

# the council

Vol. 45, No. 2

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

February 2020



## Willow House Partial Opening

To improve the quality of stay for those receiving care in Fairbanks, the Executive Board approved a massive renovation for the Willow House Patient Hotel. For the past year, TCC has been working with architects, engineers, interior designers, and contractors to design this renovation.

All rooms will have new paint, flooring, light fixtures, exhaust fans, A/C units, furniture and linens, and hotel-grade TV and phone systems.

Steps have been taken to eliminate the presence of bed bugs by reducing the amount of places for them to hide.

On the main floor, one room is being designed to accommodate a person who is at end-of-life, with a connecting room dedicated for the family of that loved one. On the opposite side of the hall, the suite is being converted into a community gathering area with kitchen accommodations in order to support family gatherings and meal

preparation for those staying at the hotel. The adjoining guest room will be converted into a laundry/ vending machine room for hotel guests to use.

TCC is pleased to announce that the Willow House Patient Hotel will have a **partial opening on February 3rd** while the finishing touches are being added.

**To book your reservation call  
907-452-8251 ext. 5501.**

## ALASKA REAL ID CARD

*Becomes Required October 1, 2020*

A checklist on what to bring to the DMV to receive your Alaska REAL ID card can be found on page 10.

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

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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

*Dena' Nena' Hlenash*

## TCC EXECUTIVE BOARD MEMBERS

Donald Honea Sr./Ruby  
*1st Traditional Chief*

Trimble Gilbert/Arctic Village  
*2nd Traditional Chief*

Victor Joseph/ Tanana  
*Chief/Chairman*

Charlene Stern/Arctic Village  
*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,



We are only one month away from our Annual Convention and Full Board of Directors Meeting, March 16-19, 2020 at the Westmark Hotel in Fairbanks. This year the theme is "**Breaking Trails into the Future; in the spirit of Ch'eghwtsen'.**"

Over the past several years our Health Department has grown significantly, making our current health organizational structure work less effectively as it once was. To improve our system of care, TCC is in the process of redefining Health's organizational structure. Our goal is building a comprehensive system of care that improves our ability to communicate and coordinate between all divisions/programs. The reorganization will streamline and improve the quality of services received by patients, while assisting management in streamlining internal processes.

Join me in welcoming Darrell Hildebrand, TCC's new VPSO Coordinator, who comes to us with 20 years of law enforcement experience. His experience has already assisted us in improving the VPSO program while working with key legislature and grant managing officials. Darrell plans to work closely with our tribes to improve public safety in our communities.

Congratulations to the Little Shell Tribe of Chippewa Indians of Montana for achieving federal recognition. Congress has passed just three tribal recognition bills since 1995, including the Little Shell bill last month. TCC was proud to assist in advocating for the recognition bill and has been invited by Chairman Gerald Gray to participate in a celebration in Great Falls, Montana on January 25. Expanding tribal partnerships has been an advocacy priority during my term as TCC Chief/Chairman, and we hope the relationship with the Little Shell will continue into the future.

I am pleased to announce that the Willow House Patient Hotel will have a partial opening on February 3rd, 2020. Patients and guests will be able to reserve rooms while the finishing touches are being made. There will be an Open House in March, and the public can walk through the hotel and get a close up look at the renovations.

Lastly, I want to make sure everyone participates and is represented in the 2020 Census. By completing the application, you are telling your tribe, village, state and country that **YOU COUNT! The Census is extremely important because the funds your tribe and service organizations including TCC and the community you reside in, are determined by the 2020 Census count.** Even if you say you don't rely on or receive any of these services, someone in your family does. Please help all of us and take the time to complete the form accurately. The census form will ask you to mark your race. If you check the box for American Indian or Alaskan Native you must also complete the box immediately below and print your principal, or enrolled tribe's federally recognized tribal name. For example, I'm enrolled to Tanana and I **cannot** just write *Tanana*, I **have** to write *Native Village of Tanana*. If you don't know what your tribe's federally recognized name please see page 14. As we stand together, we remain *Healthy, Strong, Unified Tribes*.

Ana Bassee,  
Victor Joseph  
Chief/Chairman



## Alaska Native Vietnam War Era Veterans *Land Allotments*

Last year marked the passage of a new law providing the opportunity for Vietnam veterans and their heirs to obtain a Native allotment. Regulations that guide the application process are anticipated to be completed by the fall of 2020. Once the regulations are finalized, the program will allow veterans who served between August 5, 1964 and December 31, 1971 to apply for a Native Allotment. For deceased veterans, the law provides an opportunity for their heirs to apply. The Department of Defense and Bureau of Indian Affairs are rendering the final list of eligible veterans whose names will be forward to the Bureau of Land Management (BLM). The BLM will work with eligible veterans or their heirs to complete the application process. The program will offer those individuals a five-year window to apply for an allotment, and a strict one-year requirement to issue title following the submission of an application.

For more information contact  
Eileen Grant (907) 452-8251, ext. 3345,  
April Monroe (ext. 3242),  
or check the BLM website under Alaska Native Vietnam War Era Veterans Land Allotments.

## Alaska Migratory Bird co-Management Council *(AMBCC)*

Are you aware of the TCC's role in migratory bird management? Six members from TCC subregions meet annually to evaluate proposals on migratory bird hunting regulation proposals. Deliberations by the TCC caucus provides input to the statewide meetings where proposals are debated among state, federal, and tribal representatives and decide on changes to migratory bird hunts. The TCC caucus has worked on a proposal to allow residents in Fairbanks to return to their villages to hunt ducks, and transport their harvest back to their home for consumption.

For more information contact your representative of the TCC AMBCC:

Randy Mayo, Chairperson, Yukon-Tanana  
Don Honea, Jr., Vice-chair, Yukon-Koyukuk  
Alfred Demientieff, Secretary/Treasurer, Lower Yukon  
Claude Petruska, Upper Kuskokwim  
Andrew Firmin, Yukon Flats  
Chaaay Albert, Upper Tanana

## A Healthy Mind Makes for a *Healthy Heart*

By Ashley Powe  
Wellness & Prevention, TCC

Emotions are frequently referred to as being felt from the heart. When expressing love someone might say, "I love you from the bottom of my heart!" or "You fill my heart with so much joy!". Another common emotion identified is pain, for example "My heart aches for you." or "My heart is broken." Just how true are these statements? How are mental health and heart health intertwined?

Using the example of a "broken heart" one might reach for a gallon of ice cream, fried greasy comfort food, drugs or alcohol, or lounge around

all day. According to the American Heart Association those who are experiencing stress, anxiety, or feeling down are less likely to make heart healthy choices.

Tuning into your body and doing routine mental health self-checks will not only help with your mood but will also help your overall physical health. If you notice you are feeling down, anxious, or stressed - instead of slipping into poor coping

mechanisms try choosing healthier options like the ones below.

- Engage in a stress relieving

workout like yoga or weight lifting

- Talk a walk and enjoy nature
- Declutter your environment to promote mental clarity
- Talk to a trusted family or friend
- Set healthy boundaries
- Write a list of pros and cons before making a decision
- Write down your strengths
- Drink plenty of water
- Ensure you are getting enough sleep
- Limit caffeine intake
- Make a dish that is well rounded and full of nutrients

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/how-does-depression-affect-the-heart>  
<https://youmemindbody.com/mental-health/Coping-Strategies-Skills-List-Positive-Negative-Anger-Anxiety-Depression-Copers>



# RESOLUTION DEADLINE

## February 7, 2020

It is resolution-drafting time! Resolutions bring hope to any challenge we face. If we recognize where we are, we can identify a path forward. Please contact Keith Rueben to submit your resolution or the relevant program staff to assist in drafting.

