

# the council

Vol. 44, No. 2

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

February 2019



## TCC Receives A+ Rating

On January 8th, 2019, Tanana Chiefs Conference announced that we have received an indicative strong investment grade rating of A+ with a stable outlook from Fitch Ratings.

This strong rating is a direct reflection of the financial strength of TCC and our management team. The rating was issued in anticipation of TCC's bond issue scheduled for the summer of 2019 to fund construction projects within the TCC Region.

Receiving a rating of this strength will support cost effective and efficient financing for the organization.

Chief/Chair Victor Joseph said "We are very happy with the rating we received. Strengthening TCC's financial position has been a vital part of our strategic planning. Receiving this investment grade rating reflects



the financial strength of our organization and the depth of our management team."

Fitch Ratings is a leading provider of credit ratings, commentary and research. They are one of the three nationally recognized statistical rating organizations.

## New Patient Experience Manager

TCC would like to welcome **Leilani Sauer** as TCC's New Patient Experience Manager. Leilani was born and raised in Fairbanks and has spent 19 years working for the Fairbanks Memorial Hospital in Education, Quality, and Patient Experience. She has a Master's Degree in Organizational Management and is a Certified Patient Experience Professional.



This position will assist our organization in incorporating the spirit of Ch'eghwtsen' through compassionate care with our patients. According to Leilani; "In healthcare, we are meeting people during some of their happiest times and some of their most difficult times. Little things like sitting down, listening, and showing empathy can make differences in the quality of patient outcomes. Our patients know that they are being heard through our compassionate and respectful words and actions. Quality, Safety, and Experience go hand in hand."

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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  
*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,



As we move into February, TCC is busy preparing for our 2019 TCC Annual Convention and Full Board of Directors Meeting. This year's theme is "Ch'egwhetsen': Living our Values in a Changing World." Ch'egwhetsen translates to "true love" in the Lower Tanana dialect. Our theme is driven by the challenges we are experiencing today and those that we will face tomorrow as we look at ways to successfully overcome them. I look forward to seeing all of you at this year's Convention.

On December 20, 2018, staff and I met with tribal leadership in the Upper Tanana Region regarding construction of the new Tok Clinic. Upper Tanana leadership, with support from our Executive Board, has selected Nvision Architecture, Inc. as the architectural firm and a cultural committee from the region has been formed to help guide design. The new clinic will significantly improve health care services by providing more adequate space for services.

We will be incorporating the guiding principle that our full board approved during the November Special Convention into the design: Accessible and Trusted World-Class Services Provided with Unconditional Love, Compassion, Dignity and Respect. HEAR ME. The design process for the new clinic was initiated in early January, and the construction work will be initiated when the ground thaws in the spring. More information from this meeting can be found on page 11.

In other news, we are looking forward to building a positive working relationship with newly elected Governor Mike Dunleavy and his administration. These relationships are important to achieving TCC's vision of Healthy, Strong, Unified Tribes. Recently, Gov. Dunleavy put an emphasis on reversing Alaska's high levels of domestic violence and sexual assault by putting public safety as a priority of his administration. He is committed to his promise of a full repeal of Senate Bill 91 – a highly debated criminal justice legislation. We will be working hard to educate his staff on the efforts that TCC has put forth and continue striving to improve public safety throughout our region.

Another issue of concern that we have been hearing about is the effects of the Federal Government shutdown. During the shut down, TCC's Self-Governance staff is staying in close communication with our tribes to prepare and assist as needed during this challenging time. If a situation arises that requires TCC's assistance, we will work with our tribes to arrive at a solution to this temporary closure.

February will be a busy month for TCC staff, Executive Board members, and myself. We will be attending several meetings that deal with issues important to the interior such as the Alaska Native Health Board Mega meeting, Secretary's Tribal Advisory Committee, NCAI Winter Session, Indian Health Services Budget Formulation, and Substance Abuse and Mental Health Services Administration meetings. Attending these meetings allow us to bring a collective, unified voice to ensure policies have a positive impact on us.

In closing, I would like to thank all that have supported me over these past five years; I look forward to continuing to work for our tribes as we strive for Healthy, Strong, Unified Tribes.

Ana Bassee,  
**Victor Joseph**  
Chief/Chairman



# 8 Steps to Finding & Keeping a Job

By Shelby Fisher-Salmon  
Employment & Training Youth Program Assistant

## 1. Find out what interests you, pursue a career in it!

- Does the job you want require a college degree, vocational training, etc.?
- Do you need help finding resources to pay for your job training?
- Do you need work clothes for your new job?
- TCC Employment & Training can help!

## 2. Write or update your resume and cover letter

- How your resume looks matters; proper formatting & correct spelling/grammar are key.
- Volunteer work is important! Potlatch preparation, Elder care, & community involvement can show a person is hardworking, caring, patient, etc.
- Being confident and having a positive attitude will show in your resume/cover letter and it leaves a good impression.
- Be prepared to talk about what you have in your resume/cover letter

## 3. Review your social media

- Many employers may check your social media platforms to see what has been posted.
- Party pictures, bullying, etc. may be deemed inappropriate.
- Remember that what you share can be seen by anybody, especially if your profiles are on public (having your settings on private is more secluded but still pretty open).
- Don't be surprised if they ask you about it in the interview! Prepare yourself.

## 4. Background Checks

- Domestic Violence (DV) is a barrier crime! It is not only your spouse/girlfriend or boyfriend, it is your cousins, siblings, aunts, uncles, anyone that is related to you or has been romantically involved with you in your lifetime.

- Having a DUI (driving under the influence) may prevent some job options.
- Do research on barrier crimes. Take steps to make informed decisions!

## 5. Search for jobs that fit to you

- Review your resume and what kind of expertise you have
- Examples: carpentry, cooking, beading/sewing, social media/computer skills, hospitality, working with kids, roadwork, maintenance, subsistence skills, finances, public safety, etc.
- Entrepreneurship! See a need in your community that you can do? Here are some examples you can pursue; bed & breakfast, store, coffee shop, vehicle repair shop, Air BnB, tourism, trapper, day-care giver, etc.

## 6. The Job Interview

- Dress professionally. Examples of what not to wear; sweats, hoodies, jeans (blue), revealing clothing, caps, any clothing with trademarks, etc.
- Plan to arrive 10-15 minutes before the interview, better early than late. If there is a personal dilemma, call the interviewers as soon as possible to reschedule.
- Greet the interviewer with a smile & a "Good morning/afternoon, nice to meet you! My name is \_\_\_\_\_. Thank you for meeting with me."
- If the interview is a sit down, sit up straight.
- Make eye contact periodically while talking.
- If they give you a question that you haven't experienced in your work life, relate it back to your personal experiences.
- Keep in mind that the interviewer may be related to you or has known you all of your life, practice balancing personal & professional lives.
- Be honest, tell the truth when answering questions. If you do not

know how to do something, state that you do not but you are willing to learn.

- When they ask for questions, think of at least two questions to ask the interviewers about the job.
- After it is over, thank them for their time and you look forward to hearing back.

