

the Council

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A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

November 2019



30 Years of live AFN broadcasting

Sharon McConnell and Anna Sattler served as AFN broadcasters over the years. They are veteran broadcasters and have recognizable faces in Alaska. Photo from <https://athabascanwoman.com/?p=2182>

Sharon McConnell was born on November 26, 1959, with her twin sister Shirley Lee, to parents Russell "Mac" McConnell and Helen Foster McConnell. She has three other sisters besides Shirley – Doris (dec.), Marilyn and Donna. She was raised in the small village of Evansville, at the foot of the Brooks Range. When it was time for high school, she and Shirley had to move into Fairbanks. It was while in high school that she

discovered her passion for journalism. Still a teenager, she began her formal career as an intern reporter for Tundra Times and then as a radio announcer at KIAK Radio in Fairbanks in the mid-1970's. Many of you will remember her delivering the nightly news on television, when she worked at KIMO in Anchorage, in the last 1970's and early 1980's. With this position she became one of the first Alaska Native statewide news anchors and reporters

(if not the first) in Alaska. This was when television was first introduced throughout the State in the 1970's. She was also the first Alaska Native to host a national radio talk show. She has travelled to Greenland to provide live coverage of the Inuit Circumpolar Conference.

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Gwich'in Athabascan Fiddle Dance
November 6th-9th, 2019
Morris Thompson Cultural & Visitors Center
Get Your Jig On!

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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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CHIEF'S REPORT



Dear Tribes and Tribal Members,

I hope that everyone had a fang-tastic Halloween! Now that Halloween has passed, it is important to consider the effect that candy has on your teeth. Although the occasional candy consumption has a minimal effect upon our teeth, when Halloween comes we end up exposing their teeth to more sugar. This longer exposure to sugar allows oral bacteria to create more damaging acid attacks that can lead to tooth decay. It is recommended to brush your teeth twice a day and see your dentist regularly to ensure your teeth are healthy! For more information regarding dental in our area, please contact our Dental Department at 907-451-6682.

Last month, the Alaska Federation of Natives (AFN) Convention was held in Fairbanks with the theme "Good Government, Alaskan Driven." This year's keynote speaker was Pete Kaiser, 2019 Iditarod Champion. Topics included public safety in rural Alaska, preventing domestic abuse against Native women and children, Alaska's economy, education, public health, public welfare, infrastructure, redistricting after the Census and elections, and more. This Convention allow delegates to discuss important topics and share stories, strengths, and challenges. During AFN, Attorney General William Barr announced the Justice Department has awarded \$42 million in grants towards public safety in Rural Alaska.

For the past 30 years, Sharon McConnell of Evansville, has hosted the live television broadcast of the annual AFN Convention where she has interviewed leaders such as Governors, Senators, and others. This year marked the last year Sharon provided live coverage of the event. I want to thank her for the work she has done for our people.

Please join us for a Summit & Special Full Board of Director's Meeting on November 13th -14th at the Westmark Hotel. Discussion topics will focus on Behavioral Health and Hunting Fishing Task Force. In the afternoon on the 14th, we will call to order to consider the Behavioral Health and Hunting Fishing Task Force strategies. In addition, as directed by Resolution 2019-2020, "Random drug testing for the Executive and Health Advisory Board", a policy will be presented for consideration. I look forward to seeing you all there!

Thanksgiving is right around the corner and I hope you spend it surrounded by your loved ones. It's important to take this time to pause and reflect on all we have to be thankful for, and the blessings granted to us.

The holidays are special times of the year when families come together to celebrate and enjoy each other's company. For many, it can be a difficult time when grieving the loss of a loved one, especially the first Holiday cycle after the passing. We want you to know there are ways to cope with the loss of your loved ones while still finding time to celebrate. It's important to decide what you want to experience during this time, our Behavioral Health Division is available to provide support if needed, please reach out. May this Holiday Season bring you hope, good memories, and most importantly, that you feel the love from each other during this time of grief for you, your family, and the community. TCC is working with a new on-call service for our after-hours emergency line. We hope this will improve our after-hours services for our patients. The after-hours number will remain the same, 907-452-8251 ext. 3800 or 907-459-3800.

As always, all of us here at TCC continue to work towards our vision of Healthy, Strong, Unified Tribes.

Ana Bassee,
Victor Joseph
Chief/Chairman

Community Health Aide Spotlight

Karma Ulvi - Eagle Health Aide

By Nancy Tarnai, TCC

When an emergency happens in rural Alaska, community members usually call on two people – the Chief and the Health Aide. For the Native Village of Eagle both of those roles are placed upon one person alone – Karma Ulvi. Ulvi grew up in Eagle with a desire to work for her people and help tribal members and she is thrilled to be able to do that with her dual roles.

“When I heard about the health aide training program I jumped at the chance,” she said. She had doubts about her abilities to do the job, but through hard work and diligent studies has managed to be successful.

Ulvi, 41, was in the first graduating class of the TCC CHAP training center. “It was really nice to be close to home for my training,” she said. She also loved working with the medical providers. “I got to know them and be comfortable with them.”

In her village of 75 people located on the Yukon River near the Yukon Charley Rivers National Preserve, Ulvi keeps an eye out for young people who might be good candidates

for health aide careers. “I tell people about the benefits of the health aide program,” she said. “The people at CHAP really take care of you.”

