

the Council

Vol. 44, No. 7

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

July 2019



2019 Annual Denakkanaaga Elders & Youth Conference

The 2019 Annual Denakkanaaga Elders & Youth Conference was held June 4-6, 2019 in Nulato, Alaska. This years theme was "Serving Others: A Traditional Native Value Guiding Us: Honoring Poldine Carlo."

The late Poldine Carlo founded Denakkanaaga in the early 1980's and remained heavily involved until her passing in May 2018. Denakkanaaga held this years gathering in her hometown of Nulato.

During the meeting, Anna Frank of Fairbanks/Minto and Joseph Maillele of Grayling were re-elected to the Denakkanaaga board, as well as youth representative Brooke Demientieff of Holy Cross.

Delegates at the annual meeting selected Nikolai as the host community for the 2020 Denakkanaaga Elders & Youth Conference.

Throughout the meetings, attendees heard from the National Indigenous

Justice Center, Alaska Legal Services, and from the elder delegates on cultural protocols regarding Chief's necklaces. Participants also heard about the new national children's show 'Molly of Denali' in which Denakkanaaga Elders and staff have contributed to.

TCC would like to thank those who opened their homes throughout the week and to all the cooks and organizers!

Congratulations 2019 Graduates!

Tanana Chiefs Conference would like to celebrate all of our 2019 graduates from across the State and across our region!

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

Inside you will find a spread of featured graduates who sent in their photos for the 2019 year.

See pages 8-12 for our Special Edition Spread.



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MISSION STATEMENT

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

VISION

Healthy, Strong, Unified Tribes



Tanana
Chiefs
Conference

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Yukon Koyukuk

Peter Demoski/Nulato
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Jolie Murray/Beaver
Youth Advisor

CHIEF'S REPORT

Dear Tribes and Tribal Members,



The Fourth of July weekend is a great way to celebrate Independence Day with our loved ones. Ana Bassee to those who have served our country and the families that have supported you. If you are enjoying time on the rivers, please remember to wear a life vest and follow proper safety precautions.

On May 21st, Nikolai leadership, community members, and TCC staff and I met with Donlin Mine leadership to discuss the concerns of the proposed gas line route that impacts key traditional fishing and hunting areas and customary lifestyles. A follow up meeting was held in Anchorage on June 22nd to discuss possible opportunities in depth. At the conclusion of this meeting, it was decided that a goodwill agreement will be established laying out these opportunities. More about the Donlin Mine project and information from this meeting can be found on page 3.

TCC staff and I, along with Alaska State Troopers Colonel Barry Wilson and Lieutenant Jess Carson met with Tribal leadership from Chalkyitsik, Birch Creek, Beaver, Fort Yukon, and Arctic Village on May 24th in Fort Yukon. This meeting provided a safe, open dialogue to discuss public safety concerns with the Yukon Flats leadership. The Troopers also had the opportunity to tour Birch Creek and meet several community members. I would like to thank Fort Yukon for hosting this meeting, those who prepared the meals, and all who participated including the Alaska State Troopers. A follow up meeting was agreed to for a later date. For more information from this meeting, see page 6.

On May 30th, a public safety roundtable was hosted by Senator Sullivan with the U.S. Attorney General (AG) William Barr's visit to Alaska. The group consisted of Alaska Native leadership from around the state. While the topics centered on justice and public safety, the common theme was clear: Alaska needs a public safety solution. Following that meeting, leadership from Huslia, Galena, Koyukuk, Ruby, Nulato, and Kaltag, along with TCC met with AG Barr in Galena where many commented that because of the lack of response from law enforcement, often times it is the Chief and Council members that are called regarding safety issues. More information from this meeting can be found on page 3.

In accordance to Full Board Resolution 2018-23 to provide a Cancer Awareness Support Event to Honor our People Affected by Cancer submitted by Tanana Tribal Council, TCC coordinated the Khotr'elneyn (Kha-Troy-El-Nee-Yahn) 5K Walk/Run. Khotr'elneyn is from the Lower Tanana Athabascan dialect, which translates to 'We Remember'. On June 2nd, several communities within our region participated in this event: Fairbanks, Nulato, Tanacross, Nenana, Galena, Tanana, and Tetlin. All donations for the event went towards the Interior Alaska Cancer Association (IACA), an all-volunteer organization that provides support groups, financial assistance, and resource guidance for Interior Alaskans diagnosed with cancer, TCC kicked off the fundraising with a \$1,500 towards IACA. In total, \$3,022 were raised.

I would like to thank Denakkanaaga and the community of Nulato for hosting a successful 2019 Denakkanaaga Elders and Youth Conference! This year's theme was "Serving Others: A Traditional Native Value Guiding Us: Honoring Poldine Carlo." Congratulations to Anna Frank of Fairbanks/Minto, Joseph Maillele of Grayling, and Brooke Demientieff of Holy Cross for being re-elected to the Denakkanaaga board. Photos from Denakkanaaga can be found on pages 4-5. Nikolai was selected to host the 2020 Denakkanaaga Elders and Youth Conference.

Subregional meetings will start this month in Anvik, Nenana, and McGrath. These meetings are important to make sure TCC continues to remain in alignment with you all as we strive to maintain our vision of Healthy, Strong, Unified Tribes.