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

**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

## Community Health Aide Spotlight

### Amanda Walker - Itinerant Health Aide

By Nancy Tarnai

"It's so nice to be able to help people. Working with TCC is like family," says Amanda Walker, whose Community Health Aide (CHA) career was inspired by her grandmother and former CHA Sophie Beatus, "I wanted to follow in her footsteps and make my family proud of me."

Walker joined the work force at the age of 14 doing odd jobs for the Yukon-Koyukuk School District, later as a custodian at the school in Hughes and then as a firefighter.

At the age of 18, Walker began training as a health aide with TCC's CHAP program and graduated with

the first class of students

Walker grew up in Hughes, where she served as a village health aide for two years. She now lives in Anchorage with her husband and children, and works as an itinerant health aide, traveling to Circle, Rampart, Nulato, Chalkyitsik and Hughes. "I love traveling and meeting people," she said.

Every now and then she faces a challenge when someone is rude to her but she is determined to keep her cool. "I don't let it affect me," she said.



"And dealing with emergencies can be stressful but I pray for strength," Walker said. "This job is a godsend; I'm thankful every day for it."

She is pleased that she is able to provide for herself and her extended family because of the job. Her sister Patricia Oldman is also an itinerant health aide for TCC.

In her free time, Walker enjoys reading, writing, beading, coloring, walking and spending time with family and friends.

"Amanda Walker, CHP is an extremely dedicated and competent Community Health Aide Practitioner, truly an asset to every community she serves. She not only has provided ongoing much-needed rural village clinic itinerant coverage taking her away from family and home, but she has repeatedly gone "above and beyond" the call of duty throughout her career as a community health aide. Amanda's gentle nature and keen ability to communicate almost immediately results in a trusted patient-provider relationship regardless of the situation. Despite the stress and many challenges encountered as a Health Aide, she remains committed to providing the most high quality and compassionate patient care which serves as an exemplary model for all Community Health Aide Practitioners." - Jo Miller, PA-C



# INDOOR PLANTS TO GROW THIS YEAR

By Heidi Rader  
Associate Professor of Extension  
UAF Cooperative Extension Service & TCC

Big strides have been made in the techniques and technology used for indoor gardening. From automation to LED lights to the proliferation of simple, functional hydroponic setups-- indoor gardening in Alaska is more attainable than ever. With our short growing season, why not take advantage of the winter and grow something you can eat?

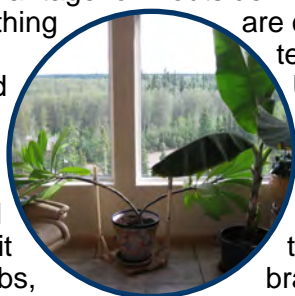
The most practical and productive things you can grow indoors would be microgreens, lettuce, herbs, cucumbers and tomatoes. For non-fruit bearing plants (greens, herbs, and lettuce), you don't even need special grow lights, regular fluorescent lights will do. Some microgreens mature in as little as a week while many other types of greens mature in as little as three weeks.

While not as productive or practical, here are some of the indoor edibles on my list:

- Kaffir Lime Tree
- Lemon Grass
- Bay Laurel
- Brown Turkey Fig
- Calamondin Oranges (small, bitter oranges)
- Passion Flower
- Tamarillo Tree

I want to grow my own kaffir lime and lemon grass as they are not readily available in town and the Thai recipes I cook always call for them. Fresh bay leaves are extra flavorful and since you need herbs in small quantities, I think I can produce enough to satisfy my need. One of my favorite pizza's combines fresh figs, fig spread and bacon and fresh figs are also difficult to find in town (although they are available when they're in season at the coop). Calamondin oranges are bitter, but more productive when grown in

an indoor environment. Have you seen a passion flower? It's a wild and beautiful thing that I would not mind having in my living room. Tamarillo trees are basically wild tomatoes. They take about two years to mature so of course they could not be grown outside. Fruits and vegetables that are closer to their wild ancestors tend to be more nutritious.



Unfortunately, these exotic edibles are not as easy to grow as many houseplants, but maybe, some day, they will reward you with a tiny morsel to savor. Plus—bragging rights!

I interviewed my mom, Maggi Rader, for this article because she has grown a wide range of exotic plants. With floor to ceiling, south-facing windows that look out over the Tanana Flats, her home is ideal for indoor growing. She is currently growing a lemon tree (purchased locally) and just harvested a ripe lemon (pictured). She expects she might will get a few more this year. She has found that you have to be very careful when you transplant your citrus plants. She's also growing a coconut, plumeria, and passion flower, all of which she picked up small seedlings from the airport in Hawaii. She grew a banana to a nice size, but it didn't produce fruit (see photo). She fertilizes every three weeks or so and uses a citrus specific fertilizer for her tropical plants.

My mom has had a lot of problems with pests—in particular spider mites—but doesn't have any pest problems right now. Dealing with pests is one of the more frustrating parts of growing indoor plants. Check out Extension's publication on Houseplant Pest and Control at [bit.ly/34l2qGZ](http://bit.ly/34l2qGZ).

Holm Town Nursery, Fairbanks' only local, year-round greenhouse does not have too many exotic indoor

edible plants right now, but they do tend to carry quite a few in the spring and summer including citrus and bananas. Although they don't special order plants, they do take input from gardeners on what they're interested in purchasing. They also carry a wide variety of hydroponics setups if you're interested in growing less exotic but more practical edibles like lettuce and greens.

Mile 5.2 Greenhouse in Eagle River carries a wider variety of exotic edible plants and ship them throughout Alaska. Some of the plants are quite mature and thus more expensive, but because they are more mature, it means you'll be eating their fruits very soon. You can also order plants on the Internet from any number of greenhouses, but be sure to sleuth their shipping policies before shopping. You'll also have to do more research and make sure that what you choose will be appropriate for indoor gardening. For example, look for plants with a dwarf or semi-dwarf habit or be prepared for a jungle to take over your house. When ordering exotic plants (or other species), do be aware of the potential for introducing invasive species and follow these simple guidelines at [bit.ly/34cVDa0](http://bit.ly/34cVDa0).

In "Indoor Edible Garden: Creative Ways to Grow Herbs, Fruits, and Vegetables in Your Home", Zia Allaway provides a wealth of inspiration and ideas for indoor growing and provides some basic growing tips.

Fairbanks Soil and Water Conservation District has developed a useful website ([www.fairbankssoilwater.org/akaitcindoorgardening.htm](http://www.fairbankssoilwater.org/akaitcindoorgardening.htm)) for indoor gardening in Alaska intended for teachers but useful to others as well.

It's not too late to add a plant or two to your Christmas list or to pick one up from Hawaii.

Questions about gardening? Contact Heidi at [hbrader@alaska.edu](mailto:hbrader@alaska.edu) or 474-6620.

This project was supported by the Federally Recognized Tribes Extension Program of the National Institute of Food and Agriculture, USDA Grant # 2017-41580-26928. 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.



# KOYUKUK

## Culture & Wellness Camp

By Cheyenna Kuplack  
Communications Coordinator, TCC

The Koyukuk Culture and Wellness Camp took place September 1-6, 2019 and was located 24 miles up the Koyukuk River from Koyukuk, AK.

43 participants attended the camp from around the Yukon Koyukuk subregion and Fairbanks, ranging from youth to elders.

Attendees participated in cultural activities including fishing/fish cutting, safety, fire making, Language, singing, sewing, and berry picking.

Susan Paskvan, Yukon Koyukuk

School District (YKSD) Language Coordinator, attended to teach language.

Several TCC staff attended to speak about various wellness topics including making good choices, bullying, tobacco, alcohol, and drug prevention, and suicide prevention.

Attendees were able to hear from Alec Walker, Office of Boating Safety, about boat/water safety and the importance of life jackets and the effects of cold water has on our bodies

to help instill the seriousness of being safe of the water.