## 7. The Job call back

- The interviewer has called you back saying you got the job! Hurray, now prepare for what you need for the job.
- Work clothes, gear, etc. may be needed. Contact your tribal council to see if they will assist, if not contact TCC employment & training for help.
- Remember TCC employment & training is here to help only after your tribe cannot assist first.

## 8. Working

- Now that you have the job, make sure you're successful!
- Read the policies. Many employers will refer back to the policies when addressing late arrival, dress code, leave, etc.
- If you need time off, tell them ahead of time as soon as possible. Also remind them periodically you will be gone.
- Always call ahead of time if you are home sick.
- Practice conflict resolution. Everyone has bad days or times in their life. Keep compassion in mind and avoid anger if possible.
- Problems may arise, talk it out. Explain why you're upset. If feelings are not let out then it results in passive aggressive behavior. In turn creates a toxic environment.
- Be open and know that there will be bad days but also really GOOD days that remind you why you love and need your job!
- Be on time, dress appropriately, be professional, have integrity & compassion.

### TCC Employment & Training can help with:

Resume and cover letters and Career Help • Driver licenses • Work gear and office attire

For other services please contact us directly

*\*Reminder that E&T only assists after your tribe has denied your request for assistance. You may only receive services three times in your lifetime. Income eligible applicants only. Resume & cover letter help is open to all tribal members.\**

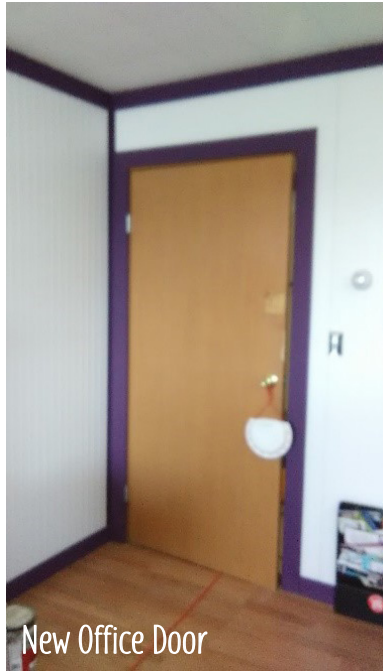
## Tetlin's \$100K Tribal Distribution Report

In January 2018, the Executive Board authorized a distribution of \$100,000 to TCC's 37 Federally Recognized Tribes for a total of \$3.7 million. Tribes had the opportunity to apply for the \$100,000 to utilize for improvement projects within their community to strengthen tribal operations. Tribes had to report back to TCC confirming how the funds were used along with the number of jobs created, debts paid down, projects completed, etc.

Tetlin was able to renovate four community buildings, their clinic, hall, old hall, and washeteria. They leveled the buildings, applied new paint and equipment, new floors, doors and light bulbs to assist in energy savings. They are looking at potential electrical savings in the future and reduced heat costs due to new windows and doors.

In addition to renovations, they purchased a new search and rescue boat, trailer and a new motor for it.

**Amount of the funds spent:** \$100,000 | **Number of people employed:** 6 | **Number of tribal members assisted:** 130



New Office Door



New Tribal Hall Floor



New Washers in Washeteria



New Tribal Hall Kitchen Floor



New Washeteria Hallway

## Seeking LOCAL YOUTH WELLNESS Warriors

**Are you a youth/young adult interested in...**

- Developing leadership skills?
- Acting as role model to other youth in your community?
- Gaining experience in organizing prevention activities?
  - Improving your communication skills?
  - Representing your community?

**TCC Prevention through Wellness is looking for you!**

Youth Wellness Warriors must reside in a rural community within the TCC region. Youth/Young adults must be 15 years old to 25 years old. Participants will share and learn cultural aspects from other youth. Learn skills and techniques to help family and friends. Collaborate with youth throughout the Interior, and participate in monthly wellness events in their home community!

**For more information on the Youth Wellness Warriors please contact:**

Isabelle Salmon, Wellness Planning Coordinator  
TCC Prevention through Wellness Project  
907-452-8251 | 800-478-6822 | ext. 3004  
[isabelle.salmon@tananachiefs.org](mailto:isabelle.salmon@tananachiefs.org)



# This Year, Resolve to Cook More at Home and You *Won't* Regret It

By Heidi Rader

Tribes Extension Project Director and Educator

Want to save money, lose weight, and build closer relationships with your family this year? Resolve to cook more at home. In "The Power of Habit: Why We Do What We Do in Life and Business", Charles Duhigg talks about the power of keystone habits to influence many areas of our lives. In other words, starting one good habit can lead to starting many more good habits (or breaking bad ones). Cooking at home is a good example of a keystone habit.

If you want to save money this year, cooking at home instead of going out to eat is a great way to do that. Even when compared with fast-food, you can still save money by cooking at home. Leanne Brown created an excellent (and free Online) cookbook called, "Good and Cheap: Eat well on \$4/day". The SNAP-ED Program is an excellent source for information if you want to cook healthy on a tight budget ([bit.ly/2IJRpR8](http://bit.ly/2IJRpR8)). And of course you can always find loads of Alaska-centric recipes on UAF Cooperative Extension Service's website: [cespubs.uaf.edu/](http://cespubs.uaf.edu/)

One of the greatest benefits of cooking at home is that you're more aware of what you're eating. If you make spaghetti sauce, you choose whether or not to dump sugar in the sauce. If you buy a can of ready-made sauce, you get the sugar whether or not you want it. Even if you scrutinize the nutrition label, it takes work to translate it into the serving size that you're actually going to eat. There are all sorts of hidden ingredients in ready-to-eat or processed foods which may or may not be healthy for us. Go one step further and start a garden and you'll know even more about what's in your food.

Yet another great reason to cook at

home is because it gives you the chance to eat uniquely and to exercise your own cultural autonomy. Whether you have a unique cultural heritage, you like to experiment with cuisines from other countries, or you value locally grown, hunted, or fished food, you can cook accordingly. For example, instead of ordering another burger at another

restaurant, you could make moose meatballs with lingonberry sauce. Sandor Katz explores the dizzying diversity of ways cultures ferment foods around the world and talks about the importance of preserving these traditions in "The Art of Fermentation".

Research has shown that youth who eat with their families have lower rates of obesity, eating disorders, substance abuse, and more. Family meals make time to connect and learn more about your family. The Family Dinner Project ([thefamilydinnerproject.org/](http://thefamilydinnerproject.org/)) is a great starting point for recipes, conversation starters, and information on why family meals are important. Here are a few more conversation starters: [bit.ly/2ydMrU0](http://bit.ly/2ydMrU0)

As someone who spent years eating very simple and basic meals that did not require much cooking (spaghetti topped with jarred spaghetti sauce anyone?), I can relate to being stuck in the rut of hurried, quick meals that don't require much preparation or cleanup. Also, having lived for most of my life in a dry cabin, I know it's not always easy for Fairbanksans



to cook elaborate meals and to wash the resulting dishes without running water. I changed course after reading "Cooked: A Natural History of Transformation" by one of my favorite authors, Michael Pollan and later "The Art of Fermentation" by Sandor Katz. Before I read those books, I operated more in line with other millennials (I'm a millennial by a smidge) who look for convenience when eating. According to a 2017 Economic Research Service report ([bit.ly/2DJFP5C](http://bit.ly/2DJFP5C)), millennials were almost three times more likely to eat out a week than older generations (65 and older). They also spent about one hour less on food prep and cleanup per week than the average of all of the other generations. Even when eating at home, millennials tend to buy more ready-to-eat foods at the grocery store and seek out convenience.