Ana Bassee,
Victor Joseph
Chief/Chairman

Attorney General William Barr Visits the Interior

TCC Chief/Chairman Victor Joseph participated in a public safety roundtable on May 30th that was hosted by Senator Sullivan in honor of the US Attorney General's (AG) visit to Alaska. The group consisted of Alaska Native leadership from around the state. While the topics centered on justice and public safety, the common theme was clear: Alaska needs a public safety solution.

Additionally, Tanana Chiefs Conference had the honor of hosting AG Barr on a trip to Galena. Tribal leaders and youth delegates from the Yukon-Koyukuk region traveled to attend a listening session with AG Barr, the US Attorney for Alaska, Bryan Schroder, the Director of the

Office on Violence Against Women, Katie Sullivan, Director of the Office of Tribal Justice Tracy Toulou, and several others from the Department of Justice and Senator Sullivan's and Murkowski's office. Village leadership in attendance included; Leo Lohntz, First Chief of Koyukuk, Katie Kangas, First Chief of Ruby, Elsie Vent Huslia Council Member, Mickey Stickman, First Chief of Nulato, Tristan Madros, First Chief of Kaltag, Charlie Green, First Chief of Galena, and Chevey Roach, Mayor of Shageluk. Many commented on the how there

is often no response from the troopers, that the Chief is often the only one that is called when there is a crisis or alleged criminal activity.

TCC and many of our communities have received funding from the Department of Justice in the form of grants from Coordinated Tribal Assistance Solicitation (CTAS), Victims of Crimes (VOCA), and Community Oriented Policing (COPS). These are competitive grants that with the exception of CTAS are available to law enforcement entities across the nation.



Nikolai Leadership meet with Donlin Mine Staff

By Tobi Maracle
Contractor, TCC

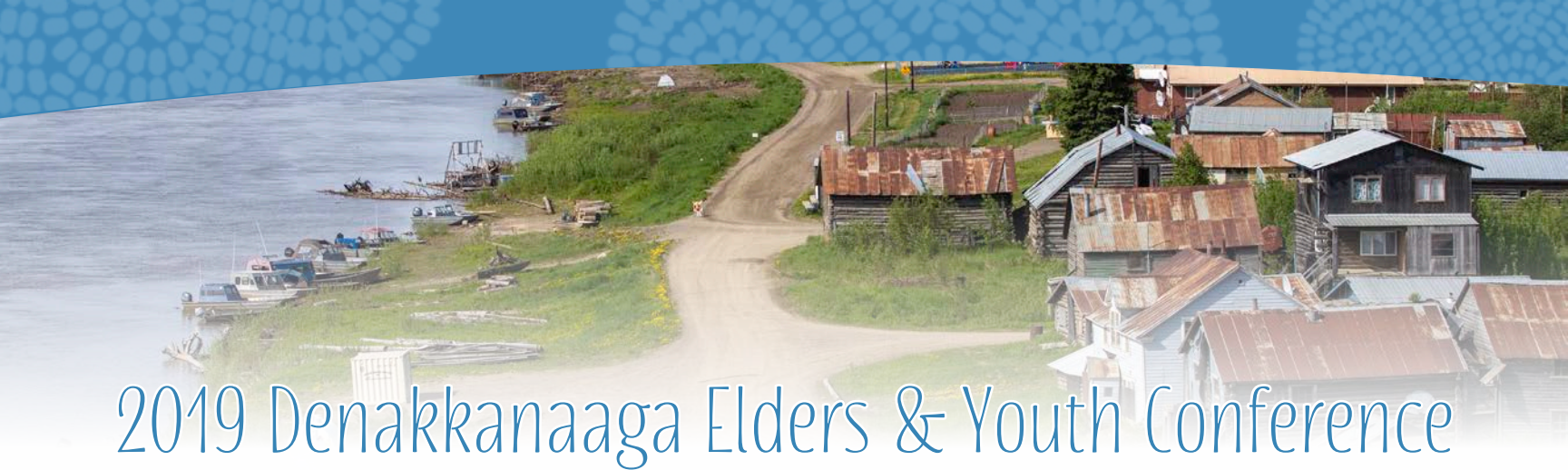
A second meeting was held on June 22nd, 2019 in Anchorage, between Edzeno Native Council (Nikolai), TCC Chairman/Chief Victor Joseph, TCC staff, and Donlin Mine, General Manager Andy Cole, Permitting and Environmental Manager Dan Graham and External Relations Manager Kristina Woolston. The meeting began with a presentation by Donlin on the project status and details about the opportunities they are creating within the State. TCC Chairman Victor Joseph clarified the effects that would be felt by TCC tribes and requested that a 'good will' agreement be pursued to assist in offsetting and potentially further mitigating the effects of the mine. Areas of common interest were discussed and include, but are not limited to, training, employment, and environmental stewardship. The contents of the agreement are in preliminary stages; however, more specific content and progress will be presented to the effected Sub-Region during regular meetings. As the agreement develops, TCC and/or Donlin will present at regular Sub-

regional meetings, and attend AFN and TCC Convention. Those seeking to submit suggestions for content, and to receive updates on progress, please contact Marna Sanford, Government Relations Coordinator 907-452-8251 ext. 3317, or marna.sanford@tananachiefs.org.