Cherish Sam of Huslia, 10 years old, said her favorite part of camp was fishing and seeing eagles and frogs. "It was fun," she says.

At each camp, the youth each received a survival bag that includes a poncho, heat-reflective blanket, water bottle, mirror, whistle, flashlight, and pocket knife/multi-tool and learned how each device could save their life.

For more information or to watch recaps of the 2019 camps, visit our website at [www.tananachiefs.org/culture-and-wellness-camps](http://www.tananachiefs.org/culture-and-wellness-camps)









## Meet TCC's New VPSO Coordinator

My name is Darrell Hildebrand, I am the son of the late Barney Hildebrand and Edith Nicholas. My paternal grandparents were the late Eddie Hildebrand and Alice Hildebrand. My maternal Grandparents were Gerald Esmailka (dec) and Rita Esmailka. Although Gerald is not my biological grandfather he is the only Grandpa I knew on my mother's side and I cherished the good memories I have of him. I grew up in the village of Nulato, where I attended elementary and high schools graduating from Nulato High School in 1983. In August of 1988 I married my high school sweet heart, Edith. We attended college at UAF and UAA for 3.5 years where my wife graduated with a Bachelors in Business management. I did not graduate with my degree as planned but instead I chose to raise a family with Edith. Edith and I raised our daughter Shawna and son Eddie here



in Fairbanks. I have worked a few different jobs over the years which includes commercial fishing, driving a truck, warehouse manager, working for Doyon Drilling, working at a mine, and I finally found a career with the Alaska State Troopers Wildlife Division. I worked for the Troopers for over 20 years retiring in January of 2019.

I applied for the VPSO position while I was recovering in Seattle from Kidney transplant surgery. After retiring I really did not plan on working another job since I was not feeling to well health wise. After the transplant that all changed. I had more energy and I felt like I had a lot to give back to our Native community. Thus my reason for applying.

My plan for the VPSO program is to try and grow the program to serve more communities and continue with the efforts put forth by my predecessor of working towards

Healthy, Strong and Unified Tribes through public safety. Public Safety plays a strong role in achieving TCC's goal of having Healthy, Strong, and Unified Tribes. I hope to achieve this through developing strategic goals and strategies through a community based policing program with our Tribes and Villages. In the upcoming future I hope to visit the different Tribes and Villages to discuss their public safety needs. Each Tribe/Village poses their own unique challenges to public safety and only through working directly with them, can we come up with a plan to best meet those unique challenges.

Every day has been a learning experience since I started in October. I look forward to the challenges of working with the VPSO program to try and make a difference in our Native Communities regarding public Safety. If you have constructive ideas on how to make our communities safer, please feel free to contact me here at TCC.

Contact Darrell at 907-452-8251 ext. 3269 or [darrell.hildebrand@tananachiefs.org](mailto:darrell.hildebrand@tananachiefs.org)



### ABRAHAM HENRY, VENETIE

Abraham Henry Sr. was born in 1935 in the village of Venetie, where he was raised by his grandmother.

"When I was small, I stayed with grandma," explains Abraham, "I lost all my sisters and brothers from sickness. So grandma keep me."

Abraham's grandparents always made sure they were busy. "Grandma, she make me run in the morning," says Abraham, "One glass of water she gave me, then I dress up, and I run across that river down there."

When Abraham returned from North Korea in 1957 he was ready to settle down. "I looked for nice woman," says Abraham, "I get married."

Abraham remembers his wife was a hard-working woman; taking care of the dogs, driving his boat, and hunting moose when they needed meat. "She's just like a man!" laughs Abraham.

"You're the boss?" she would say. "No, *you're* the boss," Abraham would reply.

Together, Abraham and his wife had eight kids and many grandchildren. They have been together almost 60 years.

The village named Abraham the Traditional Chief. Abraham remembers going to a big meeting in Washington to talk about his people and their traditional way of life.

"I talk to them [about] how we make a living," Abraham explains, "What do we eat? Fish. With the caribou, we use as skin for parky. We're smart. We've got everything."

Abraham emphasizes not only the need to be respectful of the land and animals, but to be respectful of one another.

To hear Abraham'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.



# BLM ALASKA FIRE SERVICE REQUIREMENTS

## for Wildland Firefighters in 2020

By Will Putman  
Forestry Director, TCC

As we have seen in recent years, there are a number of things being required by the BLM Alaska Fire Service for people desiring to be hired as wildland firefighters in 2020. This includes Emergency Firefighters (EFF) that want to work on Type 2 EFF village crews.

### Baseline Medical Exam Requirements

2019 was the first year that the Department of the Interior (DOI) required a complete baseline firefighter medical exam for federal arduous duty emergency wildland firefighters (EFF) in Alaska. This meant that all federally employed wildland firefighters in Alaska, including EFF working on village Type 2 fire crews, were required to successfully complete a full medical examination or get an approved waiver before they could complete the Work Capacity Test (WCT, or Pack Test) and be hired as firefighters. For 2020, the good news is that anybody who successfully passed a medical exam in 2019 need only complete a self-certification process. Those individuals who did not successfully complete the exam process in 2019 will need to get a full exam in 2020 before they can take the WCT and be hired by BLM/AFS to fight fire in 2020.

If an individual successfully completed the medical exam process in 2019, to be hired by BLM/AFS to fight fire in 2020 they will need to complete the following self-certification process:

- Make sure the AFS EFF Office has a correct and current email address on file. ALL EFF RESPONDERS MUST HAVE A VALID EMAIL ADDRESS ON FILE IN ORDER TO COMPLETE THIS PROCESS. The EFF Office has attempted to contact all 2019 qualified EFF responders in order to verify email addresses. If you did not receive a call, please call ABM/AFS as soon as possible at 1-833-532-8810 Option 4.
- Check your email often for instructions from Comprehensive Health Services (CHS).
- Follow the CHS emailed instructions for setting up an

Examinee Access System (EAS) account.

- Request a Wildland Firefighter (WLFF) self-certification through the EAS prior to, but within 45 days of the scheduled WCT.
- Log in to EAS and check the results. You will be notified via email when your results are available in EAS. If qualified, save/print your qualification certificate.
- Present the WCT administrators with your qualification certificate when you go to the WCT event.
- If unqualified, follow the instructions provided by CHS, contact the DOI Medical Standards Program customer service at 1-888-286-2521, or contact the AFS EFF Office.
- If an individual wants to be hired by BLM/AFS as a wildland firefighter in 2020 but did not complete the medical exam process in 2019, they will need to complete the following process:
- Like the self-certification, an individual will need to have an email address to request a baseline medical exam.
- Contact the AFS EFF Office at 1-833-532-8810 Option 4 to request a baseline medical exam.
- Medical exams will be completed at one of several hub clinic locations in Fairbanks, Galena, Anchorage, Bethel, Soldotna, Wasilla and Kenai. When you request a medical exam, you'll need to specify which hub clinic location where you'd like to take the exam.

### Fort Wainwright Security Screening

If you are an EFF responder who may have a criminal background (felony or misdemeanor) and/or think that your criminal background will prevent you from being allowed access onto Fort Wainwright Post, you will need to apply for a waiver. To do so you must obtain and complete the Access Control Denial Waiver Application. The application will need to be filled out completely and court documents attached as necessary. TCC Forestry staff are assisting individuals with completing this process, and questions about this

and completed denial waiver application package can be sent to TCC at:

Jolene Bante,  
TCC Fire Admin Assistant  
Phone: 907.452.2851 x3472  
Fax: 907.459.3852

Email: Jolene.bante@tananachiefs.org  
Mail: TCC Forestry Program  
122 First Ave., Suite 600  
Fairbanks, AK 99701

TCC will forward completed waiver application packets to Fort Wainwright Security. Because the Army takes up to 30 days to process waiver applications, they must be completed and submitted as soon as possible. Once Fort Wainwright Security makes a determination, you will be notified by telephone. You may also pick up your determination packet at the Fort Wainwright Visitor's Center. You can contact the Visitor's Center at 907-361-6144.

