

the council

Dena' Nena' Hénash • Our Land Speaks

Vol. 46, No. 11

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

November 2021

Ambler Road Threatens Traditional Harvesting Grounds

By Leona Long, *Public Relations Specialist*

The proposed 211-mile industrial road to the Ambler mining district would pierce through the heart of traditional subsistence lands that Alaska Native people have used to feed their families since time immemorial.

"The Ambler Road and mining activity would put fences on our subsistence harvesting areas," said PJ Simon, Chief/Chairman of Tanana Chiefs Conference. "As conditions change from year to year and over time, we need to be able to move around to harvest enough subsistence foods. The industrial activities associated with the Ambler Road Project inter-

feres with our ability to hunt and fish properly so that we can feed our families."

The Ambler Road Project is a billion-dollar highway that will facilitate mining development in Northwest Alaska. The mining district includes at least four large-scale mines and potentially hundreds of smaller mines with large deposits of copper, zinc, lead, gold, silver, and other metals.

The Ambler Road Project would cross 11 major river systems, including the Alatna River and Koyukuk River. The proposed road would also cross

thousands of smaller rivers, streams, and wetlands, thus requiring about 48 bridges and nearly 3,000 culverts. Even projects with a few hundred culverts are considered massive and complex that many previous plans have failed and a project with 3,000 culverts without any formal planning will surely fail. De-watering and toxic pollution from mining in the region would have devastating impacts on key spawning areas for sheefish, whitefish, and salmon as well as harm the Western Arctic Caribou Herd and divert its migration path.

Continued on page 6

Reclaiming Our Learning Systems

2021 TCC VIRTUAL Education Summit

November 16-18, 2021

Tue – Thur 1:00pm-4:30pm

The 2021 Summit will focus on how we can take an active role within education systems, and utilize ancestral Native knowledge. The summit will include important information on Tribal Compacting in Education, Johnson O'Malley, careers in high demand and more.

RSVP to blanche.murphy@tananachiefs.org to receive direct updates, and a link to join.

Win Up To \$5,000 Cash!

Anyone living in Interior Alaska who is fully vaccinated can enter to win!

Learn more on Page 4!



**In This
Issue:**

**COVID-19 VACCINE
WINNERS**
Page 4

**Hunting
Permits**
Page 5

**Hate Crimes
Reporting**
Page 7

**National
Diabetes Month**
Page 8

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



TCC EXECUTIVE BOARD MEMBERS

Trimble Gilbert/Arctic Village
1st Traditional Chief

-
2nd Traditional Chief

PJ Simon/Allakaket/Galena
Chief/Chairman

Charlene Stern/Arctic Village
Vice President

Charlie Wright/Rampart
Secretary/Treasurer

Herbie Demit/Tanacross
Upper Tanana

Claude 'Joe' Petruska/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

Alex Hanna/Minto
Youth Advisor

CHIEF'S REPORT



Dear Tribes and Tribal Members,

We offer our deepest sympathy to the family of 1st Traditional Chief Don Honea, Sr. We remember our 1st Traditional Chief as a kind, respectful, hardworking man. The concerns he brought forward were always for others. Chief Honea was always ready and willing to fulfill his duties as our 1st Traditional Chief, and he will be greatly missed.

The TCC Bylaws stipulate that upon the passing of our 1st Traditional Chief, the 2nd Traditional Chief permanently takes the 1st Traditional Chief role. At a later date, the Denakkanaaga' board will go through the process to elect a new 2nd Traditional Chief. We appreciate all of the past work from Trimble Gilbert from Arctic Village as 2nd Traditional Chief, and we now respectfully welcome Chief Gilbert to the 1st Traditional Chief position.

Veteran's Day, November 11, will now be a holiday observed on its day by TCC. Many of our tribal members have served in all areas of the military, and we are proud and very grateful for their service. Their contributions have helped to make our country a global leader, and we appreciate your service.

COVID-19 case counts have continued to be high throughout most of October. Our hospitals are close to capacity and health staff have continued to adapt services, and do what they can to get patients the care they need. The Doyon housing facility is consistently being used for COVID-19 patient overflow. Pfizer-boosters were approved and are available for patients over 18. Staff are traveling to communities who predominantly received Pfizer early on. Wide community spread of the Delta variant, especially in the urban areas, necessitates that we all stay diligent. Please continue to mask, social distance, get the vaccine AND booster when you are able.

TCC recently updated our salary levels and implemented a COVID-19 Appreciation and Retention Incentive Program which provides a \$5/hour bonus for all hours worked from August 16, 2021 through the end of 2021. Our goal is to remain a competitive employer as well as recognize all the hard work staff have put in during this pandemic. We appreciate and reward those taking on extra hours and working on the front lines to keep services going.

TCC is making plans to carry out a second round of salmon distribution to all member Tribes by late November. For Fairbanks area families, we are working together with local Native organizations to carry out a distribution. We will start first with our Elders, foster families, and assistance families. The Tribal Resource Stewardship Commission has continued our three-river, joint advocacy of the Kuskokwim, Yukon and Unalakleet river villages that all depend on the Bering Sea for salmon. TCC met with the ADFG Commissioner Doug Vincent Lang, and separately with NPFMC member Mr. Tweit. A large group of TCC staff and tribal members testified to the NPFMC regarding the dire state of salmon, and advocating for reduced king and chum bycatch.