Fulfilling the duties of a health aide and as Chief is a lot of work but Ulvi treasures it. “I wanted this ever since I was little,” she said. “I have so many plans for the village. I am overjoyed to serve as Chief.”

She starts and ends her days at the tribal office and works at the clinic in between. “I love the challenge of it,” she said. “Every day is different. You have to do things out of your comfort zone. It’s wonderful to help people feel better and try to solve their problems.

“There are new things all the time to figure out. Each day there’s a new case, new technologies to use and new people with new health problems. You never know what’s going to come along.”

It’s taxing to be alone in emergencies but Ulvi has learned to manage. “I have the help of the doctors (via

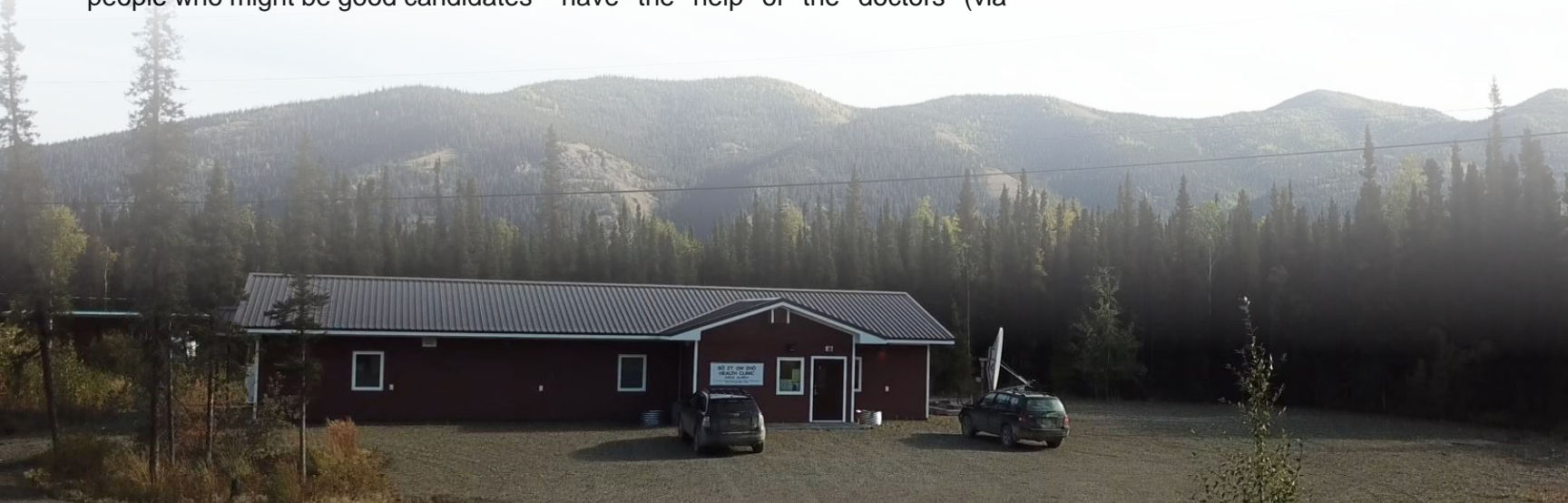
phone calls) but I’m out here and have to figure it out myself.”



Ulvi is learning the Native language of the Han Kutchin (part of the Gwich’in people) and hopes to work with elders to host a language/literacy convention in Eagle. She would eventually like to further her education to become a nurse or physician’s assistant.

She enjoys fishing, hunting, traveling, picking berries and spending time with elders.

Dr. Billy Carpenter, Training Center Medical Director, said, “Karma is a very motivated health aide and has repeatedly demonstrated her dedication to her community and the wellbeing of her patients. Her positive attitude and self confidence have been an inspiration to everyone in the CHAP Training Center and hopefully will continue to be an inspiration to other aspiring health aides.”



Changes to Medicaid Vouchers

October 1, 2019 the State of Alaska made changes to the Medicaid Vouchers used for taxis, lodging and meals. Each voucher has an individual tracking number. The tracking number is used to identify the patient and their approved travel service. Per Medicaid, CAIHC is not allowed to re-write

vouchers unless the original vouchers are returned to clinic prior to re-issue.

When traveling it is the patient and/or escort responsibility to remember to pack their Medicaid Vouchers prior to leaving their home community. Please remember to keep all Medicaid Vouchers in a safe location

at all times.

CAIHC is unable to re-issue lost, stolen or forgotten vouchers. It will be the responsibility of the patient/escort to pay for their taxi’s, lodging, and meals, reimbursements of those expenses will not be given.



In Memory of *Howard Luke*

Howard Luke passed away Sept. 21, 2019, at Denali Care Center, Fairbanks.

He had a long, active life. He did just about whatever he wanted to do, living a mixture of subsistence and modern lifestyle.

Howard was born downstream at Nenana at Linder Lakes on Oct. 9, 1923. Howard's real name was Howard Jimmie. Howard's Father, Luke Jimmie, died in a drowning accident when Howard was very young. Howard's mother, Susie Silas, raised Howard alone at Linder Lakes. They moved to Nenana so Howard could get some schooling. When Howard was signed up for first grade at St. Marks Mission School. They got confused with Howard's father's name, being Luke Jimmie, and signed Howard up as Howard Luke! Howard and his mother were both just learning English at this time, so it never got corrected. Howard spent grades one through four at the Mission School. He never missed a chance to "skip" and help an elder or blind person cut wood or pack water. Thus when he was about 9 and in the fourth grade, Susie allowed him to quit school, but only with the condition that he learn to read and write from a catalog they had. Also, an auntie helped teach him with the picture method. Show a picture of a moose, then write the word "moose." If they were going to cook or cut wood, pictures were drawn and the words written. Now Howard was free to help his mother trap and hunt so they had a little more money to survive on.