### REAL ID Compliance in October 2020

Starting Oct. 1, 2020, all federal and State EFF will need to present a REAL ID compliant license/ID, or another acceptable form of identification, for accessing federal facilities and boarding commercial aircraft. EFF will not be hired after Oct. 1, 2020 if they do not have a REAL ID compliant form of identification.

For more information please visit:  
<http://doa.alaska.gov/dmv/akol/ID%20News.htm>

### 2020 EFF Refresher Training and Pack Testing

The annually required RT-130 refresher training and Work Capacity Test (WCT, or Pack Test) will be facilitated by TCC or the Council of Athabaskan Tribal Governments (CATG) this Spring. TCC will administer RT-130 and the WCT along with CPR/First Aid training at village locations in the Tanana and Galena Zones, and CATG will deliver these services to villages in the Upper Yukon Zone. Dates and location for the villages to be visited by TCC have not been determined yet, but will be posted on TCC's website as they are scheduled at <https://www.tananachiefs.org/sustainability/forestry/firefighter-training-schedule>.

Apply online: [www.tananachiefs.org/careers](http://www.tananachiefs.org/careers)

Contact us with any questions! Timothy Troxel at 907-452-8251 ext. 3069 or  
Gilbert Frank at 907-452-8251 ext. 3069 or [gilbert.frank@tananachiefs.org](mailto:gilbert.frank@tananachiefs.org)



## Elder Nutrition Program IS *Hiring*

Elder Nutrition provides village-based meals to the region's elders based on available facility. There are many vacancies for Cooks & Substitute Cooks in our villages.

If you are interested in working for the Elder Nutrition Program, please fill out a TCC Employment Application OR apply online at [www.tananachiefs.org](http://www.tananachiefs.org).

Any questions or concerns,  
Elder Nutrition Program  
Bonnie Carroll-Ginnis,  
Elder Nutrition Coordinator  
1-800-478-6822 x3322

## The Native Village of Tanana is hiring for *Executive Director*

Contact Curtis Sommers or Julie Roberts-Hyslop at  
907-366-7160 or 907-366-7170, ext. 200  
OR

Leave a message or request a job application at ext.204



## SEEKING YOUTH DELEGATES

### to Attend TCC Annual Convention

**DEADLINE TO APPLY: February 10, 2020**

Tanana Chiefs Conference Employment & Training Youth Employment Services are recruiting for twelve Youth Delegates to represent their respective sub-region. The recruitment process will be focused on professional and leadership development. Youth delegates are required to engage in public speaking, be a representative on a panel to learn and gain knowledge on challenges affecting our region.

Youth delegates that are selected will adhere to the Athabascan Values, be fully engaged in asking questions and wanting to learn about challenges affecting our region. The recruitment ages are 14-17 and must be an active TCC Tribal member school student.

The application will include:

- Basic information
- A letter of recommendation who is not a direct family member
- Each youth delegate is required to give a speech during convention
  - Be involved on a panel during convention
  - Be professional at all times
- Write a response to "What does being a Youth Delegate mean to me?" (500 words minimum)

The deadline to apply as a Youth Delegate is February 10, 2020 by 5pm to TCC Employment & Training Youth Employment Services by either fax (907) 459-3885, e-mail [robin.campbell@tananachiefs.org](mailto:robin.campbell@tananachiefs.org) or by mail at 122 First Avenue, Suite 600 Fairbanks, AK 997001.

Dates of attendance will be March 16-19, 2020. If delegate is selected then lodging, travel, and food will be provided. In addition, TCC will provide chaperones.



# 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>

## TCC to host the 44th National Indian Timber Symposium

By Will Putman, Forestry Director, TCC

On June 1st through June 4th 2020, TCC will host the 44th National Indian Timber Symposium at the Westmark Hotel and Conference Center in Fairbanks. The Symposium is an annual meeting of the Intertribal Timber Council (ITC), held each year at a different tribal location, and attended by 300 to 350 tribal and agency foresters, wildfire managers, and land managers from across the country. The theme for this year's Symposium is "Connecting Tribes and Land Management", and will be accompanied by workshops

and panels on a variety of topics, including UAS (drones) applications in natural resource management, wildland fire updates, biomass utilization, tribal carbon projects, climate change and wildfire effects on indigenous lifeways, a field trip workshop to view forestry practices in the Upper Tanana subregion, and other topics of interest. Activities also include a full-day field trip in the Fairbanks area viewing points of interest including

a demonstration fuels management project, a wood pellet mill, fuelbreaks near a recent wildfire, and a permafrost tunnel.



TCC Forestry staff have been working hard to prepare for this year's Symposium, and hope to see you there. If you have any questions about the Symposium, contact Fabian Keirn in TCC Forestry at [fabian.keirn@tananachiefs.org](mailto:fabian.keirn@tananachiefs.org) or phone extension 3378.

Registration for the Symposium can be done through the ITC website at <https://www.itcnet.org>.



# Community Health Aide Program *Simulation Scenarios*

By Cheyenna Kuplack, Communications Coordinator, TCC

The students who come through the Community Health Aide Program (CHAP) have a unique opportunity to learn with medical training manikins. The program currently has three

manikins: a pregnant woman, a young child, and a SimMan 3G. The SimMan 3G is a high-fidelity manikin that instructors can use in various scenarios and make the manikin sweat

(show signs of shock), bleed, etc. The instructors use these manikins to simulate life-like scenarios for the class to walk through together.

*"Training with our SIM manikins help provide a more realistic experience for our health aides to better prepare them for emergencies in their communities."*

-Nikkitta Smoke, CHAP Instructor



## Healing Native Hearts Coalition

Healing Native Hearts Coalition (HNHC) is a non-profit Domestic Violence/Sexual Assault Coalition funded by the Office of Violence Against Women. HNHC serves the 42 villages in the Interior. Our goal is to restore and empower Native families by educating our communities about domestic violence and sexual assault, building partnerships, and honoring traditional ways. We have developed partnerships with area agencies that provide services and support to our tribes, and hopefully enhance services at the tribal level.

HNHC is fortunate to partner with several tribes who sought and were awarded a Victims of Crime Tribal set aside grant this past year. Beaver

Tribal Council, Anvik Tribal Council and Rampart Village Council received a consolidated grant that funded one Tribal Victim Advocate.

Additionally, Beaver Tribal Council received a BIA grant that funded an additional Tribal Victim Advocate position. These pass-through grants have been very helpful for our coalition to provide direct services to our tribes, as our OVW funding does not allow us to do that.

HNHC has two advocates who help victims of crime over the age of 18 through a number of ways including:

- Safety planning,
- Sexual assault response through victim request,
- Protective orders,

- Accompanying to appointments and court cases,
- Filing applications to access resources,
- Facilitating culturally focused support groups,
- Providing on call advocacy services,
- Mental health service referrals,
- And offering culturally based training to tribal communities.

HNHC on-call number: 907-371-8808  
Interior Center for Non-Violent Living: 907-452-2293  
Stronghearts Native Helpline: 1-800-799-7233  
[www.hnhcoalition.org](http://www.hnhcoalition.org)  
[www.facebook.com/hnhcoalition](https://www.facebook.com/hnhcoalition)



## Wellness & Prevention

### *Did you know?*

Smoking **narrows** blood vessels in the heart and lowers oxygen flow.

Cigarette smokers are **two to four times** more likely to develop heart disease than nonsmokers.

Keep your heart healthy & quit smoking in honor of American Heart Month. February is American Heart Month, the perfect time to start improving your heart health by quitting tobacco use.

