

OIL & GAS EXPLORATION THREATENS *Gwich'in Way of Life*

By Rachel Saylor
Communications Manager

Iizhik Gwats'an Gwandaii Goodlit translates to 'The Sacred Place Where Life Begins', which is what the Gwich'in people call the Coastal Plain of the 19.3 million acre land known as the Arctic National Wildlife Refuge (ANWR). The land was named this because it is the birthing, calving and post-calving grounds of the Porcupine Caribou herd – a herd that the Gwich'in have relied upon for food, cultural, and spiritual needs for thousands of years.

This sacred land is now under threat

after the Trump administration issued a Record of Decision advancing an oil and gas leasing plan on ANWR – opening up this delicate ecosystem to oil and gas development.

This decision came at the frustration of the Gwich'in people who have been advocating and working tirelessly to protect ANWR and the habitat of the Porcupine Caribou and further fueled their determination to protect their sacred lands. Although the Department of the Interior says the

plan includes protections for habitat and wildlife, these claims do not offer comfort to those who have relied upon this land for generations.

The Native Village of Venetie Tribal Government released a joint press release with the Arctic Village Council and the Venetie Village Council condemning the Trump administration's decision.

Continued on Page 3



TANANA CHIEFS CONFERENCE

2020 ELECTIONS

NEW DATE:
October 12th, 2020

Delegates will be able to attend the meeting virtually or in-person. The meeting will be limited to delegates, candidates, and key TCC staff only in order to maintain safe social distancing. However, the public will still be able to watch the elections live from our website.

tananachiefs.org/2020-tcc-annual-convention/

In This Issue:

Smaller Salmon - Impacting Us
Page 4

COVID Funding - What It's Not
Page 6

General Election - Ballot Measures
Pages 8-9

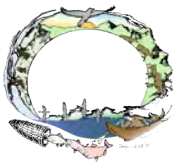
Prevent Suicide with Family Time
Page 10

MISSION STATEMENT

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

VISION

Healthy, Strong, Unified Tribes



Tanana
Chiefs
Conference

TCC EXECUTIVE BOARD MEMBERS

Donald Honea Sr./Ruby
1st Traditional Chief

Trimble Gilbert/Arctic Village
2nd Traditional Chief

Victor Joseph/ Tanana
Chief/Chairman

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,



This year's King Salmon run was lower than anticipated and the escapement requirements were not met. On top of this, fall fisheries were closed which means more people will be relying on a successful hunting season to feed their families this winter. In an effort to offset the low salmon run experienced by our villages, we recently purchased 80,000 pounds of fish. We purchased 50,000 pounds of whole flash-frozen chum salmon from Northline Seafoods in the Bristol Bay region, and 30,000 pounds of coho (silver) salmon from Copper River Seafoods in Kotzebue. We are actively discussing options for the best way to distribute the fish to communities in our region.

There is another component that may affect traditional food security. The Trump administration made a decision last month to approve oil and gas leasing plans on the coastal plain of Alaska National Wildlife Refuge (ANWR). This decision will directly impact the habitat of the Porcupine caribou herd which is sacred to the Gwich'in people. In accordance with TCC Full Board Resolution 2015-71, TCC opposes this decision and has long advocated for the protection of ANWR. The day after the decision was made, I met with Senator Lisa Murkowski to voice TCC's opposition.

Last month the Full Board of Directors made the decision to hold the 2020 TCC Elections on October 12th, 2020. The elections will be held virtually and in-person, and attendance is limited to delegates, candidates, and key TCC staff. We will be informing everyone on how elections will be conducted once those details have been finalized. The public will be able to watch online via our livestream. There are several seats up for election this year including seats on our Executive Board, Health Advisory Board, Education Council, IRHA Board of Commissioners, the AFN Village Representative, and the position of Chief/Chairman.

The school year has officially begun and it will look very different than in years past due to the ongoing pandemic. Many students will be attending school virtually and I know this puts many parents in a difficult position. Here at TCC we have found several ways to accommodate our employees who need to meet their work hours, and still ensure their children's needs are met. These are uncertain times and all of us are doing the best we can to successfully navigate these new circumstances.

With the end of my administration around the corner, I have been reflecting on my time here at TCC. I feel grateful and honored to have been given the opportunity to work on behalf of our tribes. As always, TCC will continue to work towards our vision of *Healthy, Strong, and Unified Tribes*.

Ana Bassee',

Chief/Chairman

August Council Newsletter *Correction*

An article for the Interior Tribal Mandates Regarding Community Closure and Gas Sales listed Holy Cross as a community that was limiting gas purchase for non-residents. According to Kathy Chase, officer of Deloycheet, there was a meeting that discussed limiting outsiders, but not fuel sales. Please contact the tribes individually for current mandates regarding travel and other restrictions.