Donlin Mine's parent companies, Barrick and NovaGold, are responsible for overseeing the proposed mine project. Since the release of the NEPA EIS - ROD in August 2018, Donlin has been pursuing state permits, including those needed for the LNG pipeline. Air, water, waste, and reclamation plan permits have been awarded for the project. The portion of the LNG on state land is still in review, but is expected to wrap up soon; this portion was commented on by TCC and Edzeno. A lengthy dam safety process for the mine site is scheduled to begin this summer and will occur over 6-12 months. The dam safety permit requires extensive fieldwork. Once the permit data is collected, Donlin will conduct community outreach to review their findings. This

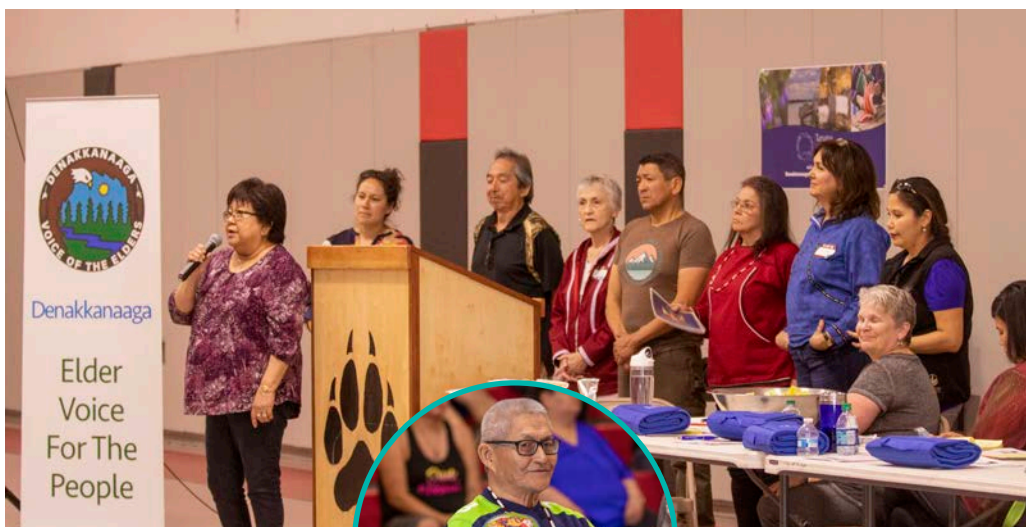
step is not required by the State and is being voluntarily done by Donlin for transparency reasons. Once the State permit is awarded for the LNG portion, Upper Kuskokwim communities can expect to see construction material sites along the proposed pipeline to begin emerging as early as 2020. Construction will start in two-phases, with the pipeline constructed simultaneously from both the mining site and the Beluga side, over 2-3 years. A construction schedule is available through TCC Admin, Legal or the Donlin Gold website. Prior to construction, Donlin will have to provide a \$322 million bond to the State for reclamation costs, in the unlikely event that the State of Alaska is burdened with reclamation costs. During reclamation, the mine site and associated pipeline will be decommissioned and the ground re-contoured and seeded. Donlin estimates that construction of the mine site will take 3 to 4 years, and has a projected mine life of approximately 27+ years.





2019 Denakkanaaga Elders & Youth Conference

Serving Others: A Traditional Native Value Guiding Us: Honoring Poldine Carlo





Yukon Flats Leadership meet with the *Alaska State Troopers*

On May 24th, the Alaska State Troopers Colonel Barry Wilson and Lieutenant Jess Carson, Will Mayo, and Chief/Chairman Victor Joseph met with Tribal leadership from Chalkyitsik, Birch Creek, Beaver, Fort Yukon, and Arctic Village in Fort Yukon.

This meeting provided a safe, open dialogue to discuss public safety and concerns. The Troopers also had the opportunity to tour the community of Birch Creek and meet several Tribal members on the way to Fort Yukon.

Will Mayo spoke about the new infrared camera system with the Alaska State Troopers helicopter that will be greatly beneficial for search and rescues.



ALLAN ANDERSON, TAKOTNA

Allan was born September 12th, 1944 in Takotna, Alaska. Eventually, he moved to McGrath, where he made a living in the winter trapping and cutting wood. The local school taught 1st through 8th grade, with only one teacher. "Most of the kids didn't get to go to school because they were always on the trap line," explains Anderson.

Shortly after attending Mt. Edgecumbe boarding school for high school, Anderson returned home and headed back to the trap line.

After being caught trapping ahead of season, Anderson joined the Marine Corps and spent three years driving trucks for the fire department in Barstow. When he was discharged, he returned to where he felt happiest; the trap line.

Trapping was his only skillset, Anderson started mining. "It was a pasttime things, something to do in the summer. We would scratch in the dirt; maybe get a little ounce or two of gold," he says.

He learned how to pilot a plane from his friend, Warren Magnuson who was a P-51 pilot in World War II. Anderson bought a J-3 Cub, and eventually a supercab. He flew for 30 years.

Allan and his wife, Dorothy Ann Miller, also known as 'Pudden' had two kids together. "We were married a long time before she passed away from cancer," says Anderson, recalling her death in 2009.

Anderson has learned a lot during his lifetime. His advice to future generations is simple; "Pay your bills. Make sure you get them on time. [...] Go get a job, make a living, and raise their kids if they're having them."

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



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

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

July is National UV SAFETY AWARENESS Month

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

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

WHAT CAN UNPROTECTED SUN EXPOSURE DO?

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

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

MINIMIZE YOUR RISK

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

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

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

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

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

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

2019 Culture & Wellness Camp Schedule

Lower Yukon

- Shageluk - August 27-29
- Anvik - July 30-August 2

Upper Tanana

- Tanacross - June 17-21
- Healy Lake - Dates TBD

Yukon Koyukuk

- Galena - Dates TBD
- Koyukuk - September 1-7

Upper Kuskokwim

- McGrath - August 5-9
- Takotna - TBD

Yukon Flats

- Circle - August 12-16
- Birch Creek - August 29-September 3

Yukon Tanana

- Rampart - July 15-19
- Nenana - August 19-23

Congratulations 2019 GRADUATES!