For help quitting please  
contact TCC Tobacco Prevention  
(907) 452.8251 Ext. 3004

## Wellness & Prevention

### *Q & A*

Using cocaine is extremely harmful, and can cause death. Cocaine use can cause seizures, strokes, and comas. Cocaine can change the way the heart beats and lead to a heart attack. People who share needles can contract hepatitis, HIV, and other diseases. It also is particularly dangerous to consume cocaine and alcohol at the same time; they combine to produce a third chemical, cocaethylene, that is far more toxic than either cocaine or alcohol alone.

Cocaine 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.



Meet  
*Kristy*

## *Patient Experience Team* *Employee Spotlight*

Kristy Supsook is originally from Fairbanks and the mother of three boys. She loves quality time with her family, traveling, hiking, fishing, camping, kayaking, and exploring nature and all it has to offer. She has worked for TCC-Health Services with the Tribal Health System for over nine years. During these nine years, she has gained professional experience in the areas of Indian Health Services, Purchased and Referred Care, and Behavioral Health. Working in different departments, within TCC Health Services, has given her extensive knowledge of the Alaska Tribal Health System.

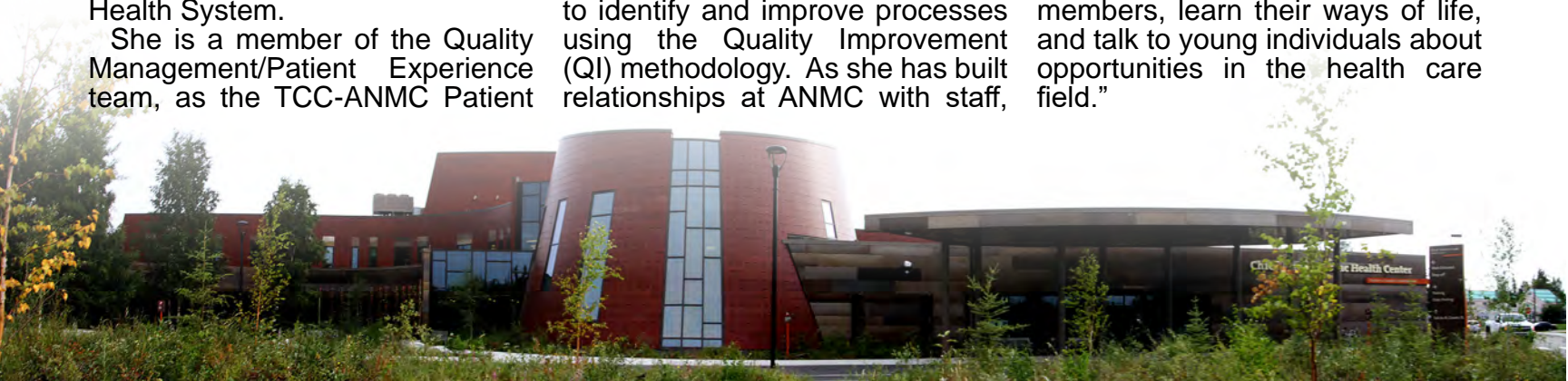
She is a member of the Quality Management/Patient Experience team, as the TCC-ANMC Patient

Advocate, stationed permanently in Anchorage, Alaska. As the TCC-ANMC Patient Advocate, she advocates and serves as a liaison between patients, family members, hospital, and clinical staff to ensure both patient's and family's desires, expectations, and needs are considered and met through Patient and Family Centered Care.

She coordinates/assists with inpatient and outpatient discharge planning in conjunction with the discharge care coordinators and social workers. She also works collaboratively with TCC and ANHTC/ANMC Services (Customer Service, TMO, Housing, and Clinical Teams/Departments) to identify and improve processes using the Quality Improvement (QI) methodology. As she has built relationships at ANMC with staff,

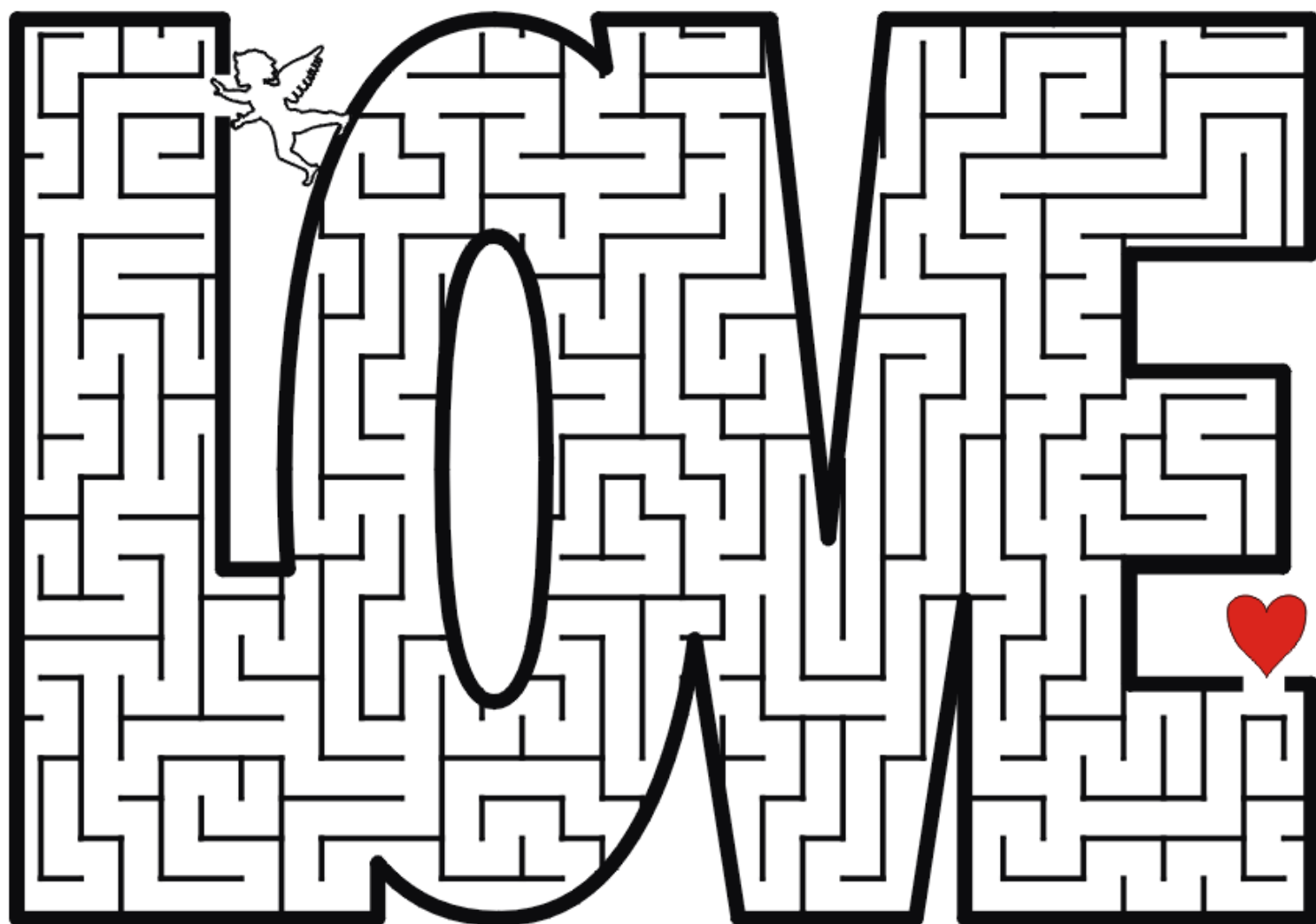
she has been able to effectively affect positive change in processes and initiate QI studies. One recent example is working with ANMC and TCC staff to improve the process of communication back and forth regarding patient referrals for Physical Therapy.