Now cooking for me is a priority and I enjoy trying new flavors and dishes that I might never find at a local restaurant or grocery store. I also like saving money, knowing what goes into my food, and eating with my family. It's a habit I don't regret changing.



# Barley Soup with Beef/Moose

## Slow Cooker Recipe

By Kim Blood  
TCC Clinical Dietician

1 cup Hulless Barley  
4 cups Beef Broth or Water  
2 cups Water  
1 pound of Beef/Moose, Chopped  
1 cup Carrots, Chopped  
1 cup Celery, Chopped  
1 cup Onion, Chopped  
4 cloves of Garlic, Chopped  
1/4 teaspoon Black Pepper  
1 1/2 teaspoons Dried Oregano

1 teaspoon Dried Thyme  
1/2 teaspoon Dried Basil

### OPTIONAL:

6 Large Button Mushrooms  
1 cup uncooked Sweet Potato, peeled and coarsely chopped  
1 cup assorted Dried Beans

### Directions:

Measure and pour barley into a 1-quart bowl. Fill with cool water to about 2 inches over the top of the grain. Remove the floating pieces with a slotted spoon. Drain water and place barley in the slow cooker. Add remaining required ingredients and spices to the crock pot. Cook about 5 hours on high, or 8 hours on low. Add an extra 1-2 cups water if soup is too thick or dry.

Servings: 11

Calories: 130

## PAULINE PETER, NULATO

Pauline Peter was born on May 13th, 1932 in Koyukuk. At the age of six, Peter was adopted by foster parents Alga Angela Brown and John Brown of Nulato. Both of her foster parents were in their 70's. "More or less, I took care of them!" laughs Peter.

Peter remembers listening to the radio, and having to translate for her foster mother what was being said. "I never liked to tell her if somebody died," says Peter. "She always cried. She'd just feel bad. She would say that person that died had family, they must be hurting."

"She would say 'My child, I didn't go through labor....you were given to me. So you're in here,'" Peter demonstrates what her foster mother meant by "here" by pointing to her own heart. "That's why you're precious to me."

Peter's foster mother chose her husband when she was 17 years old. His name was Arthur Peter and they got married on August 27th, 1949. After they got married, the two went downriver all the way to the Innoko River. During this time, Peter had two children.

Peter was diagnosed with tuberculosis and was eventually stable enough to travel to the hospital in Tanana. Her time in the hospital gave her a new purpose. She wanted to be able to help the people in her village the way her nurses helped her through her illness. Peter was the first woman in Nulato to earn money. Her first pay check was for \$85. "When you are a health aide, everyone you work with become your family. You love everybody," says Peter, "That's why I am the way I am. I took care of so many people, I feel like the whole village is my family."

To hear Pauline's full story, visit [www.tananachiefs.org](http://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](http://www.tananachiefs.org)

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



# February is National **AMERICAN HEART** Month

February is dedicated to bringing awareness to heart disease and all of us here at Tanana Chiefs Conference want to provide you with educational materials that could **save your life**. Every year, **1 in 4 deaths are caused by heart disease**, making it the leading cause of death for men and women in the United States. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Use this month to raise awareness and encourage others to make small changes in their every day lives.

## **TEN TIPS FOR A** *Healthy Heart*

### **1. Understand your risk**

People who have high blood pressure or cholesterol, diabetes, are overweight, or have a history of smoking or cardiac conditions in their family are at an increased risk of developing heart disease. Men are more likely to develop cardiac issues after age 45, while the risk increases for women after menopause around age 55.

### **2. Go for regular checkups**

If you have heart disease, see your doctor as recommended and do not skip appointments. You may find it helpful to write down a list of questions before your visit. If concerns arise between appointments, such as a new symptom or a change in medication, call your Summit Medical Group physician or cardiac case manager.

### **3. Maintain a healthy weight**

Packing on extra pounds can increase your risk for heart disease. If you are overweight or obese, try to lose weight by eating nutritious foods and exercising regularly. In particular, people who carry excess fat around their belly—a waist circumference of more than 35 inches for women and 40 inches for men—are more likely to develop heart disease and diabetes.

### **4. Eat nutritious foods**

Fill your plate with healthy foods, including lean proteins, such as chicken or fish, whole grains, fruits, and vegetables. Avoid meals that are high in salt, fat, cholesterol, and sugars. Processed meals, such as frozen dinners and takeout food, are often filled with salt. Ditch sugary drinks, such as soda and juice, which can increase your blood sugar levels and add extra calories. Nutritionists at Summit Medical Group can help you create individualized dietary plans.

### **5. Stay active**

Get moving at least five days a week for 30 minutes. Cardiovascular exercise is anything that keeps your heart

pumping such as walking, swimming, or biking. Change your exercise routine so you do not get bored. Remember to get clearance from your physician before you start any new workout plan.

### **6. Reduce stress**

Anxiety and depression can lead to an unhealthy lifestyle, which puts strain on the heart. Relaxation techniques, such as deep breathing or yoga, and leisure activities, like gardening or scrapbooking, can help reduce your stress level. Talk to your health care provider if you have prolonged feelings of sadness or worry.

### **7. Get enough sleep.**

Research shows that cutting back on your shuteye can increase your risk of developing high blood pressure. It can also lower your metabolism, making it harder to lose weight.

### **8. Control your blood pressure**

Partner with your physician to keep your blood pressure under control.

### **9. Quit smoking**

Lighting up can increase both your blood pressure and risk of blood clots, and reduce your exercise tolerance. Nearly one-third of all deaths from coronary heart disease are related to smoking and the effects of secondhand smoke.

### **10. Watch your cholesterol**

High levels of cholesterol can cause fatty deposits called plaque to build up in the arteries, a condition known as atherosclerosis. The arteries are a system of tubes that transport blood, oxygen, and other essential nutrients from the heart to the rest of the body. When blood does not flow freely, the heart muscle can become damaged. Reduce your cholesterol levels by limiting foods such as eggs, butter, red meat, cheese, and baked goods.



# GRAYLING

## Culture & Wellness Camp

By Shannon Erhart

TCC Culture and Wellness Camp Manager

On September 10th, TCC staff and Emerging Leaders arrived in Grayling to attend the 2018 Grayling Culture and Wellness Camp.

The camp was located at '3 Mile Camp' which is a two hour boat ride from Grayling and three miles from the old village of Holikachuk.

For the next few days attendees participated in storytelling around a campfire, visiting and learning

about the old village of Holikachuk, boat rides to go blueberry and cranberry picking, hiking, moose hunting down the Innoko River towards Shageluk, and making Indian ice cream.



Emerging Leader, Tristan Madros of Kaltag, taught others how the people of the Yukon Koyukuk subregion make Indian ice cream using pike. Learning

how to use pike was a great learning experience for those who are used to using moose fat.