Sandra Martinson
Beaver



Rebecca Big Joe
Minto



Alex Hanna
Minto



Alisha Gilbert
Arctic Village



Ashlyn Rae Storm
Fort Yukon



Caleb Peters
Tanana



**Chad Frank &
Kaylee Druck**
Venetie



Deshawn
Minto



Dominic Howard
Grayling



Dylan Weisz
Tanacross



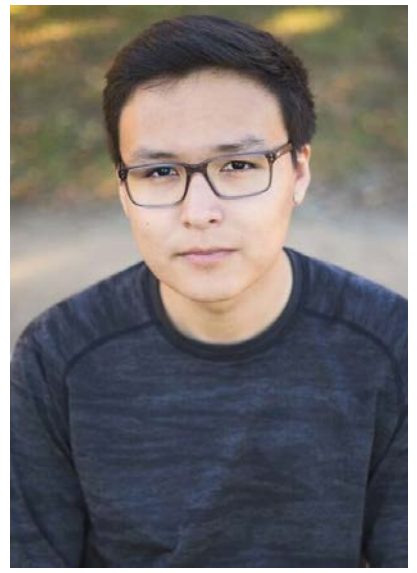
Elijah Winfrey
Minto



Elliana Miller
Tetlin



Florence Grant
Tanana



Gordon Carroll
Fort Yukon



Isabelle Howard
Grayling



Jaime Jones
Fairbanks



Jesse James-Joseph
Fort Yukon



Johannese Erick
Birch Creek



Julian Thibedeau
Rampart



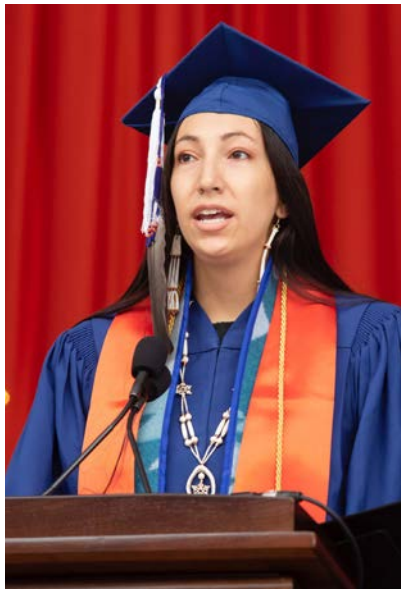
**Kaylee Druck, Shania
Druck, & Julianna Sisto**
Venetie



Kaylee Shewfelt



Kianna Kriska
Fairbanks



Lauren Kirby
Beaver



Leona Semaken
Kaltag



Lynda Yatlin
Huslia



Madison Jimmie
Northway



Mary Carroll
Fort Yukon



Mathias Torres
Northway



Rhannon Smoke
Stevens Village



Robert Pilot
Galena



Seth Watson
Rampart



Teisha Peter
Fort Yukon



Tessa Sweetsir
Galena



Tori Irene Saunders
Kaltag



Travis Painter
Grayling



Tyler Huntington
Koyukuk



Vanessa Joseph
Rampart/Minto



Walter Peter III
Fort Yukon



Zachary Dietrich
McGrath



Savannah Torres
Northway



Austin Esmailka
Kaltag



Autumn Williams
Koyukuk



Blaise Edwards
Allakaket



Sean Gunderson
Tanana



Addison Demoski
Nulato



Tiana Peter
Huslia/Manley



Daniel Sam
Tanana



Cecilia Demoski



Shirley Sam & Patricia Kriska
Koyukuk

YUKON RIVER DISASTER RELIEF PROGRAM

Tanana Chiefs Conference was a recipient of a grant from the **Yukon River Disaster Relief program**. Cost savings from conservation projects over the years has allowed TCC to purchase 200 additional conservation 6" nets. TCC received 300 applications for the 200 nets.

The intent of the 6" net release program through Disaster Relief from 2015-2019, is to provide an opportunity for subsistence users who did not have 6" mesh nets to participate in fishing during king conservation openers that required 6" mesh. In addition, voluntary use of 6" mesh during non-conservation openers has been encouraged (when it makes sense) to allow for the passage of large female kings to get to the spawning grounds in order to help

rebuild depleted stocks.

The criteria for the net application is:

- (1) must be a current subsistence fisherman with the TCC portion of the Yukon or Kuskokwim Rivers
- (2) Must not be a member of a household that already has a 6" mesh net
- (3) Must not have received a 6" mesh net in 2011 to 2018

Because there were many more net applications than nets available, TCC further categorized net eligibility as follows:

- (1) rural resident
- (2) mainstem villages (along the Yukon River and Tanana River)
- (3) non-mainstem villages (Allakaket, Huslia, Venetie and Arctic Village) will receive nets through a lottery drawing

(4) Fairbanks applicants will not receive a net

Some villages have already received their nets based on final approval of applicants. Other villages will be receiving them shortly. Villages close to Fairbanks (Nenana, Manley, Rampart, Minto) will be contacted for recipients to pick up their nets in Fairbanks.

TCC encourages all subsistence fishermen to utilize conservation methods during king passages. If you did not receive a 6" mesh net through this program, TCC will retain your application in case there is a future opportunity. Nets can be purchased through LFS/Donalsons in Anchorage. They are not the only net supplier, however.