Howard remembers in 1933-34, watching the Sternwheeler "Nenana" being assembled on the riverbank in Nenana, Alaska. When Howard was about 13, Susie moved the two of them upriver to Fairbanks in 1936. A year later, they moved across the Tanana River to the Indian village of Chena. Even though Susie raised Howard alone, he had three brothers, one half-brother, and two sisters. They all passed when Howard was very young or before, and lived different situations.

The village of Chena was nearly completely eradicated from epidemics before Susie and Howard moved there, and this area evolved into their "camp" or home. Three cabins were built over the years and it later became their Native allotment.

Susie married William Silas, and Howard now had a stepfather. He learned to trap, hunt, fish with nets and build fishwheels. He learned how to pick the best birch trees to make sleds and snowshoes. He learned how to "read" the river and knew all the shallows and shortcuts. In the 1940s, Howard got dogs and was a successful dog racer. He won and placed in a lot of races statewide. In the 1950s and 60s, Howard took up boat racing. Howard was "captain" of Johnny Anderson's "Blue Goose" when they won the 1965 Yukon 800 boat race. Whether dog racing, boat racing,





October 9, 1923 - September 21, 2019

snowmachining or running his own riverboat, Howard knew only one speed, wide open.

During these years, Howard and his mother would try to help people that needed it, by bringing them home, give them a roof, feeding and, if needed, drying them out. When Howard's mother passed, he continued doing this.

During the 1950s, Capt. Jim Binkley and his wife, Mary, started visiting Howard's camp in their little boat, Godspeed. This evolved into the Discovery tourist boats that Fairbanks knows today.

Howard had his own problems with alcohol and when he whipped that, he started volunteering at local schools, teaching kids to make baskets, dogsleds, snowshoes and telling them to use common sense. This effort grew into groups of kids coming to "camp" and learning life values. Some trapping, making things, cooking, camping and cutting wood. Even cutting salmon during summers. Howard wanted the young people to learn to survive the next depression.

Soon, Howard was doing language and crafts at the high schools and the university. The Fairbanks North Star Borough School District built an alternative school and named it "Howard Luke Academy" after him. This later evolved into the Howard Luke Campus. In 1991, Howard, with only a fourth-grade education, received an honorary high school diploma from his own school. In 1996, the University of Alaska Fairbanks presented Howard with an honorary degree of Doctorate of Humane Letters.

Howard was able to travel culturally to Australia, New Zealand, Russia, Canada and the Lower 48 states.

Howard was not a religious man in the sense of church or book. He had his own religion when he knew that animals used to be human at one time. If you treat them right it helps you hold onto your "luck." Respect, integrity, and Gaa Lee 'ya and luck all the same thing. Howard talked and listened to the owls and the porcupines. He watched the wind, the river, the weather. He knew where the best spruce poles were for fishwheel. He knew the best birch trees for bending into snowshoes and sleds. He knew where the fish traveled.

Howard Luke is a man on his own trail. Howard and his dog "Schatzi" are on their own trail watching over "camp."

Howard Luke was pre-deceased by his father, Luke Jimmie, mother Susie Silas, and stepfather William Silas. Howard had no children, but one adopted daughter Maureen MacCracken. He had numerous nephews, nieces and cousins and his nephew Howard Maillard and grandchildren and great-grandchildren

Howard and Gaa Lee 'ya Spirit Camps was supported by many organizations, a select group of individuals, hundreds of students and everybody called him "Uncle Howard."

Obituary: <https://legacy.co/32bY38y>



The History of the *Gwich'in Athabascan Fiddle Dance*

In 2010, Athabascan fiddler Bill Stevens and Traditional Chief Trimble Gilbert approached Tanana Chiefs Conference Cultural Program Director Dixie Alexander with a request—document the traditional Gwich'in Athabascan square dances so people will remember them.

Just like the loss of traditional art forms and languages, the dances that used to fill the tribal halls in the villages were being forgotten. Instead of simply filming the dances for historical purposes, Alexander did something better. She created the Gwich'in Athabascan Fiddle Dance at the Morris Thompson Cultural and Visitors Center, where the old-time dances are the highlight of the night. The dances are held in Fairbanks in March during TCC's convention and again in mid-

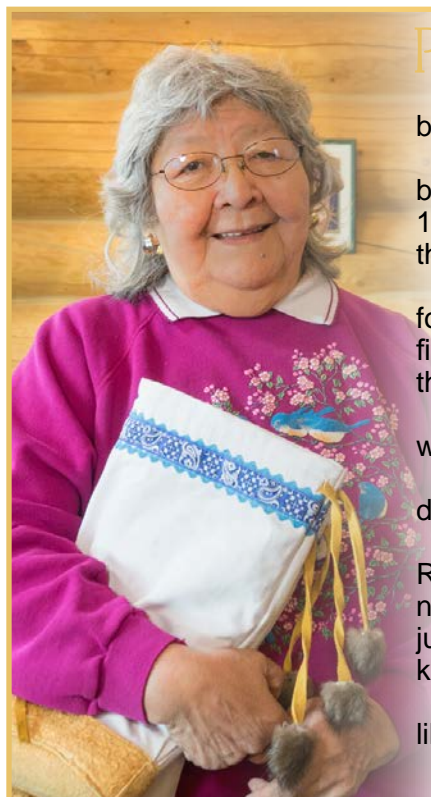
November.