On the fourth day, participants learned about barrier crimes and gun safety from Chevy Roach, Tribal Police Officer in Shageluk, and the importance of tobacco prevention from the Yukon Kuskokwim Health Corporation.

Thank you to the community of Grayling and all those involved in planning and teaching the history of Grayling and Holikachuk.

For more information on upcoming camps, visit our website at [www.tananachiefs.org/culture-and-wellness-camps](http://www.tananachiefs.org/culture-and-wellness-camps)







"I learned a great deal about the land, culture, practices, and beliefs."  
- Shannon Erhart



## 2019 TCC Culture & Wellness Camps:

### YUKON TANANA

- Nenana - TBD
- Rampart - TBD

### LOWER YUKON

- Shageluk - August 26-30
- Anvik - TBD

### YUKON KOYUKUK

- Koyukuk - TBD
- Galena/Louden - TBD

### YUKON FLATS

- Birch Creek - TBD
- Circle - TBD

### UPPER KUSKOKWIM

- McGrath - TBD
- TBD

### UPPER TANANA

- TBD
- TBD



# TCC Meets with UPPER TANANA TRIBAL LEADERSHIP

By Jennifer Eden

TCC Executive Director of Quality and Development

On December 20th, TCC staff and Chief/Chairman Victor Joseph held a video conference with the Upper Tanana tribal leadership regarding the new construction of an Upper Tanana Subregional Clinic that will be located in Tok.

This clinic will allow us to significantly improve health care services for our tribal members by providing more



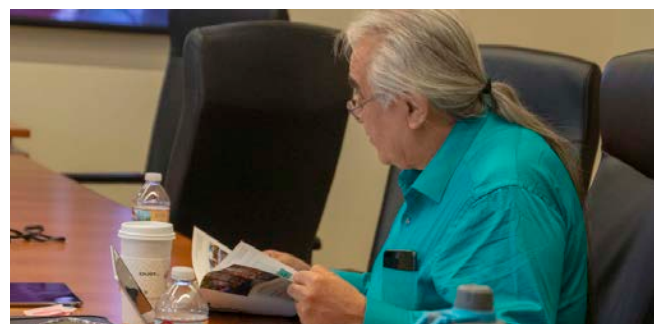
adequate space for services that we provide.

We will be incorporating the guiding principle that our Full Board of Directors approved during the November Special Convention into the design: *Accessible and trusted world-class services provided with unconditional love, compassion, dignity, and respect.*

During this December meeting with tribal leadership, the architectural and engineering firm has been selected. The Upper Tanana subregion has formed a cultural committee from the region to help guide the design of the new clinic.

On January 9th, the design process for the new clinic was initiated.

Construction work will begin when the ground thaws in the spring.



## RESOLUTION DEADLINE

TCC's Annual Convention resolution process has been improved to provide for more tribal notice and dialogue.

**Resolutions will be due on February 8th, 2019.**

Please submit resolutions to Keith Rueben,  
[Keith.Rueben@tananachiefs.org](mailto:Keith.Rueben@tananachiefs.org).

If you'd like assistance in writing resolutions please contact the relevant department:

**Health:** [terri.cadzow@tananachiefs.org](mailto:terri.cadzow@tananachiefs.org), ext 3141

**Tribal Client Services:** [Amber.Vaska@tananachiefs.org](mailto:Amber.Vaska@tananachiefs.org), ext 3110

**Administration/Other:** [joyce.roberts@tananachiefs.org](mailto:joyce.roberts@tananachiefs.org), ext 3178





# Emerging Leaders take a Tribal Management Class

On November 13th, the Emerging Leaders attended a 3-day Introduction to Tribal Youth Leadership course through the University of Alaska Fairbanks Tribal Management Program. This course was an introduction to tribal sovereignty, leadership, and advocacy guided by elders and focused on tribal values and cultural practices. At the completion of the course, the Emerging Leaders knew how to define tribal sovereignty, tribal self-determination, and tribal self-governance; identify key elements of effective tribal leadership and advocacy; identify key issues for advocacy within their Tribal Government to promote wellbeing and continued traditional



Submitted by the TCC Emerging Leaders

ways of life; and draft and practice testimony on identified key issue. This course provided an opportunity to develop leadership and improve public speaking skills.

Emerging Leaders heard from elders such as Rev. Anna Frank of Minto and Luke Titus of Minto. As well as Chief Charlie Titus Jr, Chief Rhonda Pitka, Chief Clarence Alexander, Chief Victor Lord, Ben Stevens, Charlie Wright, Ginessa Sam, and Kenneth Frank.

**"I really enjoyed the course and the Native language integrated into the class. Also, learning of past examples of how our tribal sovereignty has been exercised."** *-Calen Sunnyboy*





# Earthquake Preparedness 101

By Chris Chestnut  
TCC Safety Officer

A few weeks have passed since the 7.0 earthquake hit Anchorage and now is a perfect time for some preparedness reminders and tips. First what to do in an earthquake, especially since Alaska has more earthquakes than any other state and accounts for over 57% of all earthquakes in the United States, with more than 10,000 earthquakes occurring every year.

If an earthquake happens, protect yourself right away. **Drop, Cover, then Hold On!**



**DROP** where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.



**COVER** your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs



**HOLD ON** until shaking stops

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands

## FAIRBANKS NATIVE ASSOCIATION

Friday, March 8th  
6:00pm  
Chief David Salmon Tribal Hall

FNA Annual Report  
FNA Program Information  
Board Elections  
Door Prizes  
Food

For more information:  
[www.fairbanksnative.org](http://www.fairbanksnative.org)  
(907) 452-1648  
[info@fairbanksnative.org](mailto:info@fairbanksnative.org)

## An Inside Guide Grant Development Specialist Positions



The Tanana Chiefs Conference Communications Division has been working on a series of videos dedicated to education. The "Inside Guide" Series can be found on our Youtube page.

This month we focused on Grant Development Specialist Positions with Patricia Young.

Learn more online!





## 2019 Cultural Programs Schedule

**Beaded Strap** | Ariel Miller | February 23 & 24, March 2 & 3, March 19 & 20 | Native Village of Tetlin

**Beaver Fur Hat** | Fran Lambert | Jan 25-27, 2019

**Moose Hide Baby Booties** | Dixie Alexander | March 1-3, 2019

**Gwich'in Athabascan Fiddle Dance** | Dance Lessons | March 13-16, 2019

**Birch Bark Baskets** | Lena Tickett | September 13-15, 2019

**Make your own Beaded Christmas Gifts** - Ornament, zipper pull, keychain | Dixie Alexander | October 4-6, 2019

**Gwich'in Athabascan Fiddle Dance** | Dance Lessons | November 6-9, 2019

**Fish Skin Tanning** | Date TBD | Instructor TBD

**Beading, Tufting, Porcupine Quill Work** | Date TBD | Instructor TBD



## State Fiscal Outlook

By Natasha Singh  
TCC General Counsel

The State of Alaska currently makes \$3.2 billion a year in revenue, the majority coming from oil revenue. We currently spend \$4.7 billion a year. The big question for the Governor and the Alaska legislature, is how should we make up the difference?