Continued from Front Page

"The Coastal Plain is one of the most important natural, cultural, and subsistence resources to the Neets'ajj Gwich'in of Arctic Village and Venetie and to the Gwich'in people as a whole," said Native Village of Venetie Tribal Government's First Chief Margorie Gemmillin the release, "Any impacts to the Porcupine Caribou Herd from changes in migration patterns, lower fertility rates, and loss of habitat will have significant adverse social, cultural, spiritual, and subsistence impacts on our people."

The Tanana Chiefs Conference (TCC) Full Board of Directors first passed a resolution in 1987 calling for the protection of the Porcupine Caribou herd. The resolution directs TCC to advocate for maximum protection for the Porcupine Caribou calving and habitat areas in ANWR in conjunction with any oil and

gas development in ANWR. Similar resolutions were also passed in 1988, 1995, 1996, and 2017.

"TCC has always stood on the side of the Gwich'in people in protecting this sacred area and we oppose any development that could potentially impact that delicate ecosystem," says TCC Chief/Chairman Victor Joseph, "The footprint that development will have on this sacred land will be much larger than what is indicated."

TCC has shown support for the protection of ANWR on several occasions including during the Alaska Federation of Natives (AFN) Annual Convention, during several trips to Washington DC, and during meetings with important government representatives.

In 2016, AFN held its winter board retreat in Kotzebue, where they invited Alaska's entire congressional

delegation, as well as an array of lawmakers, leaders from municipal governments and Native corporations, and U.S. Interior Secretary Sally Jewell. Chief Joseph also attended this meeting where he advocated for the preservation of ANWR.

In 2019, Chief Joseph testified before the House Natural Resources Subcommittees alongside several Gwich'in tribal leaders; Gwich'in Steering Committee Director Bernadette Demientieff, Chief Galen Gilbert of Arctic Village, Chief Dana Tizya-Tramm of Vuntut Gwich'in First Nation, and Sam Alexander of Fort Yukon, in Washington, DC on the protection of ANWR.

On August 18th, the day after the decision was announced to open up ANWR to oil and gas drilling, Chief Joseph met with Senator Lisa Murkowski to voice TCC's opposition to the decision.

The first leasing sales of the land plan to be held before December 22nd, 2021 and the second by December 22nd, 2024.



Left-Right
MARCH 26, 2019 HEARING ON ANWR DRILLING
Bernadette Demientieff - Executive Director of Gwich'in Steering Committee
Chief Galen Gilbert - First Chief of Arctic Village Council
Chief Dana Tizya-Tramm - First Nation Chief of Vuntut Gwich'in
Chief Victor Joseph - Chief/Chairman of Tanana Chiefs Conference
Sam Alexander - Gwich'in Council International

SALMON ACROSS ALASKA GETTING SMALLER, IMPACTING *People and Eco Systems*

By Alice Bailey
Published by UAF News

Salmon size has declined dramatically over the past 60 years. Size declines have occurred across species and are generally associated with decreasing age.

Salmon species across Alaska are returning to spawn at a smaller size, according to a study led by researchers at the University of Alaska Fairbanks.

The study, published August 19th, 2020 in the journal *Nature Communications*, shows that body sizes are declining in four species of Pacific salmon because the fish are returning younger than they used to. The consequences of this trend will impact the people who rely on salmon for food, the commercial fishing industry and the health of ecosystems.

The researchers found that climate and competition for food at sea are important factors in body-size declines, but their impacts on salmon varies among species and location.

"We wanted to take a step back and look across the whole state, across different species, and get a feel for what was going on with salmon size at a broad scale," said Krista Oke, the lead researcher on the project and a postdoctoral fellow at the UAF College of Fisheries and Ocean Sciences.

Oke was part of a working group of academics, tribal advocates and state and federal biologists that analyzed 12.5 million samples collected by the Alaska Department of Fish and Game between

1957 and 2018. This massive 60-year database included age and length information for four species of Pacific salmon — Chinook (king), chum (keta or dog), coho (silver), and sockeye (red). The mature fish, caught on their way to spawn, were individually measured at escapement projects, commercial fisheries and other places.

Mick Leach measures fish in the commercial fishery on the lower Yukon River as part of Alaska Department of Fish and Game's age, sex and length sampling program.

"This is a unique opportunity in that we were able to look across regions, across species and across time," said CFOS assistant professor Curry Cunningham. The results of the synthesis of age and length data showed that all four species of salmon are returning to freshwater at a smaller size than they did historically.

"For the first time, we understand that is very much driven by the fish tending to be younger," said Peter Westley, associate professor at CFOS and principal investigator of the study.