I enjoyed the opportunity to travel home and spend some time with family, and spend time on the Koyukuk River. There was more pressure on hunters this year due to the low fish returns. I want to emphasize our traditional values of sharing and taking care of each other. I feel gratitude towards the providers and those who are stepping up, and looking after our elders and youth, particularly during such a difficult time in our region.

In August, Doyon, Limited offered to partner with us to create a pilot program to provide residential sewage treatment systems to our region using CARES Act funds. We sent a tribal and homeowner survey out to the villages to gather information for prospective locations for installing multiple Lifewater SST 300 units in these communities. Based on survey responses, Fort Yukon, Huslia, and Grayling were selected for this program, and preliminary field survey work is under way to complete the project by the funding deadline of December 31, 2021.

As the holidays are upon us, please continue safe practices, keep your gatherings small, and socially distanced as the Delta-variant is still among us. Check our TCC website for ideas for safe practices to celebrate Halloween and Thanksgiving.

We have had great difficulties over the last two years, and we appreciate all that everyone has done to help alleviate the spread of COVID-19 and the Delta variant. There are some who are not eligible for the vaccine, and they are the most at risk. As we move into the winter months, we must continue to be vigilant and protect those around us and those we love. Only together can we achieve our vision of *Healthy, Strong, Unified Tribes*.

Anaa Baaseé,
PJ Simon
Chief/Chairman

Meet Our Executive Board

Herbie Demit - Upper Tanana

By Leona Long, *Public Relations Specialist*

As a father and a leader, Chief Herbie Demit believes that the path forward is using Athabascan culture and history to prepare our youth for the future.

He represents the Upper Tanana region on the Tanana Chiefs Conference Executive Board and is the First Chief for Tanacross. Demit's top priority as a board member is to help the leaders in his region work together and become closer so that the Tribes are able to lean on each other when needed.

"I believe that if our people can work together, like we do during a potlatch, every day of the year, nothing would be able to stop us," said Demit.

Demit considers fatherhood his proudest accomplishment, because his children have inspired him to become a better person and leader for his community.

"It is because of my kids that I'm where I'm at right now. They've helped me make choices that are better for me and my people," said Demit. "I think being a parent makes you a better leader. When you have children that depend on you, you find ways to succeed. You have to overcome obstacles that would otherwise feel too difficult to overcome."

Demit was raised by his grand-



parents who taught him traditional Athabascan ways and cultural values like be humble and selflessly serve his people. His grandmother, Bella Demit's guidance and rules for living continue to guide him in his service as a Tribal leader. Among her most important lessons was when the opportunity to speak in front of a group of people comes, you should watch your words.

"The words that come out of your mouth are not just a reflection on you," said Demit. "My grandmother told me that my words are more than a reflection on myself, it also reflects the teachings of everyone that had a part of my upbringing. If I was to say the wrong thing, take credit for others' efforts, or brag about myself, I could potentially put shame on the ones that helped guide me to become the man I am today. Words are very important, because people are judged by what they say and did and within our communities. And if you speak, you want to bring pride to your family, your clan, and your community."

Chief Demit especially admires Chief Walter Northway, Chief Andrew Isaac and his father, Jerry Isaac, for their ability to deliver a message that was powerful and yet put in a way that

made each person think of ways that they can improve themselves.

"I remember the days when Chief Walter Northway would speak, his voice demanded attention from everyone that was in the community hall at the time," said Demit. "I also remember Chief Andrew Isaac passionately speaking about the importance of our young generation. Both great Chiefs spoke so powerful and graceful and were able to put words together in such a way that there was no mistake, they spoke for their people! They never talked about their personal accomplishments, and it was obvious that their words came from their heart."

Demit remembers watching his father emerge from a young carefree leader of a small community to become one of the most well-known leaders in Alaska. The examples of these great chiefs inspired Demit to devote his life to serving his people. He tries to live by their example of being strong when needed and finding the right words to comfort our people during hard times.

"These leaders all have something in common, they served their people with passion, grace, and teachings that have been passed down to them by other great leaders," said Demit. "Putting the people's interest before their own is another great quality they all possess. I hope that one day I can be a leader that my kids and my people can be proud of."

Are You Tribally Enrolled?

We here at Tanana Chiefs Conference get a lot of questions about tribal enrollment. It's important to remember that being Alaska Native/American Indian or being enrolled in an ANCSA corporation does not necessarily mean you are enrolled with a Tribe.

You are tribally enrolled if...

- TCC Tribal Enrollment and/or the Tribe have the paper packet that was completed when you formally applied for membership, and

- The Tribe then wrote a resolution approving your membership
- You have a current Tribal ID card issued by TCC and/or a federally recognized Tribe.

You might NOT be tribally enrolled if...

- You're enrolled in Doyon or another ANCSA corporation.
- You're enrolled in the village corporation (i.e. Gana-a'yoo, Tanacross, Inc., Zhotse, BOYK, Toghoththele, etc.)

- You're registered with the B.I.A. and have a card or document certifying that you have a degree of Indian Blood.
- Your parents, siblings, and sometimes own children are tribally-enrolled.

If you have questions about Tribal Enrollment, feel free to contact us at 907-452-8251 ext.3274

For more information visit our website: <https://www.tananachiefs.org/services/tribal-enrollment/>

DON'T MISS YOUR SHOT!

We will be doing monthly drawings for the months of November and December *and* a grand prize drawing in December.