Tanana Chiefs Conference wishes everyone a safe and successful season.

TCC Honors Those Lost to Cancer

By Rachel Saylor
Communications Manager, TCC

Cancer is the leading cause of death among Alaska Native people*, which is why the village of Tanana passed a resolution in 2018 encouraging Tanana Chiefs Conference to “organize a walk devoted to remembering those we’ve lost to cancer, raising cancer awareness, cancer prevention, and information on harmful lifestyles.”

On June 2nd, 2019, TCC hosted the Khotr’elneyn 5K Walk/Run in Fairbanks. Khotr’elneyn is from the Lower Tanana Athabascan dialect, which translates to ‘We Remember’.

“We have all been affected by cancer either directly or indirectly and we have all lost friends and family to the disease,” says TCC Chief/Chairman Victor Joseph, “It’s important that we gather together to honor those we have lost, those who are suffering, and those who are in recovery.”

The event featured a special performance by indigenous group Pamyua, a cancer focused health fair featuring health educators from across the state, Alaska Native art for sale, and more.

While the event was free to the public, runners could purchase a race bib for a suggested \$5 donation. All donations for the event went towards the Interior Alaska Cancer Association (IACA), an all-volunteer organization that provides support groups, financial assistance, and resource guidance for Interior Alaskans diagnosed with cancer.

TCC kicked off the fundraising with a \$1,500 towards IACA. In total, \$2,287 were raised at the event. Additionally, Galena raised a total of \$650 during the walk in their community.



Several rural communities also participated in the 5K Run/Walk

Nulato



Tanacross



Nenana



Galena



Tanana
Tetlin

Cancer Warning Signs

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS FOR SEVERAL WEEKS, TALK TO YOUR PROVIDER:

- Unexplained weight loss
- Unexplained blood in stool
- Change in bowel habits
- Pain in abdomen
- Shortness of breath
- Chronic cough
- Severe headache that won't go away
- Feeling tired, weak, & dizzy
- Unexplained nausea/vomiting
- Swollen glands/Lump in neck
- Breast lumps or nipple discharge
- Women: Bloating & fullness sensation in lower abdomen
- Men: Lump in testicles
- Teenagers & Young Adults: Bone pain without injury

If you have any of the following symptoms, make an appointment **right away**:

- First time seizure
- Yellow eyes or skin
- Coughing up blood
- Trouble swallowing
- Blood in urine

Are you Alaska Native? Do you live in the Fairbanks Area?

TAKE OUR SURVEY!

We want to ensure that we have a clear understanding of our people's concerns and priorities, as together we advocate politically and make decisions about future community service improvements.



You could win a CASH PRIZE!
\$100 or \$500 or \$,1000

Take the survey by July 15th, 2019
to be entered to win!

WARRIOR PROFILE

"I am Koyukon, and wellness starts with me."

Shannon Erhart, Wellness Warrior
Koyukon, Athabaskan
Yukon Tanana Subregion
Tanana, Alaska



Apply Today

for the
Tanana Chiefs Conference
Indigenous Wellness Academy

January 2020 - June 2020

For more information on the 2020 Indigenous
Wellness Academy please contact:
Division of Wellness & Prevention
907-452-8251 1-800-478-6822
Ext. 3004
Isabelle.Salmon@tananachiefs.org



Community Health Aide Program 2019 *Graduates*

On May 24th, 2019, Tanana Chiefs Conference held a Ceremony celebrating four rural health care staff for completing all four levels of the Community Health Aide (CHA) Program; Teisha Wiehl of Beaver; Amber Jimmie of Minto; Mariah Bifelt of Hughes; and Robert (Dale) Keeling of Manley.

This is the third group of graduates to complete CHA Level 4 through TCC's Community Health Aide Training Center, which opened its doors in 2016. The intention of opening up this facility was to provide the opportunity for CHAs to complete these programs at an accelerated rate. Prior to

the opening of the CHA Training Center, CHAs would have to travel to Anchorage, Nome, or Bethel to complete their training, sometimes waiting up to two years just to be accepted into the program.

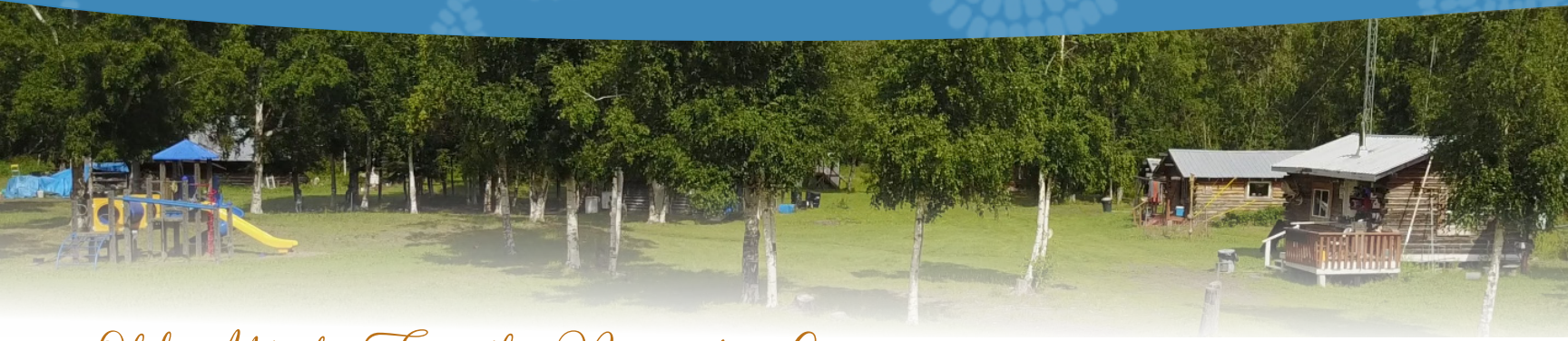
As of now, eleven CHAs have completed Level 4 through our training center, ensuring that our rural communities receive a higher level of care. Community Health Aides/Practitioners provide primary, preventative, chronic care, and 24/7 emergency services in villages.