The magnitude of declines varied among regions and species. The largest species of Pacific salmon, Chinook, showed the highest average body size decline at 8 percent, compared to declines of 3.3 percent for coho, 2.4 percent for chum, and 2.1 percent for sockeye. For all four species, the rate of decline has accelerated since 2010.

The consequences of smaller returning salmon reach far and wide. The study is unique in that it translates changes in salmon size into something more tangible. For example, Chinook salmon showed reductions of 16 percent in egg production, 28 percent

in nutrient transport back to rivers, 21 percent in fisheries value, and 26 percent in meals for Alaskans.

"The Arctic-Yukon-Kuskokwim area is the biggest subsistence user group in the country," said co-author Gale Vick, a former commercial fisherman representing the Tanana Chiefs Conference tribal consortium. "The dependency of that group on the resource is huge. It's not just a commercial dependency — it's a food security issue."

The researchers looked at hypothetical causes of the size declines, including warming oceans, increases in wild and hatchery salmon abundance and size-selective fishing. Both climate and competition appear to be influencing salmon body size, but their impacts varied across species.

Yukon Delta Fisheries Development Association technician Mark Tucker checks a set net in the lower Yukon River test fishery near Emmonak.

Data to test the role of selective fishing was only available for a few species in a few regions. With this limited information, the study did not suggest a key role of fishing on salmon body-size declines. However, "At the very least, selective fishing against the biggest fish is not helping," Westley said.

The group hopes that the study can help focus future research. "What this shows very clearly is that protecting freshwater habitats alone is not sufficient to avoid changes like what we are seeing. There has to be more recognition in the role of a shared ocean," said Westley.

The working group behind the study was organized by the National Center for Ecological Analysis and Synthesis, and University of California Santa Cruz associate professor Eric Palkovacs was co-lead researcher on the project. The work was funded by the Gordon and Betty Moore Foundation and Nautilus Impact Investing.

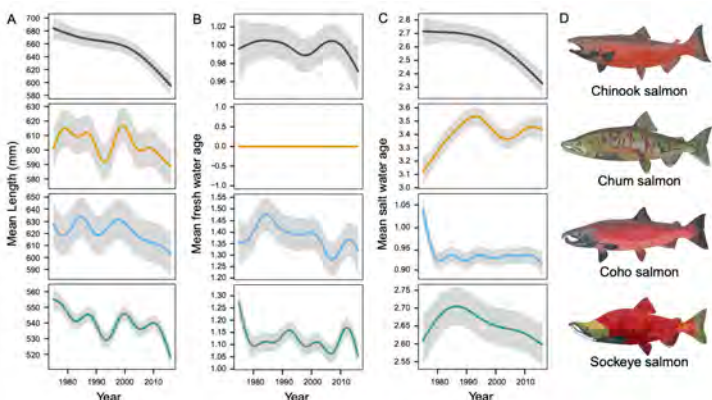


Photo Courtesy of Tonya Esmailka



The United States authorized the Coronavirus Aid, Relief, and Economic Security Act, which is an economic stimulus bill targeted at responding to the economic impact the Coronavirus (COVID-19) had on the economy. Funding was made available for tribes to assist them in protecting their communities against COVID-19.

The funding came with specific guidelines and rules. Funding spent by a tribe must be directly related to health and safety caused by the impacts of COVID-19. Staff at TCC have been working with tribes to identify allowable and unallowable projects. All costs must be unanticipated costs directly related to COVID-19 and must

be 'reasonably necessary' in fighting the spread of COVID-19 in their community.

Tribes can face some potential consequences if they do not follow the funding rules, such as having to pay money back to the government. This would be detrimental to some of our tribes.

It is up to the tribe's discretion on how funds are spent, which may or may not include the sample projects provided above; the best way to find out what your tribe is doing is to contact them. Tribes are working hard to make sure they are following the funding rules and meeting needs to the best of their ability.

SOME OF THE ALLOWABLE PROJECT IDEAS INCLUDE:

- Direct medical expenses related to COVID-19
- Sanitation improvement projects
- Community Safety
- Temporary quarantine facilities
- Emergency family assistance

THE FOLLOWING ARE EXAMPLES OF COSTS THAT ARE NOT ALLOWABLE BY THE FUNDING:

- Distributions to all tribally enrolled members.
- Expenses that were already budgeted for, such as the tribe received a grant to purchase a new vehicle for patient transport.
- Employee bonuses

Photo Courtesy of studiogstock / Freepik



PHONE

Call 844-330-2020



MAIL

You should have received a form in the mail to complete



ONLINE

my2020census.gov

EVERY ALASKAN COUNTS! NEW DEADLINE!

September 30, 2020 is the new DEADLINE to complete the Census.

The exciting news is all the rural villages across the Tanana Chiefs Conference Region have been counted. The last phase the Census is carrying out is quality control to confirm the accuracy of the count. If anyone was missed there is still an option to self-respond by phone or online.