MONTHLY PRIZES

Adult Prizes (Age 18+)

1. \$500 cash
2. Beaded gloves made-to-order in your size

Youth Prizes (Age 12-17)

1. Apple iPad Air plus \$25 gift card
2. Nintendo Switch plus \$100 gift card
3. Wireless Beats Headphones
4. \$300 Amazon Gift Card

GRAND PRIZES

1. Trip for 2 anywhere Alaska Airlines flies (up to 40,000 miles per ticket) plus \$1,500 cash
2. \$5,000 cash
3. \$2,500 cash
4. \$1,000 cash plus a parka made-to-order in your size/preferred colors
5. \$300 cash plus a beaver fur hat made-to-order in your size/preferred colors

DEADLINES & WINNER ANNOUNCEMENT

November: Entry Deadline Oct. 29th, Winners announced Nov. 10th

December: Entry Deadline Dec. 3rd, Winners announced Dec. 15th

CONGRATULATIONS TO OUR COVID-19 VACCINE GIVEAWAY WINNERS!

Tanana Chiefs Conference would like to thank the winners of our COVID-19 Vaccine Giveaway for the month of October. We thank you for doing your part to protect yourself, your family, and your community by getting your shot.

\$500 CASH WINNERS:

- Lesley DeWilde of Fairbanks
- Conan Steele of Tok
- 2 winners that prefer to remain anonymous

BEADED GLOVES WINNERS:

- Steve Ginnis of Fairbanks
- Pamela Joseph of Chalkyitsik
- Viola Taylor of Fairbanks
- Joseph Turner of Holy Cross

APPLE IPAD AIR WINNERS:

- Jeremiah Druck Jr. of Venetie
- Kaydence Shewfelt of Fairbanks

NINTENDO SWITCH & \$100 GIFT CARD WINNERS:

- Brian Dobkins of Fairbanks
- Leanne Huntington of Tanana

BEATS HEADPHONES WINNERS:

- Benjamin Levi of Fairbanks
- Domonique Patrick of Northway

\$300 AMAZON GIFT CARD WINNERS:

- Hunter Charlie of Fairbanks
- 1 winner that prefers to remain anonymous



Leanne and Lois Huntington

THERE WILL BE TWO MORE DRAWINGS WITH WINNERS ANNOUNCED ON NOVEMBER 10TH AND DECEMBER 15TH.

Don't miss out. Get your shot! Enter to win at:
<https://www.tananachiefs.org/vaccinegiveaway/>



Up to \$5,000 Cash



A Nintendo Switch



An Apple iPad Air



A \$300 Amazon Gift Card and Many More!

Designated HUNTER PERMITS

If you are a Federally qualified subsistence user (recipient), you may designate another Federally qualified subsistence user (designated hunter) to take deer, moose, and caribou (and goat in Units 1-5, and muskox in Unit 22) on your behalf.

The Designated Hunter permit applies to Federally qualified subsistence users on Federal public lands only.

Permits are Required

Both the designated hunter and the recipients must have a current state hunting license and any State or Federal permits required for the hunt. If no permits are required, the recipient/designated hunter must have a state harvest ticket for the reporting of take.

The designated hunter must get a designated hunter permit and return a completed harvest report(s). Quick turnaround of harvest reports will help protect resources for future generations.

Other Requirements

- Those who use the designated hunter permit must comply with any applicable Federal/State regulations, including State registration permits for hunts on Federal public lands, and any permit conditions.
- The designated hunter may hunt for any number of recipients, but may have no more than two harvest limits in his/her possession at any one time, with the following exceptions:
 - For goats in Units 1-5, designated hunters may have no more than
- one harvest limit in possession at any one time.
- For musk ox in Unit 22E only, a resident of Wales or Shishmaref may have no more than four harvest limits.

Check with your local Federal land manager and Federal unit-specific regulations for any updates or changes prior to hunting.

- Designated hunters must promptly deliver the harvest to the recipient, and may not charge the recipient for their services, nor claim the meat or any part of the harvested wildlife for themselves. The recipient may in turn share with others.

- Unless otherwise provided in unit-specific regulations, any person who gives or receives wildlife must furnish, upon a request made by a Federal or State agent, a signed statement describing the following: Names and addresses of persons who gave and received wildlife; the time and place that the wildlife was taken; and identification of species transferred. Where a qualified subsistence user has designated another qualified subsistence user to take wildlife on his or her behalf, the permit can be furnished in place of a signed statement.

- Unit-specific regulations may preclude or change the use of the designated hunter system or allow the harvest of additional species by a designated hunter. Designated hunter requirements may change if you are a member of a community

operating under a community harvest system. Check with your local Federal land manager and Federal unit-specific regulations for any updates or changes prior to hunting.

Who to contact:

Information on state hunting licenses and state hunt permits can be found at: <https://www.adfg.alaska.gov/index.cfm?adfg=huntlicense.main> or through the local vendor in your community.

Federal designated hunter permits are available from the local Federal land manager listed in the directory at the end of the Federal Subsistence Management Regulations for the Harvest of Wildlife on Federal Public Lands in Alaska booklet, found at: <https://www.doi.gov/subsistence/wild-life>.

You may also contact the Office of Subsistence Management with any questions, at: (800) 478-1456 or (907) 786-3888 or subsistence@fws.gov.

