methods such as chemotherapy, radiation, hormone, and targeted.

Follow-Up Care

You'll need regular check-ups after treatment. This helps ensure that any changes in your health are noted and treated if needed.

Chief Andrew Isaac Health Center (CAIHC) has one of the best mammogram machines in the state which offers 3-D mammography. This machine is able to detect small cancers that you may not be able to see on a regular mammography machine. All of us here at TCC encourage everyone to get screened regularly.

Schedule your mammogram **TODAY!**

What is happening with our Traditional Land?

By Suzanne Little, Officer, US Public Lands

The US Bureau of Land Management (BLM) is creating two land plans to decide the next 30 years of allowable uses for our traditional land. BLM will make land plans called Resource Management Plans for the *Central Yukon / Dalton Highway Corridor* and the *Bering Sea Western Interior* planning areas between November 2018 and April 2019 on a fast-tracked schedule. These two planning areas cover the middle third of the state, from the shores of the Arctic Ocean down the Dalton Highway and into the heart of the Yukon & Kuskokwim Rivers and west to the Bering Sea. Land being planned is 26.5 million acres altogether in two separate planning processes.

13.1 million acres of tribal traditional land now managed by BLM is in the **Central Yukon** planning area that extends from the Beaufort Sea to the Upper Yukon and includes 4 boroughs, 24 communities, 15 tribal governments and the Dalton Highway corridor. (The BLM land is yellow in the Central Yukon Map to the right).

The **Bering Sea Western Interior** planning area includes **13.4 million acres** of tribal traditional land now managed by the BLM (land shown

in yellow on map to the left). This area extends from Denali National Park's western edge west to the Bering Sea, and contains 54 communities, all with federally recognized tribes.

These two plans will decide the future of **26.5 million acres** of traditional tribal land – now managed by BLM. Once complete, the plans will last 20 to 30 years. The plans will decide where mining can occur, where oil and gas development can occur, where roads might be allowed, where recreation permits for fly-in hunters would be allowed and many other things.

The BIG CHANGE: Most of these 26.5 million acres have land laws present that prohibit development. These land laws – or Public Land Orders – were put in place during the Alaska Native Claim Settlement Act so that selections could be made for undeveloped land. In past plans, BLM has recommended **removing these land laws** – and we expect the same recommendation for the Central Yukon and the Bering Sea plans. If the public land orders are removed in these two plans, it would allow mining and oil & gas development on almost 100% of the 26.5 million acres. Lifting these public land orders and allowing mining and oil and gas development would be a major change for our tribal traditional lands because huge areas that are currently not available for development would be opened to resource development.



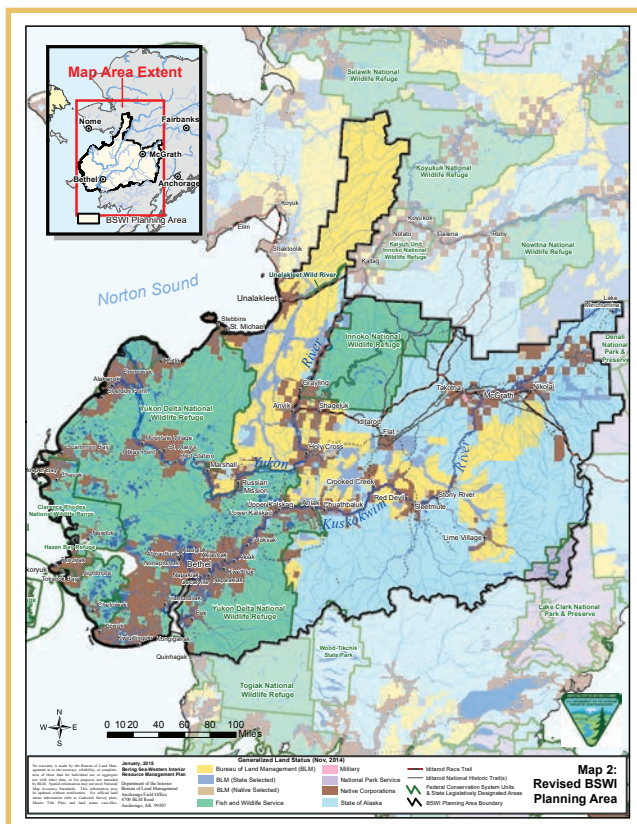
What can we do?