Census operations for Fairbanks is ongoing until the deadline. The Alaska response rate is currently 50.1%, with 50.7% of the Fairbanks area. With a month and a half left to respond, the focus will be on the Fairbanks area to be counted. Census Takers are currently going

door-to-door doing non-response follow-up, for those who have not self-respond by phone, online, or by mailing in the paper survey.

The Census Takers are following all COVID-19 requirements, wearing masks, keeping socially distanced, and using proper hand hygiene. If you'd like to avoid a visit from a Census Taker, you can still respond online at **My2020Census.Gov** or by phone at **(844)330-2020**.

Your personal information will not be shared with anyone outside of the Census Bureau.

The deadline to submit the Census survey is September 30, 2020.

IT'S 10, QUESTIONS, 10 MINUTES, AND 10 YEARS OF IMPACT

7 Tips To Build a Healthy Immune System

By Frank Yaska

Tobacco Prevention Specialist



SLEEP Try to aim for 8+ hours of quality rest every night.

Benefits: Adequate sleep

builds the immune system by increasing certain proteins in the body that target infection and inflammation.



VITAMINS Increase the amount of fresh fruits & vegetables in your diet, and consider multivitamins as a way to add nutrients into your diet.

Always consult a physician for your supplemental needs.

Benefits: Getting proper nutrients to supplement what we don't get in our modern diet helps to strengthen the immune system. Try to increase Vitamin C during days of traveling (including town trips for groceries & supplies).



WATER Up to 60% of the human body is made up of water and it needs adequate hydration. Try to aim for at least .5 oz of your weight

(lbs.) a day. E.g. A 200 lb. Person = 100oz a day.

Benefits: Water helps to carry oxygen to the body cells, which results in a properly functioning body. It works to remove toxins, and could help prevent toxins from building up and having an impact on the immune system.



EXERCISE There's an old saying of "Sharpen the body, Sharpen the mind."

The mind is conditioned by the body, so if we sharpen the body to sharpen the mind, we can create mental fortitude. Set a goal to get at least 30 minutes of moderate activity a day.

Benefits: Exercising improves cardiovascular health, lowers blood pressure, and promotes good circulation.



SUSPEND All Substance Use; for as long as we can (and continue to suspend again and again during hardships). Not suspending to quit forever, just as long as we strive to grow in mind and body, to expand our individual capacity.

Benefits: Every substance diminishes our immune system and restricts our possibilities; suspend use with the mindset to endure and have resiliency during this pivotal time of a pandemic.



OUTLET Adopt a healthy outlet to replace substance use and to help expand who we are as individuals. Create and explore a healthy way to

pour out frustrations, thoughts, feelings, and stress.

Benefits: Finding an outlet is a way to manage stress; Try something that will benefit you – workout, journaling, beading, sewing, nomadic exploring (walking familiar and unfamiliar places to survive, as our ancestors did), finding an art form to manifest who we are and deliver our purpose such as arts – theatre, spoken word, story writing,

storytelling, painting...etc



FAMILY Make a goal to be involved with family more. Instead of mindlessly saying, "Okay, I want to do [unhealthy behavior] to check-out mentally,

because I had a hard day and I want to reward myself with [unhealthy behavior]." This behavior drives the wedge further between us and the ones we love. In order to connect more with family, we need to exert more time and energy in the engagement between family members and shift our intentions by saying, "I will be present and respond to their needs."

Benefits: As a way to grow together, and a way to be involved in their lives, we can connect in harmonious love to create what we all want...unconditional love.

Tobacco use is commonly associated with trauma, cancer, stress, and diseases. Until we address the reasons why we use and have an honest conversation to heal and not avoid it, we will continue to suffer the health consequences of Tobacco Use. We as Alaska Native people have survived vast amounts of trauma and disease.

Our people have survived The Great Death (Flu Pandemic of 1918), Tuberculosis, and several other diseases. The fact we are here today is evidence our ancestors have survived those pandemics, and we too will survive this.

For more information please contact:

TCC • Division of Wellness & Prevention • Tobacco Prevention
(907) 452-8251 Ext. 3004 • (800) 478.6822



Anchorage Based Patient Advocate

Kristy Supsook, TCC Patient Advocate, works closely with the medical teams at the Alaska Native Medical Center (ANMC) to ensure TCC patients receive clear communication about their care, experience safe discharges and can access support if concerns arise while at ANMC.

Please call Kristy if you need assistance with anything at all. Out of respect for patient privacy, Kristy does not automatically contact patients in Anchorage for care unless the patient or a healthcare provider calls requesting assistance.