Missing out on the latest Federal subsistence issues? If you'd like to receive emails and notifications on the Federal Subsistence Management Program you may subscribe for regular updates by emailing

fws-fsb-subsistence-request@lists.fws.gov.

Additional information on the Federal Subsistence Management Program may be found online at www.doi.gov/subsistence/index.cfm or by visiting www.facebook.com/subsistencealaska.

Tribal Offices: Current Open Positions

KOYUKUK Vacancies open as of 10/06/2021:

- Tribal Police Officer
- Transportation Planner
- Tribal Resilience Coordinator
- Courthouse Maintenance
- Alcohol Abuse/Re-entry Prevention Coordinator
- Tribal Victim Specialist
- Healthy Homes Project Manager
- Administrative Assistant (dually supervised TCC & Tribal Employee)

Contact the Koyukuk Tribal Council to apply: 907-927-2253





Ambler Road Threatens Traditional Harvesting Grounds

Continued from front page

Tribal leaders are also concerned about the dust and asbestos from the proposed Ambler road and mine as well as the long-term health impacts from pollution and how that will impact delivery of TCC's health care services. A truck spill of the material along the proposed road could contaminate hunting and fishing areas and cause long term health impacts. Another concern is people from outside the community bringing disease, drugs, and alcohol into villages. If outsiders have easy access via snow machine on the Ambler road, the drugs will become more prevalent in communities.

Last year, despite the long history of tribal connection to this land, the federal agencies responsible for approving the Ambler Road permits had rushed through the process without undertaking the meaningful consultation required by the law. This defective process led to uninformed decisions that threaten subsistence and cultural resources that are present throughout the region. The Ambler Road Project also threatens human rights of the Alaska Native people throughout the region, who wish to maintain their traditional subsistence-based culture and way of life and pass it on to future generations.

In October 2020, the villages of

Evansville, Allakaket, Alatna, Huslia, Tanana and TCC filed a lawsuit against the Bureau of Land Management, the National Parks Service, and the US Army Corp of Engineers for failing to follow the law. The agencies violated several laws including National Environmental Protection Act, the subsistence analysis under the Alaska National Interest Lands Conservation Act, the National Historic Preservation Act, and the Clean Water Act. Before any information had been gathered, the agencies' approach was to decide first, before looking into potential impacts.

"The entire process was too hasty and too fast; there was no deliberation over our traditional knowledge," said Carl Burgett, a TCC executive board member and First Chief of the Huslia Tribal Council. "This road could change life in our region more than any other single decision in history, and yet the people most affected by it have largely been left out. By not taking into consideration measures to protect our subsistence activities and culture and way of life, the federal government failed to protect our subsistence way of life and culturally-important resources."

Unfortunately, federal agencies conducted critical parts of the approval

process during a time when Tribal leaders were focused on protecting their communities during the Coronavirus pandemic. Further underscoring the problems with this process, rural Alaska communities in this region lack broadband access that is necessary to open and review agency files related to the proposed road, and the agencies offered no viable alternative means of communication.

The project developers have been investing millions of dollars and entering into contracts as they begin pre-construction for the Ambler Road Project. Field work proposed for 2021 would involve geo-technical drilling. These activities could damage or destroy archaeological, cultural, and historic resources. They are also likely to disturb wildlife and disrupt subsistence hunting and fishing activities.

We hope the Biden Administration will approve a Supplemental Environmental Impact Statement which will require the road's proponent to go back to the drawing board, conduct the necessary studies, listen to tribes and create a better plan. Since July 2021, TCC and tribal leaders have held government-to-government meetings asking federal officials to start the process over; anything less is unacceptable.

For more information:
www.tananachiefs.org/protect-the-koyukuk-river/

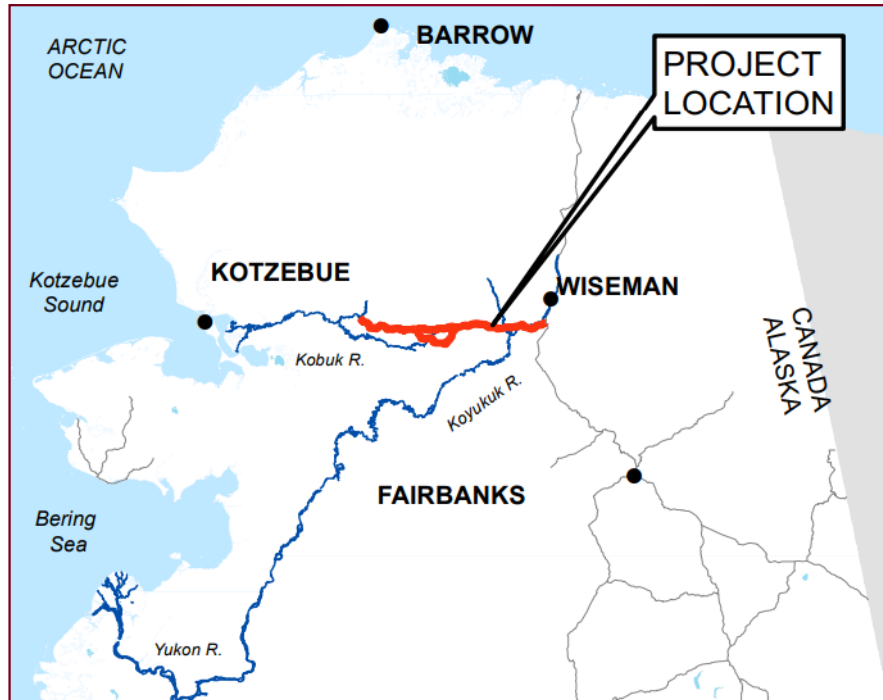
TRIBAL CONSULTATIONS AND LISTENING SESSIONS FOR NOVEMBER

November 1, 2021 6am Alaska Time:
Tribal Consultation: The Future of BTFA
(session 1)