Fiddle music was first brought to Alaska by fur traders who set up a trading post on the Yukon River in the 1840s. The music with roots in Scotland and French Canada, and the accompanying jigs, reels, and square dances, caught on quickly with the Gwich'in tribes who were the first to hear this "new" music. It was adapted and integrated into traditional Indigenous celebrations, and passed on to the next generation at village celebrations that lasted long into the night and until the sun came up.

"The musicians played so long that there was a permanent indentation from the strings on their fingers," says Alexander, "and the dancers jigged until they wore holes in their moccasins!"

Now that the dances have been rekindled, Judify Henry from Venetie comes to every one. Arriving fully decked out in a moose hide vest and caribou skin boots, he buys extra admission tickets for friends so he'll have a partner for every dance. Elder Elise Pitka doesn't dance, but she comes to watch the jiggers. She arrives when the doors open to claim her seat and enjoy moose soup and frybread; she doesn't leave until well past midnight when the clean-up crew is done.

The jig contest draws dozens of contestants who take the floor two at a time to show off their fast jig and beautiful moccasins. The perennial favorites are the youngest dancers, who spin around the floor with their parents, grandparents, aunties and uncles, ensuring that the dances will be preserved through the next generation.



RUTH RIDLEY, EAGLE

Ruth Ridley, born August 15th, 1950, was raised in the Native village of Eagle with her brothers and sisters.

Growing up in Eagle, Ridley remembers her mother would ask her to take some biscuits to her grandmother, Eliza Malkin's, house. Her grandmother lived to be over 130 years old. "She was just the happiest little old lady," says Ridley, "Work, work, work; that's all she did."

Ridley remembers summertime in Eagle, when people would check the fish wheels for salmon. "I used to have a little frying pan and run around where they were cutting fish," says Ridley. "I would pick up those little salmon hearts. Fry my own little heart in there."

"Then we had hunting for ducks. They're nice and fat and chubby," says Ridley. "So we'd have nice, good duck soup."

"Our elders never told us, they just did it and we watched them," says Ridley. "We didn't talk and that's how we learned."

Ridley and her husband eventually moved to Fairbanks, living off of First Avenue. Ridley remembers walking downtown with her husband at 60 below, wearing only a nylon windbreaker and a sweater. "I said, 'Maybe we're just in love, that's why we were just nice and warm, not freezing walking to town,'" laughs Ridley. Together, they had two kids; a son and a daughter.

Ridley's advice to future generations is simple. "Be happy and treat one another good, like they want to be treated. And pray."

To hear Ruth'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.

November is National

DIABETES AWARENESS *Month*

National Diabetes Awareness Month is an annual observance held in November to highlight the importance of early detections and symptoms. All of us here at Tanana Chiefs Conference want to provide you with some great educational materials that could **SAVE YOUR LIFE**. One in ten Americans have diabetes - that's more than 30 million people. Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

To find out more information or find out if you are at risk for having diabetes, schedule an appointment with your provider.

SYMPTOMS

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Women with gestational diabetes often have no symptoms, which is why it's important for at-risk women to be tested at the proper time during pregnancy.

COMMON MYTHS

Myth: If you are overweight, you will eventually develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity, and age also play a role. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include: regular soda, fruit punch, fruit drinks, energy drinks, sports drinks, sweet tea, etc.

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they do raise blood glucose (also called blood sugar) and need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

Contact our **Diabetes Program** at (907) 452-8251 or visit www.tananachiefsf.org/health/medical/diabetes to learn more about patient education, village visits, school visits, classes such as Express Class, Comprehensive Class, or individual education, and more!

TCC Works to “Grow Our Own” by Providing Career Exploration Opportunities for Youth

By Rachel Saylor
Communications Manager, TCC

TCC’s Education Program will be expanding the ‘Grow Our Own’ Program (TCC GO!) by providing more opportunities for youth to have hands-on experience in the health care field. TCC GO! will provide youth in TCC region with opportunities for academic advising, job shadowing, paid internship opportunities in health careers, and 2-week educational intensives in health-related topics.

“The idea is to give students the opportunity to experience different kinds of health career fields, learn what they’re interested in, find out what the job is really like, and connect them with relevant resources for pursuing those types of occupations in the future,” explains Edward Alexander, TCC’s Education Manager.

The expanded program will be funded through a recently acquired Alaska Native Education (ANE) Grant that will give TCC the funds to expand the program to more students across the region. The project has two primary goals; 1) increase the number of Alaska Native students in the TCC region who pursue health careers following high school and 2) increase the level of academic engagement and high school graduation rate of Alaska Native students in the TCC region.

Job Shadowing

Each year, 40 students from across the region will have the opportunity to participate in a job shadowing opportunity at the Chief Andrew Isaac Health Center (CAIHC). This means that over the lifecycle of the grant, 120

students will have gone through job shadowing.

“This will create mentorship opportunities between youth in the region and medical professionals,” explains Edward, “Those kinds of relationships are important in developing our youth.”