For more information, contact Kristy Supsook, TCC Patient Advocate at ANMC
907-687-9193 • Toll Free 1-800-478-6682 ext. 3604 • kristy.supsook@tananachiefs.org

Cultural Lessons

By Autumn Cantu
Wellness & Prevention Coordinator

Seasons is our way of life within Alaska. Strategic Prevention Framework (SPF) – a cultural traditions, because it secures a strong foundation for future generations to come. SPF PFS program's purpose is to help prevent and reduce youth from developing substance misuse with underage drinking, and prescription drug misuse. SPF understands and supports that elders or significant individuals have been passing down life lessons to each generation by simply spending time berry picking, fishing, gathering wood, hunting and much more with youth.

The more time spent with youth and young adults doing culture activities, the more it instills strong morals and values. Participating in these life lessons can help youth build lifelong skills such as time management, leadership, patience, and hard work. Living with the season also helps our youth with protective factors within their own community.

What is a Protective factor? It can be positive life qualities in your parents, significant individuals, grandparents, or even your community. These individuals can help you learn how to deal with stressful situations and lower

the possibility of a negative outcome that might cause an impairment on your mental health.

On behalf of The Division of Wellness and Prevention here at Tanana Chiefs Conference (TCC), we encourage you to involve yourself in a cultural activity with the youth of your community. SPF hopes to inspire and support the cultural lessons taught in your community.

Be the change for betterment in adolescence's health, and break trail alongside them.

Photo Courtesy of Michael Pflugrad

For more information on the Strategic Prevention Framework please contact:

TCC • Division of Wellness & Prevention • Prevention through Wellness (SPF-PFS) Program
(907) 452-8251 Ext. 3004 • (800) 478.6822 • prevention@tananachiefs.org

POLDINE CARLO NULATO

Poldine Carlo was born in 1920 in the village of Nulato. By the age of eight, Carlo had lost both of her parents to illness and was sent to live with her grandparents. Carlo's grandparents lived a traditional lifestyle, speaking only in Koyukon Athabascan and making their living by trapping, sewing, and making spoons. Her grandmother had her own dog team and would use the dogs for travel between villages and for trapping and hunting trips.

Carlo, along with other children in the village, would visit elders and listen to their stories. "We would start in one house and move to the next, and the next, [...] adding bits to the stories as they would go on."

Carlo and her husband had eight children—William Jr., Kenny, Walter, Glenn, Stewart, Dorothy, Lucy, and Kathleen—who began their schooling in Copper Valley while Carlo and her husband continued to make a living mining. "We were very good at it," she says. But in 1957, the Carlos decided to move to Fairbanks so their children could attend high school. Education was important to Carlo and her husband; many families of that time who wanted their children continue their education were forced to decide between sending them to high school in the big city alone, or relocating together as a family.

One day Carlo was talking to family friend Nick Gray, a man from Nome, who said that he wanted to start a group in Fairbanks for Alaska Natives. There was no place downtown without a sign banning Natives from entering, and the thought of having a place solely for Natives to gather seemed impossible to Carlo at first. Carlo told Gray, "Are you crazy? This is a white town! [...] He said to me, 'yes, we can. We have the four of us and we can do it.'"

To hear Poldine's full story,
visit www.tananachiefs.org/legacy-of-our-elders/

LEGACY
OF OUR
ELDERS

*TCC's Legacy of our Elders series documents the lives and stories of Elders throughout the TCC region.
These videos are available on our website.*



THE General ON NOVEMBER

At the general election on November 3, 2020, Alaskans will decide two citizen-initiated ballot measures. Both of these measures were placed on the ballot after an initial signature gathering phase and both have undergone court challenges.

The first ballot initiative, An Act changing the oil and gas production tax for certain fields, units, and non-unitized reservoirs on the North Slope, hopes to increase the taxes collected on a select few large production fields.

Specifics on Ballot Measure 1:

Which oil production fields would the ballot initiative affect?

The ballot initiative would increase taxes on oil production fields that meet all of the following criteria:

- Located above 68 degrees north latitude in Alaska, which is an area known as the North Slope
- A lifetime output of at least 400 million barrels of oil
- Have an output of at least 40,000 barrels per day in the preceding calendar year

According to Robin Brena, chairperson of the campaign behind the ballot initiative, three oil production fields—Alpine, Kuparuk, and Prudhoe Bay—met those criteria.

What would the new taxes be?

The ballot initiative would tax oil production using an alternative gross minimum tax or an additional production tax, whichever is greater for each month and each field. The alternative gross minimum tax would be 10 percent of the gross value of oil at the point of production where the average per-barrel price for Alaska North Slope (ANS) crude oil for sale on the U.S. West Coast is less than \$50. The additional production tax would be the difference between the average production tax value of oil per month and \$50, multiplied by the volume of taxable oil produced by the producer for that month, and multiplied by 15 percent. The additional production tax formula would also eliminate the per-taxable-barrel credit.