November 3, 2021 10am Alaska Time:
Dear Tribal Leader Letter, Letter to Alaska
Native Corporation CEO's (DOI Strategic
Planning Consultation)

November 4, 2021 10am Alaska Time:
Tribal Consultation: The Future of BTFA
(session 2)

November 18, 2021 11am Alaska Time:
U.S. Census Bureau: Consultation on the
next set of 2020 Census Data Products



IMPORTANT DEADLINES

for Tribes to have a voice/take action on the Ambler Road Project

Late October 2021: 30 day comment period for the report on cultural resources relating to bridge sites and opportunity for tribal consultation.

November/December 2021: Potential TCC Summit on development in Interior Alaska.

January/February 2022: 45 day comment period for annual fieldwork report on fish studies, hydrology, geotechnical, etc. and opportunity for tribal consultation.

March 2022: Proposed Work Plan to be discussed at the Annual Meeting to be held on or before March 31, 2022.

April 2022: Written comments due for proposed work plan and opportunity for tribal consultation.

Hate Crimes Reporting Campaign

The FBI is engaged in a nationwide effort to build public awareness of hate crimes and to encourage reporting to law enforcement. This week, the FBI Anchorage Field Office launched a hate crime reporting campaign as part of that effort, which includes various digital, print, and radio advertisements across the state, and transit advertisements in Anchorage, Fairbanks, and Juneau. The Alaska effort ties with a national FBI awareness campaign that hopes to drive education efforts and increase reporting: "Protecting Our Communities Together: Report Hate Crimes."

"All Alaskans should be able to thrive in our communities without fear that their skin color, what they believe,

or who they love, makes them a target for violence," said Antony Jung, Special Agent in Charge of the FBI Anchorage Field Office. "The FBI hopes this campaign will encourage victims and witnesses to come forward, which will strengthen our ability to solve hate crimes, bring criminals to justice, and provide support to victims."

Hate crimes are among the highest priorities at the FBI because of the devastating impact they have on families and communities. Hate crimes are not only an attack on the victim—they are meant to threaten and intimidate an entire community.

The FBI defines a hate crime as a criminal offense against a person or

property motivated in whole or in part by an offender's bias against a race, religion, disability, sexual orientation, ethnicity, gender, or gender identity. The FBI is the lead investigative agency for criminal violations of federal civil rights statutes and works closely with its law enforcement partners in many of these cases, even when federal charges are not pursued. The FBI also works to detect and prevent incidents through law enforcement training, public outreach, and partnerships with community groups.

Anyone who has information about or believes they are a victim of a federal hate crime should contact the FBI by phone at 1-800-CALL-FBI or online at tips.fbi.gov.

What Can You Do to Prevent Diabetes:

November is National Diabetes Month! According to the 2020 National Diabetes Statistics Report;

- 1 out of every 10 people in the US has diabetes
- 1 out of every 3 people in the US has prediabetes

In Alaska, 5.2% of Alaska Natives (AN) in 2014 had diabetes and 5.6% of ANs in the TCC region had diabetes. Chances are you either have diabetes or know someone who has diabetes. The numbers are even higher for people with prediabetes.

The scary part is, many people with diabetes and prediabetes don't know they have it. Often the signs and symptoms are overlooked or considered a normal part of aging. These may include feeling tired, increased thirst, urinating more frequently, or having a cut or infection that takes longer to heal.

Because these signs and symptoms are often overlooked, it's important to know what increases a person's risk for diabetes and prediabetes;

- Age, especially after 45 years of age
- Being overweight
- Having a parent, brother, or sister with type 2 diabetes
- Having the following ethnic backgrounds; American Indian/Alaska

Native, African American, Hispanic/Latino, Asian American, or Pacific Islander

- History of diabetes while pregnant (gestational diabetes)
- Being physically active less than three times a week

The only way to know for sure if you have diabetes or prediabetes is to have your blood sugar checked by an accredited lab such as the one at CAIHC. This would occur after being evaluated by your medical provider. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.

Having prediabetes increases your risk for developing type 2 diabetes and other serious health problems including heart disease and stroke. Without lifestyle changes to improve your health, 15% to 30% of people with prediabetes will develop type 2 diabetes within five years.

If you already know you have diabetes or prediabetes you may get your blood checked regularly. Keep up the good work! If you know someone who has one or more of the above risk factors and has not had their blood checked in the past few years; it might be time for a visit with their provider. Even younger folks can have prediabetes and not know it!

betes and not know it!