Become informed. Our traditional land needs our activism and our voice so that communities can have the kind of future we want. We know communities across the planning areas prioritize clean water, wildlife and future generations and highly regard subsistence resource values.

TCC's Bob Sattler, the Pew Charitable Trusts' Suzanne Little and Yukon River Drainage Fisheries Association's Wayne Jenkins are all available to provide support for Tribes in the planning process. These individuals can provide technical support for your community to help elevate your local voices in the Resource Management Planning process by BLM.

For More Information Contact:

- **Bob Sattler**, Tanana Chiefs Conference, bob.sattler@tananachiefs.org, 907-452-8251 x 3343
- **Suzanne Little**, The Pew Charitable Trusts, slittle@pewtrusts.org, 907-244-2417
- **Wayne Jenkins**, Yukon River Drainage Fisheries Association, wayne@yukonsalmon.org, 706-273-6049



The Biggest & Sweetest is not always the best when it comes to Fruits & Vegetables

By Heidi Rader, Tribes Extension Educator for TCC

When compared with many foods, fruits and vegetables are unequivocally healthy. But look more closely and you'll find a wide variation in how nutritious they are.

This variation is given short shrift by most health campaigns, which focus on nudging people toward eating fruits and vegetables and less junk food, period. Unfortunately, the devil is in the details. I think most of us, including my 4-year-old, are adept at distinguishing between unhealthy junk food and the merits of fruits and vegetables. But we don't give much thought to which types of fruits and vegetables (and which varieties) are most nutritious.

If you're like me, you think just because something is a fruit or vegetable then you can eat as much of it as you want to. For instance, mandarins and super sweet corn, albeit a fruit and a vegetable, veer toward junk food in terms of sugar content. One medium mandarin has 9 grams of sugar, on par with one standard Reese's cup, which contains 10 grams of sugar. One large white ear of corn contains just about as many carbohydrates (25 grams) as half of a bagel (27 grams). Granted, they do contain more fiber and nutrients than junk food.

Simple slogans from the U.S. Department of Agriculture encouraging us to eat at least five servings of fruit and vegetables per day (a little more vegetables than fruit) perpetuate the idea that as long as we eat a certain amount of any fruit or vegetable at each meal, then we have our bases covered and will be

healthy.

But like many things, it's not as simple as it seems. In addition to the wide variation in nutrition among different types of fruit and vegetables, there is also a great deal of variation among the same type of fruit and vegetables or different cultivars. The fruit and vegetables we eat now descend from wild, scraggly plants that barely resemble the uniform, juicy fruit and vegetables of today. New varieties are constantly being developed and evaluated based on high yields, best taste, storability, marketability, ease of harvest (in particular machine harvest) and favorable appearance.

Genetic engineering or modification has sped up this process and allowed an even greater divergence of cultivars to occur. Nutrient content, especially of phytonutrients, has played a minor, if any, role in the selection of which cultivars we grow today. As someone who is doing research on variety trials, I'm guilty of following this evaluation model, but I'm interested in evaluating varieties based on their nutrient content as well.

If the sweetest, biggest corn or orange is the one that people want to buy at the store, then the farmer will grow it. Many antioxidants are stored in the skins of fruits and

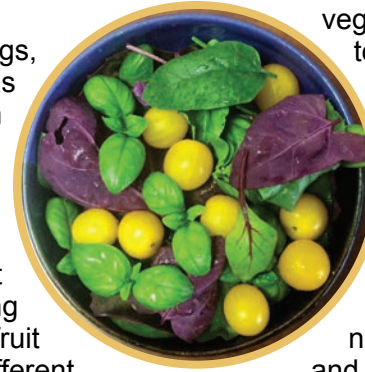
vegetables, such as blueberries, tomatoes, potatoes and apples, so when you cultivate the larger varieties of those crops then you will definitely be getting fewer antioxidants.