The ballot initiative would also require that filings and information submitted to the Alaska Department of Revenue relating to the initiative's taxes be considered public records.

If implemented, the initiative is likely to bring in an additional \$1 billion dollars to the state general fund.

Who is behind the campaigns surrounding the ballot initiative?

Vote Yes for Alaska's Fair Share is leading the campaign in support of the ballot initiative. Robin Brena, the chair of former Gov. Bill Walker's Transition Subcommittee on Oil and Gas, is chairperson of the campaign. Brena was also the campaign's largest donor, contributing \$463,409. Overall, Vote Yes for Alaska's Fair Share received \$615,171 in contributions, with 70 percent in the form of in-kind services.

OneAlaska is leading the campaign in opposition to the ballot initiative. Chantal Walsh, the chairperson of OneAlaska, also worked in Gov. Walker's administration, serving as the Alaska Oil and Gas Division Director. OneAlaska received \$9.87 million in contributions, with four oil and gas companies—BP Exploration Alaska (\$4.54 million), Conoco Phillips (\$1.79 million), ExxonMobil (\$1.70 million), and Hilcorp Energy (\$1.62 million)—providing 98 percent of the campaign's funds.

THE Election NOVEMBER 3RD

By Marna Sanford
Government Relations Coordinator

The second initiative sponsored by Alaskans For Better Elections, an Act replacing the political party primary with an open primary system and ranked-choice general election, and requiring additional campaign finance disclosures, seeks to make changes to Alaska's election policies with a three-pronged approach.

Specifics on Ballot Measure 2:

What election policies would this ballot initiative change?

The ballot initiative would make changes to Alaska's election policies, including:

- Requiring persons and entities that contribute more than \$2,000 that were themselves derived from donations, contributions, dues, or gifts to disclose the true sources of the political contributions;
- Replacing partisan primaries with open top-four primaries for state executive, state legislative, and congressional offices; and
- Establishing ranked-choice voting for general elections, including for presidential elections, in which voters would rank the

candidates that succeeded from the primaries.

How would top-four primaries and ranked-choice voting work in Alaska?

Alaska would be the first state to adopt top-four primaries for state executive, state legislative, and congressional offices. Candidates would run in a single primary election, regardless of a candidate's party affiliation. The four candidates that receive the most votes would advance to the general election. As of 2020, California and Washington used a top-two system for primaries.

At the general election, voters would elect state and federal candidates using ranked-choice voting. For state executive, state legislative, and congressional elections, voters would rank the four candidates that advanced from their top-four primaries. A candidate would need a simple majority of the vote (50%+1) to be declared the winner of an election. If no candidate wins a simple majority of the vote, the candidate with the fewest votes would be eliminated. People who voted for that candidate

as their first choice would have their votes redistributed to their second choice. The tabulation process would continue as rounds until there are two candidates remaining, and the candidate with the greatest number of votes would be declared the winner. Who is behind the campaigns surrounding the ballot initiative?

Alaskans for Better Elections is leading the campaign in support of Ballot Measure 2. The campaign's committees had raised \$1.20 million, with contributions from several organizations that seek to change election policies. Unite America was the largest donor, providing \$970,000.00. Action Now Initiative, the second largest donor, provided \$100,000. Former Rep. Jason Grenn is chairperson of the campaign. Bruce Botelho (D), the former mayor of Juneau, Alaska, and Bonnie Jack (R) are co-chairs of the campaign.

As of June 2020, there is not an organized campaign in opposition to the ballot initiative, however, Glenn Clary and Ann Brown, the chair and vice-chair of the Alaska Republican Party, had both argued against the ballot initiative.

Photo Courtesy of Adam Demientieff



Preventing Suicide through Family Togetherness



Family Time is essential for our youth's mental health and wellness.

Consistent family time can help youth feel important and loved. By spending time together, youth can build confidence, increase communication, and build trust. Through the establishment and nurtured relationships, a safe space is

developed. Forming these bonds can be a great method for identifying signs and symptoms of suicide.

Some examples of activities you can do with your child to promote a healthy and happy environment are:

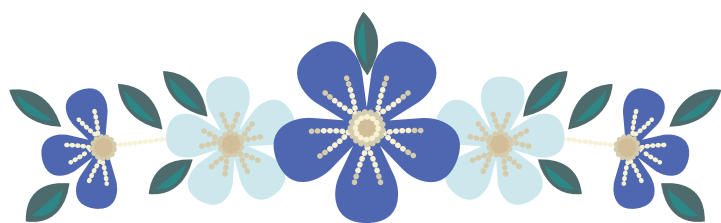
- Cooking a family meal together
- Eating dinner together with no phones or tablets
- Helping your child with their homework to problem solve and work together
- Play a sport or exercise together
- Attend their sporting events to show support

- Engage in family talking circles to promote open communication
- Enjoy weekly family game nights
- Watch a family movie together

These are just a few examples, but the possibilities are endless. Ultimately, family time should be a positive and healthy way of spending time together. The positive outcomes are great for you and your family. By engaging and creating strong bonds, we can reduce risk factors, by increasing protective factors.