So what can you do if you have prediabetes or diabetes or want to lower your risk of developing diabetes? Small steps can make a big difference! You don't have to eat healthy all the time or exercise like a professional athlete. Some simple ideas include;

- Start with making small changes that you can maintain – change can be stressful so don't try to change everything all at once
- Move more throughout the day – try to get at least 30 minutes of physical activity 5 days a week
- Choose healthier foods and drinks most of the time – pick high fiber foods, less junk food, and drink water instead of sweetened drinks
- If you are overweight, try to lose 5 – 7% of your body weight
- Seek support from your medical provider and/or Diabetes Program – it's ok to ask for help

The Diabetes Program has many different options for education and support. If you are not already working with our team, feel free to reach out and schedule a time to meet with us. We can even do telehealth visits so you don't have to come into the clinic! To contact the Diabetes Program call 907-451-6682 ext. 3768.

Welcome New Transportation Coordinator!

Marina Evans has taken on the role of Transportation Coordinator in the Tribal Development Division, Planning and Development Program. She is from Rampart and Hughes, AK and is the daughter of Donald Evans (Rampart) and the late Marilyn Evans (Hughes). She joins us from Doyon, Limited where she worked as a Records Administrator for the past 7.5 years. While employed at Doyon, she has worked closely with shareholders and found great joy in



helping the Native community. She has also worked closely with village corporations and is excited to begin assisting and learning more about our Tribes.

Marina and her partner, Francis Sweetsir are proud parents of four rambunctious boys. Being a mother is her greatest passion, as well as helping her family and loved ones. One of the most important people in her life is her grandma Rita Koyukuk of Hughes. With family and

tradition being very important to her, she is honored that her sons have a close and loving relationship with their great-grandma Rita and the rest of their big family.

She is happy to join the TCC family to begin her new career with us. She looks forward to traveling to our villages to get to know everyone and build a strong working relationship with the Tribes and communities.

She can be reached by calling (907) 452-8251 or 800-478-6682 ext. 3695, or e-mail at marina.evans@tananachiefs.org.

BEHAVIORAL HEALTH AIDE *Spotlight*

Yvonne Howard - Eagle

By Linden Staciokas

Yvonne Howard wanted to be in the medical field for as long as she could remember, and after graduating from high school entered nursing school. But back then (a short 40 years ago), women in nursing school could not be married, so she chose love over a career and left school. It was not until decades later that she was catapulted back into medicine, when one of her sons was accidentally shot and no one could figure out who to call to get him to the hospital. How could she be living in Two Rivers, so close to the Fairbanks ambulance service, yet so far from emergency medical care?

Yvonne's solution? Start a rescue and ambulance service herself. In short order, she and eight other community members took the classes and were certified as Emergency Medical Technicians, insuring that no one else in the community would face the same crisis as Yvonne's family had. Not long after, Yvonne, her husband, and youngest son moved to Eagle, where they still live. When Yvonne realized there was no emergency medical care there, she started another ambulance service for that community.

She also began doing volunteer elder care, becoming so close to Sarah Malcolm that Sara eventually moved into the Howard home. It was after she passed away that Yvonne accepted the job of being Eagle's health aide. She held that position for 13 years,

until 2011, when she transferred into the behavioral health section of Tanana Chiefs.



The transition was a natural one, according to Yvonne. "TCC had just started the program and it included a lot of things I already did as a health aide, in terms of counseling and helping people with substance abuse problems to get the treatment appropriate for them." In 2015, she became a Behavioral Health Aide II, a job which offers a great deal of variety. She does intakes, assessments, makes referrals, sees individual clients, conducts groups, and performs community outreach such as helping the school offer educational programs about mental health and substance abuse. Her attitude is that when there is a problem or a person needing help, she will do whatever it takes to answer the need. To better serve the community, Yvonne obtained her chemical dependency counselor certification at the same time as her Behavioral Health Aide II position.

One of the chief frustrations of the job is that people do not always understand the limits of what a behavioral health aide can do. Says Yvonne, "You cannot make someone get help, and sometimes even when they desperately want help it can take many starts and stops before a person learns how to manage their mental health or addiction problem. There is also the issue of domestic

violence, difficult enough to handle in a large city but much harder to deal with in a small community without a shelter and where it is not easy for the victim to leave."

Still Yvonne plans to do the job for as long as she is effective. "The rewards come from seeing people complete their therapy or treatment programs. Sometimes I will get a thank you note from a client, telling me how much better they are now and that thrills me and makes up for the challenging times."

When she is not working, Yvonne is busy with subsistence activities. She and her husband raised four children with the idea that if you didn't grow it, hunt it, pick it, or fish it, you didn't eat it. She also loves to knit and crochet, preserve food, and to work with birch bark and do beadwork, all skills she learned from elder Sarah Malcolm.

Yvonne hopes to see more behavioral health aides, not just in Eagle, but in all remote communities. The need is great but Yvonne wants people to see that it is not hopeless, that if helped early enough, people can lead happier and more productive lives.

Jessica Goff, the Program Manager for Behavioral Health and Yvonne's supervisor, appreciates, "that Yvonne is always willing to take on extra work, especially assessments, to help our clients get into treatment faster. Yvonne also consistently goes the extra mile as a wonderfully patient trainer and knowledgeable resource for the whole BHA team."

TCC Now Offering Child Care Assistance Coverage for *Subsistence Activities!*

Are you engaged in subsistence activities such as hunting, fishing, berry picking, gardening, food preservation or wood cutting? Did you know that if you have children under the age of 13 **we can pay a family relative to provide child care** for them while you are doing these activities? That's right, if a family relative is willing to be an approved child care provider we can pay! Usually a grandparent or a close relative are already providing care your children so why not have them get paid. If you would like further information please contact us at 907-452-8251 ext. 3365 or email us at childcare@tananachiefs.org.