Some solutions put forth are:

- Continue to cut the budget to a level in line with our current revenue
- Use the money that is set aside to pay out PFD checks
- Implement an income tax

- Tax oil and gas even more or overhaul the tax credits we pay out to oil and gas developers
- Or a combination of it all

Alaska spends \$1.2 billion to support schools and \$327 million for the University of Alaska. Alaska spends \$1.1 billion on the Department of Health and Social Services. During his Administration, Governor Walker cut the budget significantly, seven departments were reduced by 30 percent or more. When you leave out the dividend payment, Alaska

spending per citizen is already below other similarly rural states. Today, accounting for inflation, Alaska spends less than in 1992, when the population was 25 percent smaller.

Cuts of up to \$1.5 billion will come at a huge cost to Alaskans, with the most vulnerable to be the most impacted.

If you would like to be involved in providing testimony, a letter or calls to the legislature please find more information on our website.

# A Walk Through TCC's Patient Travel *Process*

TCC would like to provide our patients with some clarification on our patient travel process, how medical trips are approved, processed, and paid for.

**Here is a step-by-step guide on how the TCC Patient Travel Process works;**



1. A patient must first have **established services** at their local clinic.
2. If a provider establishes that the patient needs services outside of their local clinic, their provider will put in a **referral**.
3. At that time an **appointment will be scheduled** (usually with either the Alaska Native Medical Center or Chief Andrew Isaac Health Center).
4. The patient should **notify their local health aide** of their upcoming appointment (at least 2 weeks in advance).
5. Once notified, the health aide will **submit a travel request** to TCC Patient Travel.
6. If approved by Medicaid, **approvals will be sent to the health aide** prior to the appointment. If denied, TCC Purchased Referred Care (PRC) will review the travel. If the patient is currently screened for Medicaid, they will cover their travel.
7. The patient will be **contacted by their health aide** to provide travel information.

If you have questions about the patient travel process, please contact your local health aide. If you have an after-hours emergency, please call 1-800-478-6682.

TCC plans on improving the patient travel process in the near future. We will be updating our patients once this change occurs.

## 2020 Census

By Jolene Malamute  
TCC Community Planning Coordinator

## TCC is Striving for a Complete Accurate Count for Interior Villages

The U.S. Census Bureau will once again offer Alaska Native villages the opportunity to review and/or define boundaries for Alaska Native Village Statistical Areas during the 2020 decennial Participant Statistical Areas Program (PSAP). Each Tribe should have received a letter intended to invite your village to work with the Census on this effort.

PSAP is the only opportunity that Alaska Native villages have to define and update their respective boundaries for each decennial (every 10 years). These updates will provide you with data to help you make informed decisions, and plan for services such as education, health, and housing. The result of which will be the appropriate distribution of federal funding to these communities based on updates that you make during the PSAP review.

If you wish to participate, the Census requests that you review and complete the PSAP Program F-530 Product Preference Form and the F-540 Contact Update Form. These forms have been mailed to each Tribe along with the invitation letter. The F-530 and F-540 Forms, can be emailed using the address on the forms, and can be faxed in to the Census at 213-314-6360. Additional information regarding the 2020 PSAP program is available at: <https://www.census.gov/programs-surveys/decennial-census/about/psap.html>

If you have any questions regarding the 2020 Census PSAP Program, contact Jolene Malamute, Community Planning Coordinator at 907-452-8251 ext. 3385 or by email [jolene.malamute@tananachiefs.com](mailto:jolene.malamute@tananachiefs.com).



## CEDS Activity Update:

# CALL FOR PUBLIC COMMENT

By Renee Linton

TCC Rural Economic Development Specialist

TCC developed the 2016-2021 Comprehensive Economic Development Strategy (CEDS) to identify ways to strengthen regional economy. The economic Development Administration (EDA) cannot provide grant assistance without a current CEDS. The plan was created for the TCC Region, by the TCC Region. The goals, priorities, and SWOT Analysis was compiled from input from TCC region residents across the state.

The CEDS public comment period is an opportunity to have your input included in the updated 2020 CEDS. Do you reside in the TCC Regions? If the answer is yes, then you are a perfect

candidate to provide comment(s) about the economic development activities in the TCC region.

When you think of TCC CEDS envision increased employment opportunities, a strengthened regional economy with resilient communities and thriving businesses.

### Outline of the CEDS document

- Top 5 Goals
- 8 Priority Strategies
- A picture of what the economy looks like in the TCC Region illustrated by a SWOT Analysis
- Strengths, Weaknesses, Opportunities, and Threats
- 347 Regional Survey responses which provided critical data &

input setting the direction of the CEDS Document.

- Regional Socioeconomic Data
- Regional Future Direction: Action Plan & Performance Measures

The CEDS public comment period extends for 60 days:

**February 1, 2019 through March 31, 2019.**

You can find a complete copy of the CEDS on the TCC Village Planning & Grant Writing Website. Please email or call Renee Linton, if you would to have a hard copy of the CEDS mailed to you or your Tribe. Please take time to review the document before commenting.

## Seeking Nominations for Patti Hyslop Leadership in Sobriety Award



Each year the Tanana Tribal Council seeks nominations for the Patti L. Hyslop Leadership in Sobriety Award, which is given to recognize the efforts of village leaders in sobriety, healing, and keeping alive the commitment to healing that was the cornerstone of Patti's life. Patti led the Sobriety and Healing movement in Tanana by encouraging people to make positive changes. This award will recognize those whose work sometimes goes unrecognized.

### The Guidelines for this award is as follows:

- Eligibility for the award will be limited to the village residents in the Tanana Chiefs Conference region
- Nominations for the award will be solicited from each tribe/village and from individuals
- Selection will be made by a committee. The selection committee will meet by teleconference the week before the TCC Convention to make their selection.
- The presentation will be made at the TCC Convention

### The selection criteria will be as follows:

Drug and Alcohol-Free Lifestyle  
Commitment and degree of service to the tribe and community  
Degree of Health and Growth achieved  
Willing to be a role model  
Domestic Violence Free

## Nominations are due March 1st, 2019

You can fill out a nomination form online at [www.tananachiefs.org](http://www.tananachiefs.org) or send them to Donna May Folger at [tanana.tfys@gmail.com](mailto:tanana.tfys@gmail.com) or call 907-366-7170.

Your **VOICE** can make a difference!  
Start a conversation **TODAY** on the dangers of alcohol.

## *Love* **FOR CHILDREN** **IS A TRADITIONAL VALUE**

Parents are the #1 influence in a child's life. It's never too early or too late to start talking about the dangers of underage drinking. According to national research 10 percent of 12 year olds say they have tried alcohol, but by the age of 15 that number jumps to 50 percent. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decision not to drink.

Here are some tips parents / caregivers can do to prevent your child from drinking alcohol:

- Be a positive role model
- Be aware of risk factors
- Support your kids and give them space to grow
- Use cultural activities such as berry picking or preparing traditional foods to start open, honest conversations about the dangers of alcohol use.