Photo Courtesy of Adam Demientieff

For more information on Suicide Prevention, please contact:
TCC • Division of Wellness & Prevention • Zhiiniidzelt'aey Project
 (907) 452-8251 Ext. 3164 • (800) 478.6822 • prevention@tananachiefs.org



FOR MORE INFORMATION VISIT WEBSITES:

Statewide Suicide Prevention Council Resources below:
<http://dhss.alaska.gov/suicideprevention/Pages/default.aspx>

Division of Behavioral Health below:
<http://dhss.alaska.gov/dbh/Pages/default.aspx>

Tanana Chief Conference Behavioral Health below:
<https://www.tananachiefs.org/services/behavioral-health/>

Tanana Chief Conference Wellness and Prevention below:
<https://www.tananachiefs.org/services/wellness-prevention/>

Suicide Prevention Lifeline below:
<https://suicidepreventionlifeline.org/>

SUPPORT ONE ANOTHER Today!

We can support each other in simple, but important ways during this challenging time. Reach out to others by phone, texting or social media. Ask if they're OK and let them know you care.

If you or someone you know is in crisis or having thoughts of suicide please contact:

TCC Behavioral Health

907.452.8251 ext 3800 OR (800) 478.6822

After hours press 2 to speak to a crisis interventionist.

Alaska Careline

1.877.266.4357 (HELP) • TEXT "4help" to 829863
 (Tuesday-Saturday 3pm to 11pm)

National Suicide Prevention Lifeline

1.800.273.8255

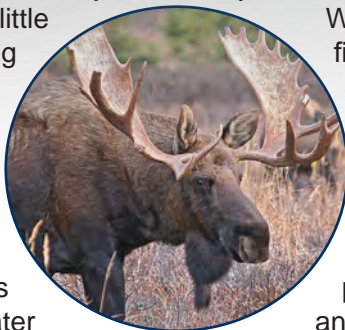
Hunting! Hunting! Hunting!

SAFETY! SAFETY! SAFETY!

By Marvin Roberts
Health & Safety Coordinator

As we get closer to hunting season, let's not forget about safety. Sometimes, it's the little things that can make a big difference in protecting your loved ones.

Planning ahead of time is a good start. But what do you plan for? How about the weather; try to dress in warm layers with the outer being water resistant. Also pack your tent, sleeping bag, food, first-aid kit and if need be; life jackets for the boat. Before you leave, please tell someone the



general area you will be at, and when you should return.

When you're out there in the field; "look around". There are many safe practices to be performed as well. For the boat, it all begins with wearing a proper life jacket and making sure others do the same. A proper life jacket will fit snug and be in good condition.

Last, but certainly not least, is gun safety. You ever hear of a gun-related hunting accident? They do happen but can be prevented.

Here are the four basic rules of gun safety:

1. Treat guns as if they are always loaded
2. Always point them in a safe direction
3. Keep your finger off the trigger until ready to shoot
4. Be aware of your target and what is beyond it.

Feel free to add any safety habits you may think of. Remember by practicing safety habits, you are one step ahead in prevention. Thank you!

For more information please contact:

TCC • Division of Wellness & Prevention • Health & Safety Program

(907) 452-8251 Ext. 3004 • (800) 478.6822

Community Health Aide SPOTLIGHT

Tina Nollner CNA - Circle

By Linden Staciokas

The residents of Circle had no idea that the frightening illness of the recent newcomer would bring health to the entire community, but it did. Tina Nollner recalls, "I moved to Circle in March of 2018, and soon after got really, really sick. I felt like I was going to die and here I was in a remote village with no medical help available. I didn't know what to do and I told myself if I got better, I would make sure no one else ever felt that frightened and hopeless." She did recover and, true to her thoughts, within six months, Tina became the TCC Health Aide in her new hometown.



aide because "I come to really know my patients, every single one. I know their histories and what is going on in their lives, which helps me serve them better. Every person is different and I love being able to help them."

The hardest part of her job has nothing to do with patient care or paperwork. It is the strain of being the only health aide and so on call 24 hours a day. Being a single parent to four children, ages three to nine, is tough all by itself, but being available all the time can make life pretty hectic. She deals with it by spending her free time doing healthy activities. "I love to bead and to cook and enjoy berry picking. I am learning the traditional subsistence tasks, like how to cut fish. I just love learning those skills! I am really excited that I will be going moose hunting for the first time this year. I was born in Kobuk but was raised in Fairbanks so this is the first time I have had the chance to do all these things."