The Community Health Aide/Practitioner is a unique and invaluable link to ensuring health services in the TCC region.

The opportunity to care for one's own community is honorable, takes a great amount of courage and promises to be one of the most fulfilling commitments of a lifetime. These four individuals will return to their communities and be

able to offer the full services that a Health Aide can. If you see them, be sure to congratulate them on their accomplishments!





Old Minto Family Recovery Camp

By Greg Alexander
OMFRC Administrative Supervisor, TCC

The Old Minto Family Recovery Camp is an Athabascan alternative to substance abuse treatment; a place to begin healing in a traditional setting.

It is our belief that for Alaska Natives today, alcohol and drug use became a toxic way of coping with a loss of traditional Native values, cultural patterns, identities, relationships, and unresolved trauma.

By using Native culture and traditional values as our foundation, our goal is to help people help themselves as they heal from trauma, choose healthy lifestyles and overcome substance use. Our intent is to provide families and individuals with the skills that will help them live healthy and substance free lifestyles within their own communities.

The program is designed for Alaska Native families, but we welcome all individuals. We encourage self-referrals and accept referrals from the Office of Children Services, Probation/Parole, Mental Health/Alcohol Programs, Tribal Courts, FASAP, public defenders, and the court system.

The first step to determine if you are eligible for services is to complete the enrollment application which can be downloaded at tananachiefs.org under the Health tab click on the Old Minto Family Recovery Camp and scroll down to find the application. When you are done filling out the application fax it to 907-459-3835, please list everything that you are faxing on the cover page and you must call to confirm that we received the fax at 907-452-8251 ext. 3097 Chelsea Hadley or ext. 3010 Virginia Sweetsir. If you are planning to attend treatment with a spouse and/or child(s), please inform us so that we can complete other requirements and make arrangements.

Physical Exam completed within 3 months is required for all members of the family attending the program. The physical can only be completed and signed by a medical doctor or a physician assistant. Sorry we cannot accept physicals from a Community Health Aide. If you are planning to come to Old Minto check to see if the Doctor will be in your village to have your physical done.



For more information contact Old Minto Family Recovery Camp at (907) 452-8251



How to Build a *Better Looking* Garden Bed

By Heidi Rader
Tribes Extension Education, TCC

As some of you might have deduced from reading my column, I'm a die-hard edible gardener and it's a stretch for me to think outside the vegetable row. If you can't eat it, doesn't attract pollinators or fix nitrogen, it's not going to get a spot in my garden. This summer, I decided to change that and dedicate one bed to flowers. Here's how I designed it.

First, I needed to determine what I liked and didn't like. As a starting point, I glanced through books and magazines, online, and through my many photos of flower beds taken at the Georgeson Botanical Garden on the University of Alaska Fairbanks campus, and at local hotels, greenhouses and home landscapes. I'm a garden nerd, and so I take a lot of photos of flowers, vegetables and gardens.

One of my favorite beds on campus uses the massing approach, where only one type of flower or plant in one or two shades is grown. This bed is a mass of crimson and strawberry-colored *Nicotiana*. It creates a dramatic visual impact. I'm not so into the beds on campus that are white and baby pink *alyssum*, a so-called restful combination.

In addition to the overall bed design, I needed to think about color, texture, flower shape, height, focal points, bloom sequence and whether to integrate flowers, shrubs, herbs, vegetables and grasses. And finally, would the plants I chose thrive in Fairbanks?

From looking at other flower beds, I figured out that for colors, I like the maximum amount of contrast. Give me a bright pink cosmos with dark blue iris (or blue sage) or bright orange marigolds with dark blue lobelia. In "There's a Moose in My Garden," Brenda Adams calls this a "sassy" combination. On the color wheel, this translates to a complementary or split complementary color scheme. I'm not so drawn to monochromatic, washed-out colors. This handy color wheel

calculator helped further identify color schemes I liked at bit.ly/2iVh5IO. Cornell University also has some helpful guides for using color to design flower beds and more at bit.ly/2UV10r1.

I also like varied and dramatic textures like grass or globe onions or coleus combined with flowers. And I like unique, oddly shaped flowers like hibiscus, Chinese asters, double poppies and clematis, not only because they photograph well. I'll blame it on being a lifetime Fairbanksan, but I'm a little bored with petunias, lobelia, geraniums, begonias and pansies, even though I know they're dependable.

Variation in height also makes a flower bed more interesting. Standard advice says tall plants go in the back and short plants go in front to prevent shading and so you can see the short plants. A focal point might also be nice — this could be a tall plant, sculpture or birdbath, for example.