For more information on ways to speak with youth on the dangers of underage alcohol use please contact: TCC Prevention through Wellness (907) 452-8251 Ext. 3004

## 2018 BHA Outstanding Supervisor Awarded to *Jessica Goff*

Submitted by GiNESSa Sams  
TCC Deputy Behavioral Health Director

In November **Jessica Goff**, Behavioral Health Aide Program Manager, was selected by peers and leaders to receive the 2018 BHA Outstanding Supervisor award! Jessica Goff has been with Tanana Chiefs Conference Behavioral Health since 2012. Her staff were overjoyed to recommend her for this award. BHA Cesa Agnes said, "Outstanding recognition of our amazing Jessica. I appreciate you for your dedication to us and the program." In order to receive this award, supervisors:

- are currently functioning in a BHA Clinical Supervisory capacity
- demonstrate exceptional leadership ability
- contribute to and demonstrate a commitment to the BHA Program's mission and values
- create a positive and motivating work environment
- maintain open lines of

communication with the BHA/Ps and throughout the organization

- encourage professional and BHA development
- demonstrate fairness and equity in resolving issues
- remain open to feedback concerning her performance

The Behavioral Health Aide Program was developed to support and enhance Behavioral Health Aides and promote village-based services throughout Alaska. Tanana Chiefs Conference has almost doubled the number of Behavioral Health Aides in the last several years. These valuable employees provide a variety of services including, but not limited to outreach

and prevention, counseling, grief support, crisis stabilization, and a number of community based activities promoting wellness and health. We currently have 14 BHAs in the TCC region and Jessica closely works with each of them on certification and service provision.

**We are so proud of you, Jessica Goff!**





# A Message from Trimble Gilbert

## 2nd Traditional Chief



Trimble Gilbert of Arctic Village, also known as TCC's 2nd Traditional Chief, recently reached out to TCC to share an important message to the region.

"A lot of things are changing in this world," says Trimble, "I was born in 1935. It's really different today." Trimble credits a lot of this on climate change, "When I grew up it was a cold climate. Now there is climate change and that makes everything different."

Trimble emphasized the need to be prepared for any conditions that climate change may bring, and teaching our youth how to survive if they need to. "We have to teach our young people. It's dangerous out there. Now is the time to prepare."

Here are some of the topics that Trimble highlighted in his message.

**WINTER SAFETY:** "Make sure extra socks, axe, small saw and matches, and sometimes a lighter, sometimes a headlamp, keychain lights. Make sure to take that and some kind of warm clothes with you, extra socks. If you get into the overflow you can always build fire and change your socks. Bring small blanket with you and dry it up. Always make it home overnight and you can keep a fire going. If sometime you try to make it home by walking, it's far away and you don't have to. If you get enough wood and keep a fire going. If you got teapot melt the snow and ice. Make hot tea and keep yourself warm. The community has to watch our children all the time during the cold weather. It's hard to watch during the

cold weather in the winter time. Check around before bed time and make sure to care for others and look after each other."

**BOATING SAFETY:** "TCC gives out information in the spring about wearing your life jacket. A lot of times we are rushed to get on the boat and do what we want and without our lifejacket. Sometimes we don't have time to collect all that and survival gear. But we can always remember this when we take off somewhere. Make sure to list down everything you need before you take your family out in the summertime. One good thing I learned, animals are not the same no more. People always have house dogs and watch dogs. Bring the dogs with you when you are camping out there. Those are really important things to remember especially when you have children with you out there."

**TEACHING OUR YOUTH:** "We need to know some children have never gone out with their parents and they need to know all that and how to save their own life. And if no one is with them, they need to know how to build fire with a lighter. A long time ago I put little kerosene on my container. If you have a dry spruce tree, you can always build fire and put a lot of spruce bough. If you got enough water and something to eat, dry soup. You can always save your life before someone can find you.

All of us need to remember we can teach our young people today. You can always take other kids with you, ask

their mother if you have time to do that. We should all do that."

Trimble remembers the words he heard from the late Walter Northway about the Athabaskan people having looked out for one another for thousands of years. "I remember that," says Trimble, "I try to do that."

Trimble embraces the cold weather as a natural part of life in Alaska; "I think the cold weather helps the people. We got some moose, caribou, sheep, and lots of other small animals. They live with us for thousands of years and they are all very healthy animals. We were part of that, like animals, and we lived with them. I know the cold weather helps my life. When I stay inside too long, I have to go out and get fresh air. I dress up and bundle up, put on my snow show and I'm ready to go in the morning and I'm good for the whole day. When I grew up in this country, there were thousands of birds. Noisy. All of them were singing. Ptarmigans and ducks. We couldn't sleep in the tent because the noise. Now it's very sad. I can't see some of the ducks I grew up with and some of the birds never come back. I see the birds and they don't sing anymore. Even the wolf are quiet, they don't howl anymore."

"Take care of yourself. Make sure to remember what I say. May the Lord bless every one of you. We love you, me and Mary. We are part of our people everywhere. I hope you remember what I am saying and God bless everyone!"

## THIS YEAR GIVE YOUR VALENTINE

*the gift of a healthier you*

The best gift you can give this Valentine's Day is a smoke free, healthier you.

Show love for yourself and loved ones by quitting smoking today.

*This Valentine's Day is the perfect time to quit, no matter how long you've smoked your health will improve.*

For help quitting, call today and speak with a

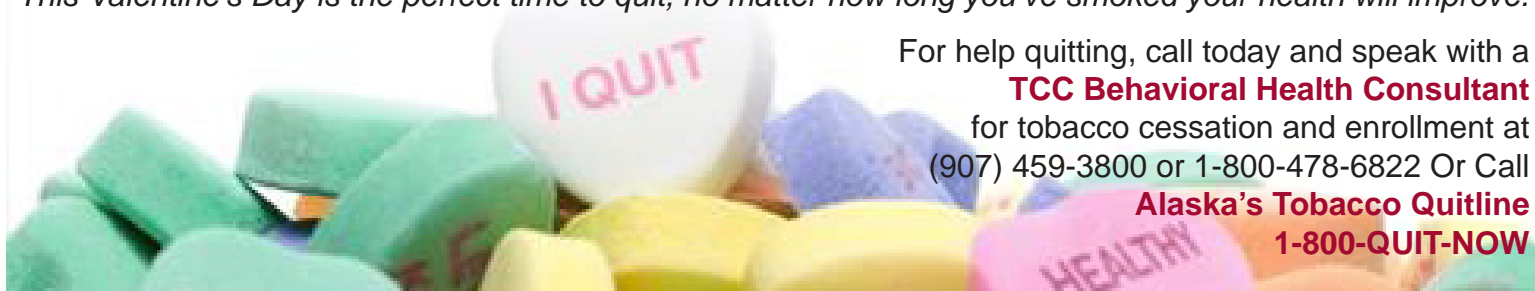
**TCC Behavioral Health Consultant**

for tobacco cessation and enrollment at

(907) 459-3800 or 1-800-478-6822 Or Call

**Alaska's Tobacco Quitline**

**1-800-QUIT-NOW**





# Election Criteria: 2019 TCC Full Board of Directors Meeting

## SUBREGIONAL ADVISORY BOARD ELECTIONS

### TCC Executive Board of Directors

#### Subregional Positions:

Yukon Flats Subregion .....	3 Year Term 2019-2022
Currently Nancy James, Fort Yukon	
Yukon Tanana Subregion .....	3 Year Term 2019-2022
Currently Frank Thompson, Evansville	