Celebrating the Holidays *Safely*

We understand that many people are feeling stressed and isolated due to the ongoing pandemic. With the holiday season right around the corner many people are looking forward to the opportunity to reconnect with family.

However, this holiday season we recommend that you consider how you can modify your celebrations to reduce the spread of COVID-19 and keep our communities safe and healthy.

Here are some recommendations to keep the holidays safe:

- Make it virtual. Large gatherings increase the risk of spreading COVID-19, so it's important to consider creative ways of celebrating your holiday activities virtually.
- Keep it small. If you do intend to gather for the holidays, we recommend keeping your invite list short and limiting the guest list to people who live in your immediate household.
- Keep your distance. Try to host gatherings in large areas that allow

for social distancing.

- Wear a Mask. We recommend to wear a mask at all times when interacting with those who live outside your household.
- Watch your symptoms. Do not attend or host a gathering if you are sick or have symptoms of COVID-19.
- Consider over the counter COVID-19 antigen tests if available. Depending on availability home antigen testing might be an option for testing during family gatherings. Using these to test immediately before a gathering, or every other day for ongoing gatherings, could be part of a successful strategy to lower the risk of spread.

Holiday Celebration Ideas:

- Decorate your home with holiday-themed items and banners.
- Host a video chat party with family and friends to share in the celebration.
- Plan a special meal with people who live with you inspired by the holiday or event.
- Have an outdoor celebration with everyone at least 6 feet apart. Out-

door fires can be fun even in winter!

- Drive or walk around your community to wave to neighbors from a safe distance.
- Take a food or gift to family, friends, and neighbors in a way that does not involve contact with others, such as leaving them at the door.
- Throw a virtual dance party and collaborate with friends and family on a playlist.
- Involve the family in putting together gift boxes to deliver or mail.
- Volunteer to help others in need.
- Attend a virtual ceremony or celebration. Many places of worship have virtual ways to attend services and celebrations.

COVID-19 won't last forever, but for the time being it is still here. We were all hoping that this year's holiday season would be better than 2020, but with the Delta surge we still need to be cautious of COVID-19, and we need to be creative in our efforts to remain connected to our loved ones, and to maintain our health both mentally and physically.

Doyon Foundation *Donation*

Doyon Foundation is pleased to announce a \$100,000 donation award from Tanana Chiefs Conference (TCC).

"We at TCC value and understand the importance of investing in our future generations," said TCC Chief Chairman PJ Simon. "We hope that this funding provides the chance for youth who want to pursue their career in the health field to do so."

The award from TCC is matched by a financial commitment from Doyon, Limited to dedicate \$200,000 to the Foundation's Health Scholarship Fund. "We have seen the significant value and need for health care professionals in our communities," said Aaron Schutt, President and CEO of Doyon, Limited. "We are honored to be able to contribute to students' success."

TCC and Doyon, Limited are join-

ing forces to support and encourage shareholder students in the health field through the establishment of the Health Scholarship Fund at Doyon Foundation. With the expansion of TCC's Chief Andrew Isaac Health Center set to open next year, and with the COVID-19 pandemic highlighting the need for an increase in the healthcare workforce, both organizations agree that supporting Alaska Native students in pursuing healthcare careers is a priority. "For years, we have seen the need in the health field growing and as we look forward, that need will continue to increase," said Foundation Executive Director, Tiffany Simmons. "The funding will not only support shareholder students financially, it will encourage students to continue their education." The additional funding allowed Doyon Foundation to award eight additional health

competitive scholarships to students for the fall 2021 semester. For more information on Doyon Foundation and its scholarship programs, including the new Health Scholarship Fund, please visit www.doyonfoundation.com or contact 907.459.2048 or foundation@doyon.com.



How To Recognize and Report Spam *Text Messages*

Information from the Federal Trade Commission

If you have a cell phone, you probably use it dozens of times a day to text people you know. But have you ever gotten a text message from an unknown sender? It could be a scammer trying to steal your personal information. Find out what you can do about unwanted text messages and how to report them.

Spam Text Messages and Phishing

Scammers send fake text messages to trick you into giving them your personal information – things like your password, account number, or Social Security number. If they get that information, they could gain access to your email, bank, or other accounts. Or they could sell your information to other scammers.

The scammers use a variety of ever-changing stories to try to rope you

in. They may

- promise free prizes, gift cards or coupons
- offer you a low or no interest credit card
- promise to help you pay off your student loans

Scammers also send fake messages that say they have some information about your account or a transaction. The scammers may

- say they've noticed some suspicious activity on your account
- claim there's a problem with your payment information
- send you a fake invoice and tell you to contact them if you didn't authorize the purchase
- send you a fake package delivery notification

The messages might ask you to give some personal information — like how much money you make, how much you owe, or your bank account, credit card, or Social Security number — to claim your gift or pursue the offer. Or they may tell you to click on a link to learn more about the issue. Some links may take you to a spoofed website that looks real but isn't. If you log in, the scammers can then steal your user name and password.

Other messages may install harmful malware on your phone that steals your personal information without you realizing it.

If you suspect that you are getting spam text messages – please report it to the Federal Trade commission at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud)



LEONARD ANDREWS McGrath

Leonard Andrews was born in Bethel, and grew up in Holy Cross. He remembers growing up there and going to the Holy Cross Mission for school where there were big gardens filled with potatoes where the whole village would come by and help pick them.