Familiarizing myself with the ultimate height and bloom or maturity time helped me plan for what the bed would look like in a month or two and not focus on what it looks like now. I wanted at least something to be blooming throughout the summer. Perennials are nice because they come back every year but their flowers tend to be less showy and the bloom time shorter than annuals. Aside from length of bloom, flowers also start blooming either early, midsummer or late summer. I chose both perennials and annuals in my bed.

I do like the juxtaposition of flowers, shrubs, herbs, vegetables and grasses, but my bed is pretty small so I planted mostly flowers.

Unfortunately, not everything I wanted in my flower bed would thrive and bloom in Fairbanks' short, sometimes hot, sometimes not, summers. The following resources can help you determine if something is a wise choice for Fairbanks:

- Flower trials conducted in

Fairbanks at the Georgeson Botanical Garden: bit.ly/2i7ZkmF

- "Alaska's Sustainable Gardening Handbook," available from UAF Cooperative Extension Service: www.uaf.edu/ces

- "Landscape Plants for Alaska," www.alaskaplants.org

- Georgeson Botanical Garden, UAF campus, local greenhouses, the Tanana Valley Fair Gardens, hotels, restaurants' and friends' gardens. Observe what thrives and what doesn't and what you like and dislike.

After I had a sense of what I wanted to plant, then I needed to decide how they should be arranged. I was going for an aesthetic look so I didn't simply want to line them up like in my vegetable garden. Looking at garden bed designs online helped give me creative ideas for arranging the plants. They used a square foot grid pattern to show the size of the bed and used coded shapes to show where each type of flower, and how many of that type of flower or plant to add to the bed. This was nice because it helped me envision what the bed would look like when it was mature. It also took the guesswork out of where I should put what and how far apart. I wanted a filled-in look, but didn't want things to be too crowded.

Much like a recipe, I ended up making lots of substitutions based on my other design choices, what I knew would actually grow in Fairbanks (these designs were for the Lower 48), and what I could find at my local greenhouse. Another tip I came across was to plant a minimum of three of something, either clumped together or arranged throughout the bed, although I've seen many plans where this rule was not followed, particularly with perennials, since they tend to spread vegetatively, this probably isn't necessary.

So what do you find attractive? If you're not sure, start looking around to see what strikes your fancy and let the journey begin.

QUESTIONS ABOUT GARDENING?

Contact Heidi at heidi.rader@tananachiefs.org or 907-452-8251 ext. 3477

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

5 STEPS *Talking to your Children about Alcohol*

1. SHOW YOU DISAPPROVE OF UNDERAGE DRINKING

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

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

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

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

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

4. SHOW YOU'RE PAYING ATTENTION

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

if they think no one will notice.

There are many subtle ways to do this without prying.

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

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

For more information contact Wellness & Prevention at 907-452-8251 or visit www.samsha.gov

GARDEN OF ROSES

Camp for Girls

The Garden of Roses Camp for Girls is a free opportunity for Alaska Native girls ages 8-17 who are survivors of sexual abuse, and their guardians, to heal through Native traditions.

Campers and their parent/guardian will enjoy a safe weekend of outdoor activities, healing circles, and Native traditions with other Alaska Native families.

AUGUST 2-4, 2019
FAIRBANKS, ALASKA

Travel scholarships available

DEADLINE TO APPLY:
JUNE 14, 2019

TEEN DENTAL HEALTH

By Barb O'Donnell, RDH
Dental Hygienist, TCC



Today's youth are encouraged to test boundaries and experiment during their teen years. Pressures to "be different" are very real. Oral health may seem like a simple topic to teens. Social media has spawned many sites with teens offering other teens tutorials on tooth whitening, braces using paper clips, piercings and dealing with bad breath. Do these sites or peer-to-peer pressure help or hurt teens in the long run?

Be careful! Teens thinking they can whiten or straighten their teeth may just be concerned about "looks rather than health". When it comes to oral health, conventional wisdom is the best way to go. A healthy mouth is an attractive mouth. The dental team has the knowledge and expertise to deal with the complexities of oral health throughout a person's entire life, teens included.

It starts with a professional dental exam and x-rays. This will identify the health or decay of each tooth. Dark spots on teeth may be cavities that need to be repaired, not whitened! Many cavities can only be seen with an x-ray, not by just looking. Dentists have vast experience in identifying and treating decay, which prevents pain and problems in the mouth. This is necessary throughout a person's whole life.

The dentist will also identify the need for braces and refer to an orthodontist for treatment. This may involve extraction of some teeth before braces can be placed. "Do it yourself" braces with paper clips is extremely dangerous and could cause major problems in the mouth including tooth loss from cracking, breaking or decaying teeth and severe gum infections.

Every person's teeth develop on their own schedule. Dental radiographs will also give a picture of all teeth located under the gum line, including wisdom teeth. Referrals can be made for the removal of wisdom teeth if it looks like there is not sufficient room for them to erupt properly.

Using the red disclosing solution or tablets is the best way to identify dental plaque bacteria in the mouth. Teens will receive brushing and flossing instruction and diet counseling during their appointments. The emphasis is on preventing plaque and acid attacks, which is the best way to prevent cavities and yellowing. Teens are notorious for poor diet choices. Acidic drinks like soda pop and sports drinks can cause enamel erosion and breakdown without any visible signs.

A secondary effect of thorough, frequent brushing and flossing is preventing gingivitis. This cuts down on bad breath. Tobacco use by teens can also cause tooth staining, gum disease, bad breath and even oral cancer. The dental team can help with information and referrals.