Intensive Courses

TCC will be offering two-week long educational intensives focused on a variety of health career topics and trainings. The course selection can be tailored to what the students in the subregion would like to learn about.

“Intensive education is a class that is offered in a compacted time frame for a very particular subject matter,” describes Edward, “For example, we might offer a class on EMT in a community and students would attend that class for 8 hours a day for those two weeks to learn about that particular subject.”

Internship Opportunities

Each year, 7 high school graduates receive a 4-week paid internship at CAIHC. If a student has previously participated in the TCC GO! job shadowing and one of the intensive courses, they will be eligible for consideration to participate in the intern program. Their travel and all expenses will be paid during that time. There will be one intern per subregion (6) and one selected from the Fairbanks area.

“It’s an important opportunity for students,” says Edward, “It’s

something they can put on their resumes as they enter into higher education and the workforce.”

Academic Advising

Academic advising will be available for students of all ages, with TCC planning to hire two academic advisors, who would be able to travel out to communities to talk with kids and talk with students participating in the intern program. This position will provide guidance for students interested in the health care field and connect them with opportunities for growth.

“They can find out what types of classes they should be taking, what resources are available, and so much more,” says Edward, “We just want to make sure that students are aware and connected to the opportunities available to them.”

Moving Forward

Beginning in October, the Education Program will begin hiring for four positions that will aid in supporting the new program:

- Health Education Coordinator
- Credentialing Assistant
- 2 Academic Advisors

Once the team is established, planning and developing the project will move forward. TCC will be providing parents, teachers, and students with more information as it becomes available so stay tuned!

“It will be life altering,” says Ed of the program, “It will be life changing for these students.”

Hope for the Holidays

Tips for Moving into the Holiday Season with Grief

By Roxanne Frank
Reclaiming Our People Program, TCC

Grief is an emotional response that is triggered by loss or change. Grief usually occurs after a major life change or loss. During the holidays you may notice the increased feeling of loss. Pretending you don’t hurt or avoiding the pain is not being true to yourself and does not help with processing grief.

The following are tips for entering this holiday season with grief:

1. Acknowledge that the holidays will be different and they may be emotionally difficult
2. Be kind to yourself.
3. Don’t block out what you are feeling.
4. Let others help you.
5. Light a candle for your missing loved one, and celebrate their memory.

What you need to know about the 2020 Census

When you fill out the census you help....

- Determine how many seats your state gets in Congress.
- Guide how more than \$167 million in federal funding is distributed to states and communities.
- Create jobs, provide housing, prepare for emergencies, and build schools, roads and hospitals.

Who should you include when filling out your census information?

- All children who live in your home, including grandchildren, nieces and nephews.
- Children who split their time

between homes, if they are living with you on April 1st, 2020

- Newborn babies, even those who are born on April 1st, 2020, or who are still in the hospital.

WHAT IF THERE IS A CHILD LIVING IN A HOME WHO ISN'T SUPPOSED TO BE THERE?

People living in places that they aren't allowed (for example, grandparents in a seniors-only residence that have grandchildren living with them, a family with more people, including children, than the lease allows, etc.) should be included in the census because the Census Bureau does not share information. This means any information provided to the Census

Bureau cannot be used or shared for any other purpose than the census.

Your information is completely secure!

The Census Bureau is required by law to protect any personal information collected and keep it strictly confidential. By law, your census responses cannot be used against you by any government agency or court in any way.



TCC Secures Funding for Health Clinic Construction Projects

Last November, TCC held a special Full Board of Directors meeting to discuss improving access to health care in our region. The meeting focused on expanding Chief Andrew Isaac Health Center (CAIHC), building a new Upper Tanana Health Center, and building new clinics in Evansville, Manley, and possibly Northway (the Projects) as the way to improve access to health care and the quality of health care. After TCC staff presentations and board discussions, the Full Board took action to authorize TCC to move forward with the Projects.

TCC has completed the next step in the process of completing the projects by securing approximately \$130 million in funding through the sale of municipal bonds. Because of TCC's continued strong financial position, high investment rating of "A+" by Fitch Ratings (a company that gives credit ratings to businesses), and a team that explained TCC's health services to investors, we were able to secure financing at extremely favorable rates compared to traditional bank funding.

This outcome is the result of other Board of Directors' leadership and the work of TCC's dedicated staff. There is no doubt the projects will improve access to health care and the quality of health care for our people.



From left to right: Jennifer Eden, Executive Director of Quality and Development; Brian Ridley, Executive Financial Officer; Nick Gasca, Associate Counsel; Jacoline Bergstrom, Executive Director of Health Services; Ben Shilling, Deputy Executive Financial Officer





NENANA Culture & Wellness Camp

By Shannon Erhart

Culture & Wellness Camp Manager, TCC and harvesting vegetables as well as making jam. Drug Enforcement Agents (DEA) talked to the youth about drug prevention, why you shouldn't do drugs.

The Nenana Culture and Wellness Camp was held August 19-23. Due to high water cresting on the Tanana River, the camp was held at the Mitch Demientieff Tribal Hall. The camp was incorporated with the Nenana City School's first week of school (grades K-high school); with ages 5 to elders attending. There were over 150 participants! Since Nenana is a boarding school we had participants from as far away as Mountain Village!

to the hall to participate in the Camp activities; as well as with Elder's from Minto and local cultural instructors to tell history/stories of the area, and to teach them about traditional activities such as: beading, fish cutting, berry picking, singing, soup making, cutting moose meat, and birch bark basket making.