She is a Nationally Certified Patient Advocate (Beryl Institute). One of her goals for 2020 is to earn a certificate in Patient Experience Leadership to expand her knowledge in experience excellence. Kristy shared, "One of the best parts of my position is travelling out to the village health and career fairs. I get an opportunity to meet the community members, learn their ways of life, and talk to young individuals about opportunities in the health care field."





# Valentine Activity Maze



## 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.

For help quitting, call today and speak with  
TCC Tobacco Prevention  
907-452-8251 ext. 3004  
or call  
Alaska's Tobacco Quitline  
1-800-QUIT-NOW





# ALASKA NATIVE ONE PERSON. ONE RACE.

Make sure that YOU are represented during the 2020 Census!

When filling out the 2020 Census information, it's important that you use your village's federally recognized tribal name. Use the below guide to help you determine what you should write!

## If you are from...

Alatna  
Allakaket  
Anvik  
Arctic Village  
Beaver  
Birch Creek  
Chalkyitsik  
Circle  
Evansville  
Galena  
Healy Lake  
Holy Cross  
Hughes  
Huslia  
Koyukuk  
Manley Hot Springs  
McGrath  
Eagle  
Fort Yukon  
Minto  
Ruby  
Stevens Village  
Tanacross  
Tanana  
Tetlin  
Venetie  
Nenana  
Nikolai  
Northway  
Nulato  
Grayling  
Rampart  
Shageluk  
Takotna  
Telida  
Dot Lake  
Kaltag

## You should write...

Alatna Village  
Allakaket Village  
Anvik Village  
Arctic Village  
Beaver Village  
Birch Creek Tribe  
Chalkyitsik Village  
Circle Native Community  
Evansville Village (aka Bettles Field)  
Galena Village (aka Loudon Village)  
Healy Lake Village  
Holy Cross Village  
Hughes Village  
Huslia Village  
Koyukuk Native Village  
Manley Hot Springs Village  
McGrath Native Village  
Native Village of Eagle  
Native Village of Fort Yukon  
Native Village of Minto  
Native Village of Ruby  
Native Village of Stevens  
Native Village of Tanacross  
Native Village of Tanana  
Native Village of Tetlin  
Native Village of Venetie Tribal Government  
Nenana Native Association  
Nikolai Village  
Northway Village  
Nulato Village  
Organized Village of Grayling (aka Holikachuk)  
Rampart Village  
Shageluk Native Village  
Takotna Village  
Telida Village  
Village of Dot Lake  
Village of Kaltag



# 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.

## Why is the census important?

Funding! The distribution of more than \$657 billion in federal grants and support to states, countries, and communities are based on census data. **That money is vital for TCC programs and health care delivery.**

## How to be Counted as an American Indian or Alaska Native

Along with using your village's federally recognized tribal name, it is very important that every American Indian and Alaska Native is counted as American Indian or Alaska Native. **One of the most important ways for a person to be counted is by checking the box that says "American Indian or Alaska Native" on the Census form.**

Historically, Alaska Natives have been hard to count. As a result, tribal programs—like Head Start—have been underfunded. If you're Alaska Native, you can help our communities and families get their fair share by answering two questions.

- The first question asks you to identify your 'race?'
- If you check the 'American Indian or Alaska Native' box, the second question asks you to list your 'tribal affiliation.'

Alaska Natives can answer the 'tribal affiliation' question different ways, however; I encourage you to list your federally recognized tribe.

- If you can't remember the name for your tribe, you can write in the name of your village.
- You can even write in more than one tribe (or village) if you associate with more than one.

If you have any questions about filling out the 2020 Census, contact Jolene Malamute at [jolene.malamute@tananachiefs.org](mailto:jolene.malamute@tananachiefs.org) or 907-452-8251 ext. 3385

### What is this person's race?

Mark ☒ one or more boxes **AND** print origins.

☐ White - Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc. →

☐ Black or African Am - Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc. →

☐ American Indian or Alaska Native - Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc. →

☐ Chinese

☐ Vietnamese

☐ Native Hawaiian

☐ Filipino

☐ Korean

☐ Samoan

☐ Asian Indian

☐ Japanese

☐ Chamorro

☐ Other Asian - Print, for example, Pakistani, Cambodian, Hmong, etc. →

☐ Other Pacific Islander - Print, for example, Tongan, Fijian, Marshallese, etc. →

☐ Some other race - Print race or origin →

# List of all Federally Recognized Tribes in Alaska

Make sure that YOU are represented during the 2020 Census!

When filling out the 2020 Census information, it's important that you use your village's federally recognized tribal name. Use the below guide to help you determine what you should write!

- Native Village of Afognak (formerly the Village of Afognak)
- Agdaagux Tribe of King Cove
- Native Village of Akhiok
- Akiachak Native Community
- Akiak Native Community
- Native Village of Akutan
- Village of Alakanuk
- Alatna Village
- Native Village of Aleknagik
- Algaaciq Native Village (St. Mary's)
- Allakaket Village
- Native Village of Ambler
- Village of Anaktuvuk Pass
- Yupiit of Andreafski
- Angoon Community Association
- Village of Aniak
- Anvik Village
- Arctic Village (See Native Village of Venetie Tribal Government)
- Asa'carsarmiut Tribe
- Native Village of Atka
- Village of Atmautluak
- Atqasuk Village (Atkasook)
- Native Village of Barrow Inupiat Traditional Government
- Beaver Village
- Native Village of Belkofski
- Village of Bill Moore's Slough
- Birch Creek Tribe
- Native Village of Brevig Mission
- Native Village of Buckland
- Native Village of Cantwell
- Native Village of Chenega (aka Chanega)
- Chalkyitsik Village
- Cheesh-Na Tribe (formerly the Native Village of Chistochina)
- Village of Chefnak
- Chevak Native Village
- Chickaloon Native Village
- Chignik Bay Tribal Council (formerly the Native Village of Chignik)
- Native Village of Chignik Lagoon
- Chignik Lake Village
- Chilkat Indian Village (Klukwan)
- Chilkoot Indian Association (Haines)
- Chinik Eskimo Community (Golovin)
- Native Village of Chitina
- Native Village of Chuathbaluk (Russian Mission, Kuskokwim)
- Chuloonawick Native Village
- Circle Native Community
- Village of Clarks Point
- Native Village of Council
- Craig Community Association
- Village of Crooked Creek
- Curyung Tribal Council
- Native Village of Deering
- Native Village of Diomedea (aka Inalik)
- Village of Dot Lake
- Douglas Indian Association
- Native Village of Eagle
- Native Village of Eek
- Egegik Village
- Eklutna Native Village
- Native Village of Ekuk
- Ekwok Village
- Native Village of Elim
- Emmonak Village
- Evansville Village (aka Bettles Field)
- Native Village of Eyak (Cordova)
- Native Village of False Pass
- Native Village of Fort Yukon
- Native Village of Gakona
- Galena Village (aka Loudon Village)
- Native Village of Gambell
- Native Village of Georgetown
- Native Village of Goodnews Bay
- Organized Village of Grayling (aka Holikachuk)
- Gulkana Village
- Native Village of Hamilton
- Healy Lake Village
- Holy Cross Village
- Hoonah Indian Association
- Native Village of Hooper Bay
- Hughes Village
- Huslia Village
- Hydaburg Cooperative Association
- Igiugig Village
- Village of Iliamna
- Inupiat Community of the Arctic Slope
- Iqurmuit Traditional Council (formerly the Native Village of Russian Mission)
- Ivanoff Bay Village
- Kaguyak Village
- Organized Village of Kake
- Kaktovik Village (aka Barter Island)
- Village of Kalskag
- Village of Kaltag
- Native Village of Kanatak
- Native Village of Karluk
- Organized Village of Kasaan
- Kasigluk Traditional Elders Council (formerly the Native Village of Kasigluk)
- Kenaitze Indian Tribe
- Ketchikan Indian Corporation
- Native Village of Kiana
- King Island Native Community
- King Salmon Tribe
- Native Village of Kipnuk
- Native Village of Kivalina
- Klawock Cooperative Association
- Native Village of Kluti Kaah (aka Copper Center)
- Knik Tribe
- Native Village of Kobuk
- Kokhanok Village
- Native Village of Kongiganak
- Village of Kotlik
- Native Village of Kotzebue
- Native Village of Koyuk
- Koyukuk Native Village
- Organized Village of Kwethluk
- Native Village of Kwigillingok