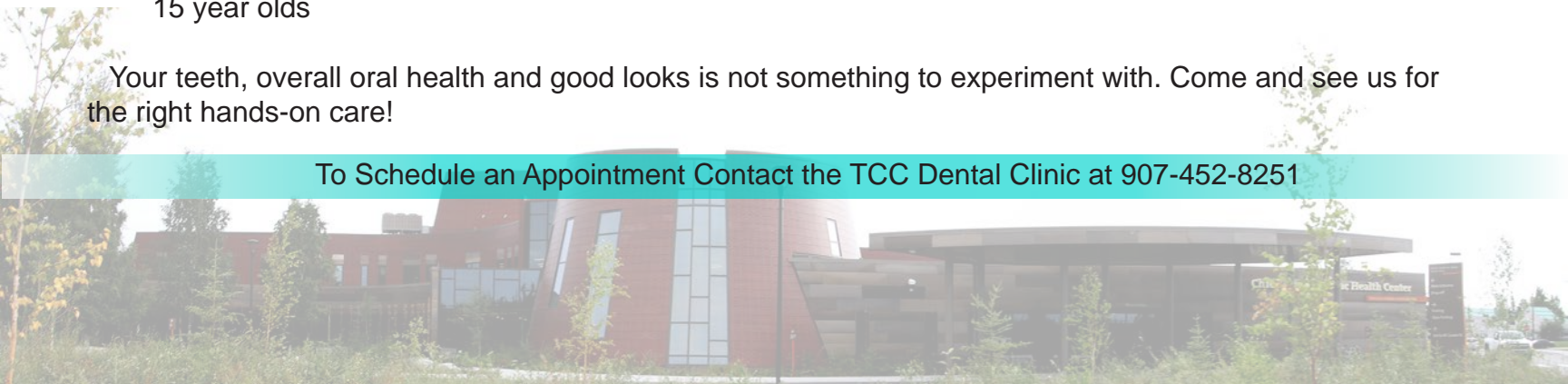
Piercings and jewelry may be a way to "stand out" and be different, but do teens really know what can happen with external fixtures in their mouth? Broken and chipped teeth, infections, swellings and traumatic bone loss around teeth are all possible and common with piercings. Is having a piercing worth losing a lower front tooth?

The best way to go for youth and teens:

- Make a call to the dental clinic, get an appointment and see the dental team for an exam
- Cleaning and professional treatment rather than going to social media for "advice" being dispensed by 15 year olds

Your teeth, overall oral health and good looks is not something to experiment with. Come and see us for the right hands-on care!

To Schedule an Appointment Contact the TCC Dental Clinic at 907-452-8251



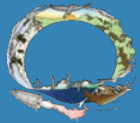
THE COUNCIL NEWSLETTER

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



Tanana
Chiefs
Conference

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JOIN THE TCC FAMILY

WWW.TANANACHIEFS.ORG

Village Vacancies

- Behavioral Health Aide (Ruby, Rampart, Chalkyitsik, Dot Lake, Nulato)
- Cook(EHS) (Galena)
- Elder Nutrition Cook (Hughes, McGrath, Nikoali)
- Family Visitor (Grayling, Holy Cross, Shageluk, Kaltag, Allakaket, Tanacross, Tetlin, Hughes, Huslia)
- Healthy Transitions Clinician (Tok)
- Physician Assistant-Upper Tanana Health Center (Tok)
- Preschool Assistant Teacher (McGrath, Galena, Grayling, Nenana, Huslia, Northway, Fort Yukon)
- Preschool Lead Teacher (Galena)
- SOC Youth Lead (Kaltag)
- Substitute Elder Nutrition Cook (Venetie, Circle, Arctic Village)
- Tribal Administrator-Onsite Supervisor (Circle)
- Tribal Workforce Development Specialist (Grayling)
- Village Public Safety Officer (Grayling, Tanana, Circle, Venetie, McGrath, Ruby, Nulato, Huslia)

Fairbanks Vacancies

- Behavioral Health Assessment Clinician
- Behavioral Health Clinical Associate-Fairbanks
- Behavioral Health Crisis Clinician
- Camp Counselor
- Certified Medical Assistant
- Coding Manager
- Communications Intern
- Corporate Compliance and Risk Officer
- Director Employee Recruitment and Retention
- Early Intervention Specialist
- Employee Health RN
- Employment and Training Program Assistant
- Enrollment Specialist
- Health and Safety Officer
- Health, Nutrition and Safety Coordinator
- Health, Nutrition and Safety Coordinator
- HIM Technician
- Hospitality Support Staff
- Housing First Behavioral Health Clinician
- Itinerant Behavioral Health Clinician
- MAT RN Case Manager

Region- Wide Vacancies

- Itinerant Clinician - SOC
- Medical Coder II
- Wild Land Firefighter Type II Crew Member

JOB LISTED WERE OPEN AS OF July 1st, 2019

UPCOMING MEETINGS/EVENTS

TCC Closed
July 4 & 5 • Independence Day

Rampart Culture & Wellness Camp
July 15th - 19th • Rampart, AK

Lower Yukon Subregional Meeting
July 17-18 • Anvik, AK

Anvik Culture & Wellness Camp
July 29th - August 2nd • Anvik, AK

Yukon Tanana Subregional Meeting
July 22-23 • Nenana, AK

Upper Kuskokwim Subregional Meeting
July 26 • McGrath, AK

2019 Education Summit

August 2nd, 2019
8am - 5pm
Chief David Salmon Tribal Hall
Fairbank, AK

State of Education