#### Eligibility Criteria:

- Must be a current village director, as authorized by tribal/village resolution. (Article 7, Section 4)
- Must be residents of the State of Alaska and Alaska Native Members of member villages of the corporation. (Article 4, Section 1)
- Employees of the corporation shall not be eligible to serve as Directors or officers of the corporation with exception of the President and temporary or seasonal E-Board Members and Full Board Members. (Article 4, Section 2)
- Must successfully pass an ICPA and Alaska Barrier Crimes Act Background check. (See also Executive Board Policy 50-5003).
- Compliance with the TCC Board of Directors' Drug and Alcohol Free Policy #50-5001 applies to all TCC Executive and Health Board of Directors, with the exception of the Chief/Chair of the Board who is an employee who follows the employee policy. Those elected must pass a drug test according to this policy in order to serve their term.

### TCC Advisory Boards

The three TCC Advisory Boards make recommendations to the TCC Executive Board and President. The President has the authority to appoint all individuals to the advisory boards, (Article 7, Section 3), but the President currently allows the subregions to democratically select representatives to each advisory board. All candidates must be Alaska Native.

### TCC Regional Health Board

Upper Tanana Subregion.....	3 year term (2019-2022)
Currently Nathaniel Gene, Tetlin	
Upper Kuskokwim Subregion .....	3 year term (2019-2022)
Currently Tamara Roberts, Nikolai	

### TCC Education Council

Upper Kuskokwim Subregion.....	3 year term (2019-2022)
Currently VACANT	
Upper Tanana Subregion.....	3 year term (2019-2022)
Currently Daisy Northway, Tok	

### Interior Athabascan Tribal College Board of Trustees

Yukon Tanana Subregion.....	3 year term (2019-2022)
Currently Vera Weiser, Minto	
Yukon Flats Subregion.....	3 year term 2019-2022)
Currently Donna Thomas, Fort Yukon	

## FULL BOARD OF DIRECTORS ELECTIONS

### AFN Village Representative

- 1 Seat .....One year term (2019-2020)  
Currently Julie Roberts-Hyslop, Tanana
- \* The AFN Village Representative seat is not affected by the TCC Bylaws; however, we notify villages of AFN candidates who declare their written intent as a candidate, for informational purposes.

### IRHA Board of Commissioners

- Seat C.....Three year term (2019-2022)  
Currently Speedy Sam, Huslia
- Seat D.....Three year term (2019-2022)  
Currently Pat McCarty, Ruby
- \* Must be eligible to serve on TCC Board of Directors
- Employees of TCC or IRHA are not eligible to serve as IRHA Commissioners (Article 7, Section 7)
- \* The election of the IRHA seat is not affected by the TCC Bylaws pertaining to the declaration of candidacy requirements; however, we notify villages of IRHA candidates who declare their written intent as a candidate for informational purposes.

## FULL BOARD OF DIRECTIONS ELECTIONS

### Officer Positions

TCC Vice President .....3 year term (2019-2022)  
Currently Julie Roberts-Hyslop, Tanana

### ELIGIBILITY CRITERIA

Officers must be members of a member village of the corporation and eligible to be selected as a Director of a member village. (Article 5, Section 1)

On March 19, 2009, the TCC full board of directors adopted Resolution 2009-30 "Barrier Crimes" directing TCC to come into compliance with federal and state background check requirements. The TCC President, Executive Board or Health Board positions will have regular and foreseeable contact with Indian children and therefore must pass the Indian Child Protection and Family Violence Prevention Act (ICPA) and the State DHHS background checks. Executive Board and Health Board members also have foreseeable contact with Indian children as well as oversight of financial budgets with funds received by the State of Alaska. Potential candidates to the Executive Board and Health Board must turn in a completed and correct background check application to Heather Rogers in Human Resources by February 8 to guarantee background checks will be completed by February 28. Individuals contemplating running for a board position should turn in a background check application now to ensure the ability to make corrections to mistakes in the lengthy application. All background check applications will be confidential and only Human Resources will have access to the application and the names of individuals. Those individuals that do not submit complete paperwork or fail to pass a background check will not be eligible candidates for the TCC President, Executive Board or Health Board positions.

## DECLARATION OF CANDIDACY

Individuals who want to declare themselves a candidate for any of the above seats must submit a written, signed and dated letter of intent between 8:00 AM-January 31, 2019 and 5:00 PM-March 1, 2019. We recommend that you confirm receipt of your letter of intent with the TCC Executive Secretary prior to March 1st. We may not know of the submission of your letter of intent; but we can confirm the receipt of your letter of intent. Individuals may submit a letter of intent for AFN Village Representative and IRHA Commissioner Seats but they must be nominated from the floor to declare themselves a candidate. Letter of intent (see example on page 4) must be received by fax, mail or delivered in person no later than 5:00 PM on March 1, 2019 to:

Tanana Chiefs Conference  
ATTN: Norma Dahl, Executive Secretary  
122 First Avenue, Suite 600  
Fairbanks, AK 99701  
1-800-478-6822 ext.3118 FAX # (907) 459-3884

2019 TCC Full Board elections process follows the TCC Elections Rules; the elections rules are posted on the TCC website at [www.tananachiefs.org](http://www.tananachiefs.org) under the 2019 TCC Annual Convention information and is also enclosed with the First and Official Call to Convention mailed to TCC member tribes. A copy of the elections rules can be requested by contacting Natasha Singh, General Counsel, at ext. 3178.

### Important Dates for the 2019 TCC Elections

**Submit between now and February 8th:**  
The last day TCC is able to guarantee a background check will be completed in time for the required 10 day announcement of candidates before the meeting.

**January 31st at 8:00am:**  
The open period in which a candidate may declare written candidacy begins. Please confirm receipt of your letter of intent.

**March 1st at 5:00pm:**  
The open period in which a candidate may declare candidacy ends. Candidates must declare their candidacy in writing. TCC must provide a list of eligible candidates to member tribes.

**March 14th:**  
TCC elections held at the TCC Full Board of Directors Annual Meeting at the Westmark Hotel in Fairbanks.



# Background Checks and TCC's Full Board of Directors Election

## ICPA BACKGROUND CHECK INFORMATION:

The Indian Child Protection Act (ICPA), requires TCC Executive and Health Board of Directors to pass a federal ICPA background check, and the Alaska Barrier Crimes Act background check.

The TCC Executive Board has made the commitment to comply with current laws, Board policies and advocate for reasonable changes in background check requirements. As part of compliance, TCC Executive Board and Health Board candidates must submit their complete background check application which includes fingerprints by February 8th submitted to Heather Rogers, Human Resources Director. This allows enough time for the check to be complete. Only those candidates that pass the background check will be eligible to continue as official candidates for the March 14, 2019 election. This process was mandated in the 2014 Presidential Election as well.