Wellness and Prevention topics were provided by TCC staff in attendance who taught them about the effects of smoking and vaping; bullying; making good choices; suicide; eating healthy

The camp concluded with a potlatch, that all youth helped prepare for by prepping vegetables for the soups and salads, and by cutting meat for the soup and by assisting/watching cooking it over the camp fire. A very fun/busy week was held by all in attendance.





2019 Culture & Wellness Camp Schedule

Lower Yukon

- Shageluk - August 27-29
- Anvik - September 18-20

Upper Tanana

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

Yukon Koyukuk

- Galena - 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 24-27
- Nenana - August 19-23

Building Culture Into Schools

By Aviendha Cierra
Senior, Minto High School

I believe schools should be participating in cultural activities during school hours as it is our form of education, and has been passed down from our ancestors. I agree that it shouldn't take up too much of our school time, but it's an important part of our culture as it offers us the chance to learn more about our traditions and way of life. Our culture has also been brought into school itself, with classes like beading, sewing, native language, and dog mushing. Our culture can be blended into school in many different ways.

One of the ways culture can be blended into education is by allowing students to participate in activities during school hours. One cultural activity would be potlatches and preparing for potlatches (hunting, cooking/baking traditional and non-traditional foods, setting the hall up, and learning to make certain foods.).

When we do this, we are taught how a potlatch is properly carried out, so that we will be able to carry on our traditions to our descendants. The youth is already starting to lose our way of life and our traditions, so we must hold onto it for as long as we can. And we must reintroduce our way of life to our youth.

Here in Minto we had the opportunity to participate in memorial potlatch for Evelyn Alexander, and it's one of the first memorial potlatches that I actually remember. Me and my classmates got to experience the whole memorial process, and helped set everything up. Each day after lunch we would break into groups ranging from kindergarten to 12th grade. We went to many different

stations around the village where we learned various cultural things like how to make jam, cut fish, and bead bracelets for memorial giveaway. I was so upset that I was learning all of this at 18, so when the younger ones in my group were asking a lot of questions, it made me happy to know that they were learning at a young age.

It was a really unique experience to feel culture blended into the classroom with this memorial potlatch. It is very important to keep our culture alive because it is beginning to deteriorate all around us. It gives me hope seeing my classmates and the younger kids so inspired to bring their culture into the classroom and into their lives.



WHAT DOES METH LOOK LIKE?

Methamphetamine is a white odorless, bitter-tasting, crystalline powder that dissolves easily in water or alcohol. It can be made from ingredients that are used in products such as batteries, drain cleaner, fertilizer, nail polish remover, and paint thinner.

Methamphetamine (Meth) is illegal, addictive, and dangerous. Talk to your parents, a doctor, a teacher, or feel free to call TCC Wellness & Prevention if you have more questions.

SHORT-TERM



LONG-TERM

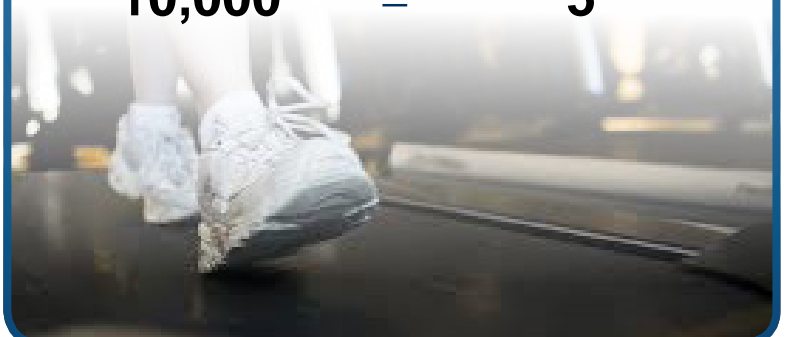


WELLNESS TIP DID YOU KNOW?

Taking more steps daily can have many wellness benefits?

- Burn calories.
- Strengthen the heart.
- Can help lower your blood sugar.
- Eases joint pain.
- Boosts immune function.
- Boost your energy.
- Improve your mood.
- Extend your life.

STEPS	=	MILES
2,000	=	1
6,000	=	3
10,000	=	5



THE DANGERS OF E-CIGARETTES: THE NEED TO KNOW FACTS

By Shelby Fisher-Salmon
Wellness Planning Coordinator

E-Cigarettes, also known as electronic cigarettes or e-cigs, has gained popularity in recent years. They come in many forms, shapes, and sizes. A popular device that is used is called a "Juul." A battery charged heating device turns liquid nicotine into vapor. This is what is known as "vaping." When a person exhales, the smoke makes a huge cloud and can smell sweet or flavorful.

Q&A

Q: Is vaping safer than smoking traditional cigarettes?

A: Saying that can bring perspective is "Driving 90 miles an hour with a seat belt on is safer than without one, but neither is safe." Both bring harmful ingredients to the table. One may appear safer but this is intentional in order to gain caused by vaping, it is not worth the risk.

Q: Everyone is doing it, so why is it a big deal?

A: Just because it is a popular activity does not mean that it is safe. With the recent cases of hospitalizations and death caused by vaping, it is not with the risk.

Q: You smoke cigarettes, so why can't I vape?