- Native Village of Kwinhagak (aka Quinhagak)
- Native Village of Larsen Bay
- Levelock Village
- Lime Village
- Village of Lower Kalskag
- Manley Hot Springs Village
- Manokotak Village
- Native Village of Marshall (aka Fortuna Ledge)
- Native Village of Mary's Igloo
- McGrath Native Village
- Native Village of Mekoryuk
- Mentasta Traditional Council
- Metlakatla Indian Community, Annette Island Reserve
- Native Village of Minto
- Naknek Native Village
- Native Village of Nanwalek (aka English Bay)
- Native Village of Napaimute
- Native Village of Napakiak
- Native Village of Napaskiak
- Native Village of Nelson Lagoon
- Nenana Native Association
- New Koliganek Village Council
- New Stuyahok Village
- Newhalen Village
- Newtok Village
- Native Village of Nightmute
- Nikolai Village
- Native Village of Nikolski
- Ninilchik Village
- Native Village of Noatak
- Nome Eskimo Community
- Nondalton Village
- Noorvik Native Community
- Northway Village
- Native Village of Nuiqsut (aka Nooiksut)
- Nulato Village
- Nunakauyarmiut Tribe (formerly the Native Village of Toksook Bay)
- Native Village of Nunam Iqua (formerly the Native Village of Sheldon's Point)
- Native Village of Nunapitchuk
- Village of Ohogamiut
- Village of Old Harbor
- Orutsarmuit Native Village (aka Bethel)
- Oscarville Traditional Village
- Native Village of Ouzinkie
- Native Village of Paimiut
- Pauloff Harbor Village
- Pedro Bay Village
- Native Village of Perryville
- Petersburg Indian Association
- Native Village of Pilot Point
- Pilot Station Traditional Village
- Native Village of Pitka's Point
- Platinum Traditional Village
- Native Village of Point Hope
- Native Village of Point Lay
- Native Village of Port Graham
- Native Village of Port Heiden
- Native Village of Port Lions
- Portage Creek Village (aka Ohgsenakale)
- Pribilof Islands Aleut Communities of St. Paul & St. George Islands
- Qagan Tayagungin Tribe of Sand Point Village
- Qawalangin Tribe of Unalaska
- Rampart Village
- Village of Red Devil
- Native Village of Ruby
- Saint George Island (See Pribilof Islands Aleut Communities of St. Paul & St. George Islands)
- Native Village of Saint Michael
- Saint Paul Island (See Pribilof Islands Aleut Communities of St. Paul & St. George Islands)
- Village of Salamatoff
- Native Village of Savoonga
- Organized Village of Saxman
- Native Village of Scammon Bay
- Native Village of Selawik
- Seldovia Village Tribe
- Shageluk Native Village
- Native Village of Shaktoolik
- Native Village of Shishmaref
- Native Village of Shungnak
- Sitka Tribe of Alaska
- Skagway Village
- Village of Sleetmute
- Village of Solomon
- South Naknek Village
- Stebbins Community Association
- Native Village of Stevens
- Village of Stony River
- Sun'aq Tribe of Kodiak (formerly the Shoonaq' Tribe of Kodiak)
- Takotna Village
- Native Village of Tanacross
- Native Village of Tanana
- Tangirnaq Native Village (formerly Lesnoi Village)
- Native Village of Tatitlek
- Native Village of Tazlina
- Telida Village
- Native Village of Teller
- Native Village of Tetlin
- Central Council of the Tlingit & Haida Indian Tribes
- Traditional Village of Togiak
- Tuluksak Native Community
- Native Village of Tuntutuliak
- Native Village of Tununak
- Twin Hills Village
- Native Village of Tyonek
- Ugashik Village
- Umkumiute Native Village
- Native Village of Unalakleet
- Native Village of Unga
- Village of Venetie (See Native Village of Venetie Tribal Government)
- Native Village of Venetie Tribal Government (Arctic Village and Village of Venetie)
- Village of Wainwright
- Native Village of Wales
- Native Village of White Mountain
- Wrangell Cooperative Association
- Yakutat Tlingit Tribe

# 4 Steps to Talk About Drugs & Alcohol Abuse with your *Loved One*

## Step 1: Educate yourself

Do you know what your loved one is addicted too? If you don't know, find out, look for clues. Once you know what they are using; search for treatment options. Consider one that specializes in their addiction. If possible talk to a professional counselor. You can also call one of the many Narcotics Anonymous or Alcohol Anonymous chapters in the State. They have weekly meetings not just for those who have addictions, but for family and friends as well. They can be a means of support.

## Step 2: Prepare for the "talk"

Being prepared means having a treatment option readily available. It also means having the mindset of not preaching, not judging, or not looking down on your loved one. This will only cause them to use more. Additionally; you must wait for your loved one to become sober or as sober as can be before you talk to them.

## Step 3: Having the "talk"

You want to talk about how their addiction is affecting whatever they care about most. Which can be your loved one's future, their family, or their spiritual beliefs. Encourage them to get help. Also, set your boundaries on what behavior is not allowed in your home or around you. Expect denial or resistance. Remember; if the discussion gets too heated and you start to argue; take a time-out. But again you must come back to the talk with them.

## Step 4: Support without enabling

Now your loved one knows that you want them to get help and that you have set your boundaries. It may take some time for them to realize that you are serious about treatment. Do not give money. Do not allow substance abuse in your home. You may have to temporarily cut ties with your loved one if they are endangering the family. Whatever the situation; remind them that you want what's best for them and that is treatment.

It is a necessary heart to heart conversation you must have. Encouraging your loved one to get help could possibly save their life. Inspiration can come from anywhere, especially *you*.

For more information or resources contact TCC Behavioral Health at  
907-459-3800  
1-800-478-7822 ext. 3800

### **FOR AFTER-HOURS EMERGENCIES**

(907) 452-8251 or  
(907) 459-3800 Press 2  
Toll Free in Alaska: 1-800-478-6682



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

# SHARE YOUR *Knowledge!*

By encouraging cultural activities with your grandchildren you can be a positive example, and decrease their likelihood to engage in dangerous alcohol use.

For more information on ways to speak with youth on excess alcohol use contact:  
**TCC Prevention Through Wellness**  
907-452-8251  
1-800-478-6822  
prevention@tananachiefs.org

**Schedule a Screening/Referral:**  
TCC Behavioral Health Services  
1-800-478-7822 ext.3800  
\*Minors do not need parental consent for substance abuse

## Important Notice for Interested TCC *Candidates*

Potential TCC Candidates must submit background checks and a drug/alcohol test to Human Resources as soon as possible.

All candidates interested in TCC positions are strongly encouraged to contact Heather Rogers, Human Resources Director, at ext. 3155. TCC sends the background-check applications to the relevant state and federal databases, which depending on their workload can take a while, so please get your background-check in ASAP to qualify to be an official candidate. All background checks submitted by February 14 will have results by the time of the official release of candidate names on March 6. Applications require fingerprinting so you cannot simply email the packet.