## 2019 TCC ELECTIONS: ELECTION RULES

### RULE 10. MAJORITY VOTE REQUIRED

To be elected to a position, nominees are required to receive a majority vote from the votes cast by the TCC Board of Delegates. If no nominee receives a majority vote on a ballot, the Election Committee shall conduct a subsequent ballot provided by these Election Rules until a nominee receives a majority vote.

### RULE 11. FAILURE TO ACHIEVE MAJORITY

1. In the event of a tie occurring for a Subregional seat, a coin toss will occur to determine the outcome of the election.

2. Ballots where there are four (4) nominees or more. If no nominee receives a majority vote on the first ballot the following rules will apply with the intent to eliminate candidates to achieve a majority:

The Election Committee will eliminate all nominees except for the three (3) nominees receiving the highest number of votes and conduct a subsequent ballot.

If there are three (3) or more candidates that receive the second highest number of votes, all those with the second highest number of votes will

proceed to the next ballot including the candidate with the most votes. The remaining candidates will be eliminated.

If there is a tie for candidates with the third highest vote and there are two (2) or more candidates that receive the first and/or second highest number of votes, only the two (2) or more candidates that receive the highest number of votes will proceed to the next ballot. The rest will be eliminated.

If there are more than three (3) candidates tied for first highest vote, all of those receiving the first highest will proceed to the next ballot. The rest will be eliminated.

If all but one candidate ties for second, the Election Committee will distribute an "elimination ballot" that includes only the nominees who tied for second. The Election Committee will eliminate the one nominee receiving the lowest number of votes on the "elimination ballot" and resume the balloting between all remaining nominees.

3. Ballots where there are three (3) nominees. If no nominee receives a majority vote on a ballot having three (3) nominees, the Election Committee will eliminate the one nominee receiving the lowest number of votes, and conduct a subsequent ballot. If all three (3) nominees tie for the votes cast, the Election Committee shall conduct a subsequent ballot including all nominees. If two nominees tie for the fewest votes cast, the Committee will distribute an "elimination ballot" that includes only the two nominees who tied for the fewest votes cast on the prior ballot. The Election Committee will eliminate the one nominee receiving the lowest number of votes on the "elimination ballot" and resume the balloting between all remaining nominees.

4. Ballots with two (2) nominees. The nominee receiving a majority vote shall be elected. If neither nominee receives a majority vote, the Election Committee will prepare another ballot without elimination of the nominee receiving the fewer votes. This Election Committee will repeat this process as necessary until one nominee receives a majority vote.

\*\* Majority is based on the number of Directors present for the 2019 Full Board of Director's roll call.

DATE (Must be between 8 a.m. Jan. 31, 2019 and 5 p.m. March 1, 2019).

I, \_\_\_\_\_ of \_\_\_\_\_ declare my intent to run for the Tanana Chiefs Conference  
(Name) (Village/Enrolled to)

position of \_\_\_\_\_  
(Insert seat you intend to run as a candidate for. Example: Vice President, Subregional Executive Board, TCC Health Board, TCC Education Council or /ATC)

Signature

City, State, Zip Code

Print Name

Phone Number

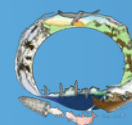
Indian Child Protection and Family Violence Prevention Act, 25 USC sec. 3207 provides that each tribal organization that receives funds under the Indian Self-Determination and Education Assistance Act shall not employ individuals that have committed certain crimes when the position involves regular or foreseeable contact with Indian children. The TCC Executive Board has reviewed and passed procedures to implement the ICPA background checks and the Board requires all Executive Board of Directors, Health Board of Directors and TCC employees to pass ICPA background checks and the Alaska Barrier Crime Act, when applicable.

Nominees must fill-out a background check application. The background check application can be obtained from Heather Rogers, Human Resources Director at ext. 3095, and is due by February 8, 2019 to allow for processing before the election. Only those candidates that pass the background check will be official candidates for the 2019 Full Board of Directors' elections.

TCC recommends that you confirm the receipt of your Letter of Intent with the TCC Executive Secretary prior to 5:00 P.M. March 1, 2019.

## LETTER OF INTENT

Tanana Chiefs Conference  
ATTN: Norma Dahl, Executive Secretary  
122 First Ave, Suite 600  
Fairbanks, AK 99701 | Fax (907) 459-3884



Tanana  
Chiefs  
Conference



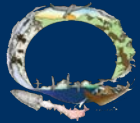
# THE COUNCIL NEWSLETTER

122 First Avenue, Suite 600  
Fairbanks, Alaska 99701

Phone: (907) 452-8251 ext. 3424  
Fax: (907) 459-3884  
communications\_dept@tananachiefs.org

[www.tananachiefs.org](http://www.tananachiefs.org)

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



Tanana  
Chiefs  
Conference

Follow us:     

## JOIN THE TCC FAMILY

[WWW.TANANACHIEFS.ORG](http://WWW.TANANACHIEFS.ORG)

### Village Vacancies

- Behavioral Health Aide (Chalkyitsik, Anaktuvuk Pass, Rampart)
- Carpenter (Nenana)
- Community Health Aide/Practitioner (Allakaket)
- Laborer (Nenana)
- Physician Assistant-Upper Tanana Health Center (Tok)
- Project Supervisor (Nenana)
- SOC Youth Lead (Huslia)
- Village Public Safety Officer (McGrath)

### Fairbanks Vacancies

- Behavioral Health Assessment Clinician
- Behavioral Health Clinical Associate-Fairbanks
- Behavioral Health Clinical Lead
- Behavioral Health Clinician-Tok
- Child and Adolescent Psychiatric Case Manager
- Employment & Training Coordinator
- Healthy Transitions Project Director
- Itinerant Behavioral Health Clinician
- Nurse Practitioner - Urgent Care
- PACS Administrator-Floor Supervisor
- Physician Assistant - Urgent Care
- Psychiatrist
- RN
- RN Case Manager
- SOC Cultural Contracts Coordinator

### Region- Wide Vacancies

- Itinerant Clinician - SOC
- Squad Boss
- Wild Land Firefighter Type II Crew Member

JOB LISTED WERE OPEN AS OF January 14th, 2019

## UPCOMING MEETINGS/EVENTS

TCC Closed  
February 18th, 2019 • President's Day

**FNA Membership Meeting**  
March 8th, 2019 • David Salmon Tribal Hall • 8:00am

**TCC Annual Convention**  
March 11th-14th, 2019 • Westmark Hotel


**Doyon Annual Meeting**  
March 15th, 2019 • Westmark Hotel

**VOTE**  
eProxy at <https://doyon.eproxy.com>

**DEADLINES**  
**EARLY BIRD DEADLINE**  
FRIDAY, FEBRUARY 15  
**PROXY DEADLINE**  
TUESDAY, MARCH 12

**2019 ANNUAL MEETING of Shareholders**

**FRIDAY, MARCH 15**  
Westmark  
Fairbanks Hotel  
8 a.m.

  
**Doyon**  
Limited

**Vote early, vote online**  
for a chance to win  
\$21,000 in prizes!

**WWW.DOYON.COM**  
907-459-2000 • 1-888-478-4755