A: A: If you come across this with someone, you can agree with them if it is true. "You're right, smoking anything is unhealthy. I wish I never started but I care so much about you and I don't want to watch you struggle just like I have with trying to stop."

Q: What can I say if I am peer pressured into trying vaping?

A: You can give them the facts, one saying you can try is "people are seriously dying from this, no thank you." Another saying could be simply, "No, I don't want too."

If the people asking truly love and care about you it will not be a problem.

Q: It's legal, so it's my choice if I want too.

A: It is NOT legal if you are under 19 years old according to the State of Alaska. Please keep this in mind, vaping is not worth legal trouble if you are underage.

FACTS

- In 2019, there has been a number of cases of **hospitalizations and death** caused by vaping
- Each Juul pod contains 59mg/ml of nicotine, **equivalent to one pack** of cigarettes.
- The vaping devices have been known to **blow up and catch fire**, which can result in hospitalization and/or a house fire.



DANGERS OF E-CIGARETTES WORD SEARCH

LIQUID NICOTINE
SCHOOL
SOLVENT
DAMAGE
CHEMIST
UNIQUE
OVERHEATING
BACTERIA
VAPING
ADDICTION

DIACETYL
POISONOUS
CIGARETTE
CELLS
BIOLFILM
SMOKING
ELECTRONIC
VAPOR
TISSUE
UNSAFE

E	T	T	E	R	A	G	I	C	L	E	A	S	C
O	G	N	I	P	A	V	G	B	I	F	D	M	I
S	L	L	E	C	T	R	O	A	Q	A	D	O	D
D	S	O	S	N	I	O	V	C	U	S	I	K	A
I	O	O	E	A	S	P	E	T	I	N	C	I	M
A	S	S	L	I	S	A	R	E	D	U	T	N	A
C	C	U	E	V	U	V	H	R	N	P	I	G	G
E	H	O	C	B	E	C	E	I	I	C	O	U	E
T	O	N	T	I	E	N	A	A	C	H	N	N	G
Y	O	O	R	O	O	I	T	H	O	E	S	I	C
L	L	S	O	F	O	I	I	T	T	M	L	Q	E
E	A	I	N	I	E	L	N	G	I	I	E	U	O
S	O	O	I	L	S	C	G	N	N	S	G	E	G
N	I	P	C	M	A	P	U	C	E	T	T	N	D

For more information on the dangers of e-cigarettes or tobacco use contact
TCC Tobacco Prevention at 907-452-8251

APPLY FOR *Energy Assistance*

FISCAL YEAR 2020

Applications accepted October 1, 2019 – April 30, 2020.

Applications for Elders, households with Disabilities, and Children age 5 and under, are given priority processing.

INCOME LIMITS FOR 2020

Family Size	Gross Monthly Income
1	\$1,950
2	\$2,641
3	\$3,333
4	\$4,024
5	\$4,715
6	\$5,406
7	\$6,098
8	\$6,789
9	\$7,480
10	\$8,171
11	\$8,863
12	\$9,554

HOW TO APPLY

If you meet the income requirements for Energy Assistance, you can visit the Tanana Chiefs Conference Website at www.tananachiefs.org/get-assistance/energy/ to download an application.

For More Information contact:
TCC Energy Assistance Program
122 First Ave., Suite 600
Fairbanks, AK 99701

1(800) 478-6822 ext.3457

WHAT TO INCLUDE

Types of Proof That Must Be Attached to Energy Assistance Application;

- Wages (a copy of last month's paycheck(s) Or Attached Work Statement Filled out by Employer)
- Unemployment Checks (approval letter, monetary determination letter)
- Temporary Assistance (TA) Benefits
- Alaska Temporary Assistance (ATAP) Benefits
- Adult Public Assistance Benefits (APA)
- Supplement Security Income (SSI)
- Social Security (SSA) Benefit Summary
- Alimony and Child Support
- Retirement Benefits
- Veteran's Benefits
- General Assistance (GA)
- Self-Employment (Self Employment Income Report Form or Tax Return)
- Rental Income
- Tips or Gratuities
- Workers Compensation
- Cash-out of Retirement or Pension
- Student Loans
- Student Grants, etc.

ELIGIBLE COMMUNITIES:

We are able to serve Non-Native and Native residents in: Alatna, Allakaket, Anvik, Arctic Village, Beaver, Bettles, Birch Creek, Central, Chalkyitsik, Chicken, Circle, Dot Lake, Eagle, Evansville, Fort Yukon, Galena, Grayling, Holy Cross, Hughes, Huslia, Kaltag, Koyukuk, Lake Minchumina, McGrath, Manley Hot Springs, Minto, Nenana, Nikolai, Northway, Nulato, Rampart, Ruby, Shageluk, Stevens Village, Takotna, Tanacross, Tanana, Telida, Tetlin & Venetie.

Serves only Native residents in and around Anderson, Clear, Delta Junction, Healy, Healy Lake & Tok.

30 Years of AFN Broadcasting continued...

She was an elected public servant, serving for eleven years on the Fairbanks North Star Borough Board of Education until October 2019. She recently championed the effort to create a new policy within the district allowing students to wear native regalia at their graduations instead of a cap and gown. Throughout her tenure with the school board, she advocated for Native students and diversity within the district.

She is a Native leader. Since 2014,

she has been the Executive Director of Denakkanaga; the Alaska Native elder's organization for our region. Prior to that she was vice-president of communications for Doyon, Limited and was Executive Director of the Doyon Foundation.