Tina is so enthusiastic about her job that she wants to encourage others to consider entering the field, although they should not make that decision lightly. Her advice to anyone interested is to spend time having in-depth conversations with a practicing health aide or, even better, try to shadow that person in order to experience how demanding yet fulfilling the career can be. As far as Tina is concerned, she has hit the sweet spot in her life, living and raising her children in a community she loves and doing a job that is vital to the health of her neighbors.

Jo Miller, Tina's supervisor, has nothing but high praise for her. "Tina has been an amazing addition to CHAP! As a Community Health Aide in her village of Circle, she has repeatedly demonstrated her commitment and dependability in the delivery of the utmost quality health care. Her caring demeanor and compassionate approach to her patients has undoubtedly resulted in a reliable, trusting relationship with many throughout her community."

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

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. Material submitted anonymously will not be printed.



Tanana
Chiefs
Conference



Find Your Purpose

Join Our Team: www.careers.tananachiefs.org

Fairbanks Vacancies

- Addictions Counselor I
- Ambulatory Surgery Center Manager
- Behavioral Health Administrative Assistant
- Behavioral Health Clinical Associate-Fairbanks
- Billing Manager
- Billing Technician II
- Central Scheduler
- Certified Medical Assistant
- COVID-19 Contact Tracer
- Dental Assistant I
- Diagnostic Radiology Technologist
- Education and Outreach Specialist
- Employee Health RN Manager
- Eye Clinic Receptionist
- Health Data Analyst
- HIM Technician
- Home Care Manager
- Infection Control Specialist
- Medical Laboratory Scientist
- Medical Laboratory Technician
- Nurse Practitioner - Primary Care
- Nurse Practitioner - Urgent Care PRN
- OMFR Behavioral Health Consultant
- Outpatient Behavioral Health Case Manager
- Patient Transport Specialist
- Pharmacy Technician I
- Physician - Primary Care
- Physician - Urgent Care
- Physician Assistant - Primary Care
- Physician Assistant - Urgent Care PRN
- Prevention Coordinator
- Psychiatrist
- Public Health Lead RN
- Quality Management Assistant
- Registration & Admissions Specialist
- RN
- Rural Energy Specialist
- Security Officer
- Service Desk Technician
- Subregional Prevention Coordinator
- Tribal Employment Rights Officer

Village Vacancies

- Community Health Aide/Practitioner (Alatna, Allakaket, Chalkyitsik, Circle, Evansville, Healy Lake, Hughes, Kaltag, Koyukuk, Manley, Northway, Rampart, Ruby, Stevens Village, Tetlin)
- Community Health Representative (Allakaket)
- Elder Nutrition Cook (Nikolai)
- Family Visitor (Allakaket, Hughes, Kaltag, McGrath)
- Home Care Provider (Arctic Village, Eagle, Fort Yukon, Galena, Holy Cross, Huslia, Nikolai)
- Infant/Toddler Teacher (Galena, Nenana)
- Lead Teacher (Galena)
- Old Minto Family Recovery Camp Traditional Counselor (Old Minto)
- Physician Assistant-Upper Tanana Health Center (Tok)
- Preschool Assistant Teacher (Fort Yukon, Grayling, Nenana)
- Preschool Lead Teacher (Fort Yukon, Tanacross)
- Security Officer (Tok)
- Substitute Elder Nutrition Cook (Anvik, Arctic Village)
- Substitute Teacher/Assistant Teacher (Nenana)
- Tok Sub-Regional Primary Care Physician (Tok)
- Tribal Administrator-Onsite Supervisor (Eagle)
- Tribal Family Youth Specialist (Minto)
- Village Public Safety Officer (Allakaket, Anvik, Arctic Village, Chalkyitsik, Eagle, Grayling, Huslia, McGrath, Northway, Nulato, Ruby, Tetlin, Venetie)

Region- Wide Vacancies

- Community Health Aide/Practitioner - Itinerant



JOBS LISTED WERE OPEN AS OF AUGUST 19, 2020

SUBMIT YOUR PHOTOS FOR THE 2021 TCC Calendar



DEADLINE TO SUBMIT IS OCTOBER 16th, 2020

Please include the names, phone number, where the picture was taken, and a brief description.
Email photos and captions to: communications_dept@tananachiefs.org

Chief Andrew Isaac Health Center

Temporary Clinic Hours are:

8:00 AM – 5:00 PM MONDAY – FRIDAY
All Services are Appointment Only.

Urgent Care hours are:

8:00 AM – 5:00 PM 7 DAYS A WEEK
By Same Day Appointment Only.

TO SCHEDULE CALL:

1-(907) 451-6682 or 1-(800) 478-6682 ext. 1053