As a child, he hauled water with a dog team of 5-6 dogs with his grandpa at a little spring behind the hill - it never froze and they would use a little dipper to fill up a 5-gallon bucket for drinking water.

He remembers going out for wood with a dog sled one time with a family member, the sled was going so fast, they couldn't control the sled and it was going towards an Elder's house. They jumped off the sled, and watched the sled hit the house. They thought it was going to crash through! The Elder came out of her house running, she was scared from the crash....

LEGACY
OF OUR
ELDERS

See Leonard's full legacy video at:
www.tananachiefs.org/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 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.tananachiefs.org/careers

Village Vacancies

- **Alatna:** Tribal Workforce Development Specialist, Tribal Administrator-Onsite Supervisor
- **Allakaket:** Community Health Aide/Practitioner, Community Health Representative, Village Public Safety Officer
- **Anaktuvuk Pass:** Behavioral Health Aide
- **Anvik:** Substitute Elder Nutrition Cook, Village Public Safety Officer
- **Arctic Village:** Home Care Provider, Substitute Elder Nutrition Cook, Tribal Administrator - Onsite Supervisor, Village Public Safety Officer
- **Chalkyitsik:** Behavioral Health Aide, Community Health Aide/Practitioner, Tribal Family Youth Specialist, Village Public Safety Officer
- **Circle:** Community Health Aide/Practitioner, Substitute Elder Nutrition Cook, Tribal Family Youth Specialist
- **Dot Lake:** Behavioral Health Aide, Community Health Aide/Practitioner
- **Eagle:** Community Health Aide/Practitioner, Home Care Provider
- **Evansville:** Elder Nutrition Cook, Community Health Aide/Practitioner
- **Fort Yukon:** Preschool Assistant Teacher, Preschool Lead Teacher, Home Care Provider
- **Galena:** Infant/Toddler Teacher, Physician Assistant - Primary Care, Prevention Coordinator, RN, Service Desk Technician
- **Grayling:** Family Visitor, Tribal Workforce Development Specialist, Village Public Safety Officer
- **Healy Lake:** Community Health Aide/Practitioner, Tribal Workforce Development Specialist x2, Village Public Safety Officer
- **Holy Cross:** Family Visitor, Home Care Provider, Substitute Elder Nutrition Cook
- **Hughes:** Community Health Aide/Practitioner - Itinerant, Family Visitor
- **Kaltag:** Tribal Administrator-Onsite Supervisor, Tribal Family Youth Specialist
- **Koyukuk:** Tribal Office Administrative Assistant, Village Bookkeeper
- **McGrath:** Tribal Administrator-Onsite Supervisor, Tribal Workforce Development Specialist, Village Public Safety Officer
- **Minto:** Behavioral Health Aide, Community Health Aide/Practitioner
- **Nenana:** Cook(EHS), Preschool Assistant Teacher, Tribal Family Youth Specialist
- **Northway:** Community Health Aide/Practitioner, Home Care Provider, Village Public Safety Officer
- **Nulato:** Preschool Assistant Teacher, Substitute Teacher/Assistant Teacher, Tribal Administrator-Onsite Supervisor, Village Public Safety Officer
- **Old Minto:** Traditional Counselor, Primary Counselor
- **Rampart:** Behavioral Health Aide, Community Health Aide/Practitioner, Elder Nutrition Cook, Substitute Elder Nutrition Cook
- **Ruby:** Behavioral Health Aide, Community Health Aide/Practitioner
- **Shageluk:** Family Visitor, Tribal Administrator -Onsite Supervisor
- **Stevens Village:** Community Health Aide/Practitioner
- **Tanacross:** Community Health Aide/Practitioner
- **Tetlin:** Behavioral Health Aide, Community Health Aide/Practitioner, Family Visitor, Preschool Lead Teacher, Village Public Safety Officer
- **Tok:** Assistant Crew Boss, Certified Medical Assistant, Clinical Support Staff/Medical Assistant, Coordinator/Instructor Mid Level Practitioner, On Call Janitor, Physician Assistant - UTHC, Urgent Care RN Advanced, Village Public Safety Officer
- **Venetie:** Tribal Administrator - Onsite Supervisor, Village Public Safety Officer

Region- Wide Vacancies

- Behavioral Health Crisis Clinician
- Community Health Aide/Practitioner-Itinerant

49TH ANNUAL FESTIVAL
OF NATIVE ARTS

LOGO CONTEST

"CULTURE, LAND,
AND FUTURE"

DEADLINE: DECEMBER 1ST, 2021

Cash Prize \$250.00

email to: uaf-festival@alaska.edu

2021

2020



COVID VACCINE BOOSTER

Booster shots are now available at the Chief Andrew Isaac Health Center for all three types of COVID-19 vaccines (Pfizer, Moderna and Johnson & Johnson).

To receive the booster shots you must:

- Be over the age of 18
- Have completed your 2nd dose of Pfizer or Moderna at least 6 months ago or completed your single dose of J&J at least two months ago.

TCC booster doses are available to all TCC beneficiaries of routine care, TCC employees, or the immediate household members of either of these two groups. Booster shots will be offered Wednesdays and Thursdays. To schedule an appointment call 907-451-6682.



JOBS LISTED WERE OPEN AS OF OCTOBER 20, 2021