The background applications are confidential. This means if you are undecided if you plan to run, you can still submit the background check application without anyone outside of HR knowing you are considering. If you do not pass the background check, no one will know you even considered being a candidate. You still must submit your name to Norma Dahl within the open window of February 6 to March 6 to be considered a candidate.

Per full board resolution, by **March 6** all Executive Board and Health Advisory Board candidates must pass the required drug tests. HR will also be coordinating the drug tests. Only those individuals that pass the background check and drug/alcohol tests by March 6 will be official candidates. On March 6, Norma Dahl will release to the tribes the names of official candidates.

DEADLINE  
February 6 - March 6  
February 14  
March 6

CONTACT  
Norma Dahl  
Human Resources  
Human Resources

REQUIREMENTS  
Letter of Intent  
Background Check  
Drug/Alcohol Test

# Election Criteria: 2020 TCC Full Board of Directors Meeting

## SUBREGIONAL ADVISORY BOARD ELECTIONS

### TCC Executive Board of Directors

Subregional Positions:

- Upper Tanana Subregion .....3 Year Term 2020-2023  
Currently Chaaiy Albert, Northway
- Yukon Koyukuk Subregion .....3 Year Term 2020-2023  
Currently Norman "Carl" Burgett, Huslia

#### 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)
- Full Time employees of the corporation shall not be eligible to serve as Directors or officers of the corporation with exception of the President. E-Board Members may serve as temporary or seasonal TCC employees. (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. To be eligible as a candidate, individuals must pass the background check the week before their election

### TCC Advisory Boards

The three TCC Advisory Boards make recommendations to the TCC Executive Board and President. The Regional Health board is selected by each respective subregion. (Article 7, Section 2). The President has the authority to appoint all individuals to the other advisory boards, (Article 7, Section 3), but the most recent process has been for the subregions to democratically select representatives to each advisory board. All candidates must be Alaska Native.

### TCC Regional Health Board

- Yukon Flats Subregion.....3 year term (2020-2023)  
Currently Patricia Salmon, Chalkyitsik
- Upper Kuskokwim Subregion .....3 year term (2020-2023)  
Currently VACANT

### TCC Education Council

- Lower Yukon Subregion.....3 year term (2020-2023)  
Currently Nathan Elswick, Anvik
- Yukon Tanana Subregion.....3 year term (2020-2023)  
Currently Phyllis Erhart, Tanana

### Interior Athabascan Tribal College Board of Trustees

- Upper Kuskokwim Subregion.....3 year term (2020-2023)  
Currently VACANT
- Upper Tanana Subregion.....3 year term 2020-2023)  
Currently Gerald Albert, Northway

## FULL BOARD OF DIRECTORS ELECTIONS

### IRHA Board of Commissioners

- Seat E.....3 year term (2020-2023)  
Currently Marvin Deacon, Grayling

\* 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)

\* IRHA candidates must submit their declaration of candidacy as required by other candidates.

## FULL BOARD OF DIRECTIONS ELECTIONS

### Officer Positions

- TCC Chief/Chairman .....3 year term (2020-2023)  
Currently Victor Joseph, North Pole/Tanana

#### Eligibility Criteria:

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

All employees including the President must pass Personnel Policy 10-107, "Applicant and Employee Background and Character Investigations." Per Executive Board Policy 50-5003, Executive and Health Board candidates must also pass background checks. Presidential, Executive and Health board candidates must turn in a completed and correct background check application to Heather Rogers in Human Resources by February 14th to guarantee background checks will be completed by March 6th. Individuals contemplating running for a board position should turn in a background check application immediately 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-Feb 6, 2020 and 5:00 PM-March 6, 2020. We recommend that you confirm receipt of your letter of intent with the TCC Executive Secretary prior to March 6th. Candidates often wait until the last hour to submit which has caused miscommunication in the past leading to ineligible candidates

Letter of intent (see example on next page) must be received by fax, mail or delivered in person no later than 5:00 PM on March 6, 2020 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

2020 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 2020 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.

### Important Dates for the 2020 TCC Elections

**Submit between now and February 14th:**  
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.

**February 6th at 8:00am**  
The open period in which a candidate may declare written candidacy begins. Please confirm receipt of your letter of intent.

**March 6th 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 19th:**  
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 both 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 14th 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 respective elections. This process was mandated since the 2014 Presidential Election as well.

## 2020 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 after the third ballot, 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 2020 Full Board of Director's roll call.**

DATE (Must be between 8 a.m. February 6, 2020 and 5 p.m. March 6, 2020).

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: Chief/Chairman, Subregional Executive Board, TCC Health Board, TCC Education Council or IATC)

Signature

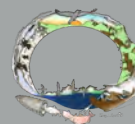
City, State, Zip Code

Print Name

Phone Number

## 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  
Confere

# 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.



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## JOIN THE TCC FAMILY

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

### Village Vacancies

- Community Health Aide/Practitioner (Alatna, Chalkyitsik, Circle, Dot Lake, Healy Lake, Kaltag, Stevens Village)
- Family Visitor(Allakaket, McGrath, Tanacross)
- Home Care Provider(Birch Creek, Galena, Koyukuk)
- Lead Teacher (Fort Yukon)
- Edgar Nollner Health Center Director (Galena)
- Infant/Toddler Teacher (Galena)
- Preschool Lead Teacher (Grayling, Huslia, Tanacross)
- Community Health Aide (Koyukuk)
- Mid Level Practitioner PA or ANP (Nenana)
- RN Case Manager (Nenana)
- Physician - Primary Care (Tok)

### Fairbanks Vacancies

- Patient Navigator II
- Regional Instructor
- Lead Travel Clinical Laboratory Scientist
- Certified Medical Assistant
- Dental Assistant I
- Program Assistant-Front I
- Dental Assistant I - Temporary
- Dental Assistant I
- Phlebotomist - Temporary
- Phlebotomist
- Release of Information (ROI) Specialist
- Physician
- Certified Nurse Midwife
- Physician - Pediatrics
- Physician Assistant - Orthopedics
- Primary Counselor
- Sobering Center Technician
- Youth Chaperone
- Academic Advisor
- Health Education Program Coordinator
- ERSEA Specialist
- OEH Training Coordinator
- Service Desk Technician
- Housing First Behavioral Health Clinician
- Addictions Behavioral Health Clinician

### Region- Wide Vacancies

- Community Health Aide/Practitioner - Itinerant

JOB LISTED WERE OPEN AS OF January 2, 2020

## UPCOMING MEETINGS/EVENTS

TCC CLOSED  
February 17, 2020 • President's Day

Willow House & Chief Andrew Isaac Health Center Open House  
March 6, 2020 • Fairbanks, AK • Willow House & CAIHC

Honoring Dinner - Dinner Provided  
March 14, 2020 • Fairbanks, AK • Westmark Hotel

2020 TCC Annual Convention  
March 16-19, 2020 • Fairbanks, AK • Westmark Hotel

Legacy of Our Elders Premiere - Dinner Provided  
March 17, 2020 • Fairbanks, AK • Westmark Hotel • 6pm

KEYNOTE SPEAKERS  
DOYON ORIGINAL INCORPORATORS

FRIDAY,  
MARCH 20  
Westmark Fairbanks Hotel  
8 a.m.

2020 ANNUAL MEETING OF SHAREHOLDERS

### DEADLINES

EARLY BIRD DEADLINE  
FRI., FEB. 21, 5 p.m. AKST  
PROXY DEADLINE  
TUE., MAR. 17, 5 p.m. AKDT  
Vote online by the early bird deadline to be entered to win prizes totaling \$21,000!

### VOTE ONLINE

<https://eproxy.doyon.com>



### QUESTIONS?

[www.doyon.com/annualmeeting](http://www.doyon.com/annualmeeting) • 907-459-2000