Ms. McConnell is the proud Mother of four grown children and has 14 grandchildren.

She has been a good worker for our people. And the entire that she was doing all of that, for the past 29 years,

Sharon has hosted the live television broadcast of the annual Alaska Federation of Natives Convention. This year marks the last year she will be doing so and we wish to honor her and the work she has done.

Through her work she has become a role model for Alaska Natives, especially women working in broadcasting and public service. We will miss her coverage of the convention, but know she has trained others well to carry-on!

REAL ID Card *Checklist*

Alaska Real IDs become required on October 1, 2020



Step 1: Establish your identity

To apply for a REAL ID card, you must present one identity document, which shows your date of birth, true full name, identity and U.S. citizenship or lawful status. Select a document that has your current true full name (first, middle and last). An original document or certified copy is required.



Step 2: Check your name

Is your current true full name (first, middle and last name) the same as the name listed on the identity document you selected in step 1? If not, to document your name change, bring documents that connect the name on the identity document you selected to your current true full name (first, middle and last name). Select the documents you will use (this can be more than one if needed to connect the name listed on your identity document to your true full name). An original document or certified copy is required.



Step 3: Confirm Social Security Number

Select ONE document you will use that contains your full social security number (SSN). An applicant must present any of the following genuine documents bearing the name of the applicant and their full social security number. (Example: Social Security Card, W-2 form, pay stub with full SSN)



Step 4: Verify Residence Address

To establish Alaska residency, you must present two documents that verify your residence address. The document must list the applicant's first and last name and match the residence address as listed on the driver license or ID card application. One of these residency documents needs to be dated within 90 days. (Example: mortgage bill, deed or title, rental or lease agreement, IRS tax return, home utility bills)

To view the full checklist and see what documentation will be accepted, please visit <https://online.dmv.alaska.gov/REALIdChecklist>

YUKON KOYUKUK SUBREGIONAL *in Galena*

On October 8th-9th, TCC Executive managers and staff traveled to Galena to meet with tribal leadership from the Yukon Koyukuk subregion. TCC values this time of year, having the opportunity to hear concerns, address questions, and receive direction from the Tribes. During this two-day meeting, tribal members discussed their concerns about the FY19 fire season, outside hunters, Ambler Road EIS, the Cooperative Labor Agreement, and discussed and passed Resolution 2020-02 Full and Active Participation during Tanana Chiefs Conference Sub-Regional Meetings.



During this meeting Victor Joseph, Chief/Chairman also brought forward the no-show rate of patients at the Chief Andrew Isaac Health Center. When a patient schedules an appointment at CAIHC, it impacts the wait times of other patients and has a negative fiscal impact on TCC. Currently, 10,000 – 15,000 appointments are missed annually. Last year, TCC had 10,838 no-show visits. On average, that is \$2,384,360 in lost revenue.

THE COUNCIL NEWSLETTER

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www.tananachiefs.org

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



Follow us:     

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WWW.TANANACHIEFS.ORG

Village Vacancies

- Community Health Aide/Practitioner(Alatna, Allakaket, Chalkyitsik, Circle, Dot lake, Healy Lake, Hughes, Ruby, Stevens Village)
- Home Care Provider(Allakaket, Arctic Village, Birch Creek, Fort Yukon, Koyukuk, Nenana, Northway, Nulato, Rampart, Tetlin)
- Substitute Elder Nutrition Cook(Arctic Village, Circle, Huslia, Nulato, Venetie)
- Community Outreach Specialist(Circle)
- Village Public Safety Officer(Circle, Eagle, Grayling, Huslia, McGrath, Nulato, Ruby, Tanana, Venetie)
- Preschool Lead Teacher(Fort Yukon)
- Preschool Assistant Teacher(Fort Yukon)
- Edgar Nollner Health Center Director(Galena)
- Elder Nutrition Cook(Hughes, McGrath, Nikolai, Ruby, Venetie)
- Tribal Family Youth Specialist(Nenana)
- Physician - Primary Care(Tok)
- Family Visitor(Shageluk)
- Behavioral Health Aide(Tetlin)
- Healthy Transitions Clinician-Tok(Tok)

Fairbanks Vacancies

- Dental Assistant I - Temporary
- Biomedical Equipment Technician I
- Physician - Urgent Care
- Optometrist
- Physician Assistant - Urgent Care PRN
- Phlebotomist - Temporary
- Lead Travel Clinical Laboratory Scientist
- Camp Counselor
- Self-Governance Operations Coordinator
- Housing First Behavioral Health Clinician
- Behavioral Health Assessment Clinician
- Outpatient Behavioral Health Case Manager
- Itinerant Behavioral Health Clinician
- Behavioral Health Clinical Associate-Fairbanks
- Healthy Transitions Youth and Young Adult Coordinator

Region- Wide Vacancies

- Itinerant Clinician - SOC
- Healthy Transitions Project Manager

JOB LISTED WERE OPEN AS OF October 11, 2019

UPCOMING MEETINGS/EVENTS

Summit & Special Full Board of Director's Meeting
November 13-14 • Westmark Hotel • Fairbanks, AK

Galena Culture & Wellness Camp
November 11-15 • Galena, AK

TCC CLOSED
November 28-29 • Thanksgiving

*Happy
Thanksgiving*
from all of us at
Tanana Chiefs Conference