"Eating on the Wild Side," by Jo Robinson, details the staggering differences in nutrition between wild plants and fruit and vegetables that we now find in the grocery store. She provides an overview at bit.ly/2GNI99N and shopping list at bit.ly/2nnxFWH. I was happy to discover that, commonly,

the most nutritious varieties are the colorful ones due to phytonutrients such as carotenoids because I love most purple vegetables and fruits. To complicate things still more, it's not as simple as just choosing the right fruit or vegetable. The available nutrients and how they are absorbed also depends on how you prepare it. See tips at bit.ly/2BpXCyo.

Many of us are probably eating one delicious and highly nutritious wild food right now — Alaska blueberries. We're surrounded by many other wild and edible plants as well. Two resources I use to identify wild edible plants are "Discovering Wild Plants" by Janice Shofield and "Boreal Herbal" by Beverly Gray. UAF Cooperative Extension also has a \$5 pamphlet called "Wild Edible and Poisonous Plants of Alaska." You may order that publication at 877-520-5211.

All fruits and vegetables are not created equal and with a little research, we can learn to be more discerning shoppers and confident foragers of highly nutritious wild foods.



Colorful salads are more nutritious and attractive. This salad has green and red spinach as well as basil and yellow tomatoes.



It's time to pick this highly nutritious food—Alaska blueberries—which are chock-full with antioxidants.

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

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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.



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Village Vacancies

- Behavioral Health Aide (Tetlin)
- Community Health Aide/Practitioner (Alatna, Chalkyitsik, Circle, Helay Lake, Manley Hot Springs, Rampart, Ruby, Stevens Village)
- Community Health Aide/Practitioner – Itinerant (Tetlin)
- Community Health Representative (Allakaket)
- Elder Nutrition Cook (Allakaket, Ruby)
- Family Visitor (McGrath)
- Itinerant Clinician – SOC (Galena)
- Mid-level Practitioner (PA or NP) (Tok)
- Substitute Elder Nutrition Cook (Chalkyitsik, Kaltag, McGrath, Nikolai, Rampart, Ruby)
- Tribal Administrator (Alatna, Koyukuk, Venetie)
- Tribal Family Youth Specialist (Alatna, Koyukuk)
- Village Public Safety Officer (Allakaket, Circle, Eagle, Fort Yukon, Grayling, Holy Cross, Huslia, Nulato, Ruby, Tanana, Venetie)

Fairbanks Vacancies

- Acupuncturist
- Behavioral Health Assessment Clinician
- Certified Medical Assistant II
- Coordinator/Instructor Mid-Level Practitioner
- Instructor-CHAP Training Center
- Lab Director
- Medical Laboratory Technician
- Nurse Practitioner - Primary Care
- Physician Assistant - Primary Care
- Rural Clinical Supervisor
- Tribal Government Specialist I

Region- Wide Vacancies

- Community Health Aide/Practitioner

JOB LISTED WERE OPEN AS OF November 2nd, 2017

UPCOMING MEETINGS/EVENTS

Indigenous Peoples Day
October 8th

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

National Congress of American Indians (NCAI)
October 21st - 26th • Denver, CO

TCC Special Full Board of Directors Meeting
November 15th • 8:30am • Westmark Gold Room

TCC Closed
November 22nd - 23rd • Thanksgiving Holiday



SPECIAL MEETING OF SHAREHOLDERS

NOVEMBER 16, 2018
WESTMARK FAIRBANKS HOTEL

Early Bird Deadline > October 19

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Doyon Settlement Trust at this special meeting.

Doyon's board requests that you
vote **YES** to establish the trust as
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