

Vol. 47, No. 5

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

# **TCC Hosts First Public Safety Summit**

Last month, TCC hosted its first Public Safety Summit which brought together tribal leaders, the Alaska Department of Law, law enforcement, health and human services and other entities essential to public safety to come up with innovative solutions when dealing with Rural Alaskan Public Safety issues.

The Tribes of the TCC region have prioritized public safety for the last ten years – with over 50 resolutions passed calling for improvements and reform to Public Safety response, services and the social services that are delivered to victims of crime. Additionally, TCC's recently revised strategic plan includes a vision of 'Safe and Strong Communities' and public safety is essential in maintaining strong communities that protect and support their children, families and community members. the opportunity for open dialogue among attendees, promoted positive collaboration and developed connections between tribal leaders and public safety and social services entities. The hope is that these connections open the door to improving the systems and responses to various rural public safety concerns such as missing persons, violence against women, drugs and alcohol use and other social justice issues.

The Public Safety Summit provided

### Chief Ulvi assigned to Governor's Alaska Bycatch Review Task Force

Chief Karma Ulvi of Eagle was recently appointed to Governor Mike Dunleavy's Alaska Bycatch Review Task Force (ABRT). The ABRT was created to help better understand unintended bycatch of high value fishery resources in State and federal waters. Chief Ulvi will add subsistence knowledge and input to the task force. The ABRT consists of 13 voting members who are appointed by Governor Dunleavy and two non-voting members of the Legislature who are charged to explore the issue of bycatch and make recommendations to policy makers.



### **Congratulations, Chief Ulvi!**

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#### Mission

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

Brian Ridley/Eagle Chief/Chairman

Sharon Hildebrand/Nulato 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

> Lori Baker/Minto 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,

As we get ready for spring, I would like to remind everyone of the importance of flood preparedness. Due to the significant snowfall we experienced this year - there is a higher risk of flooding. It's important that both communities and households be prepared in the event of a flood. Being prepared before a flood happens can not only save a community thousands of dollars in damages to their

community - but it can also save lives. Visit our website for more information.

Last month, TCC hosted our first Public Safety Summit here in Fairbanks. This exciting event provide the opportunity to further our tribal, state and federal partnerships to improve public safety in interior Alaska. Tribal leaders, law enforcement, health and social services, and other public safety entities had the opportunity to connect and establish relationships to improve public safety coordination and responses. This is a positive step forward for improving public safety response in our rural communities.

The Chief Andrew Isaac Health Center expansion project is on track to open in a few months and we are excited for our patients to experience our new lines of service that include ophthalmology, hematology/oncology, audiology and an ambulatory surgery center. The new facility will reduce the need for patients here in the interior to have to travel to Anchorage for certain procedures - bringing healthcare closer to home. Stay tuned for more updates on this exciting project from TCC.

Finally, I wanted to take a moment to talk about mental health. These past few years have been difficult on all of us and as we gain more daylight - it's important to get outdoors and enjoy the sunshine. Taking a short walk, being active, and spending time with family and friends makes a big difference in our lives. If you need to talk with someone - remember that that TCC does have mental health and substance use services available through our Behavioral Health division. They can be reached at 907-452-8251 ext. 3800. After hours select 2 to speak to a Crisis Intervention specialist. Look out for one another and take care of each other.

> Mahsi' Choo, **Brian Ridley** President

CORRECTION: In our April 2020 Council Newsletter our 2021 TCC Employee Year Micky Ragsdale's first name was misspelled. We apologize for the mistake.

### **New Executive Coordinator** Aleisha Singh

TCC recently welcomed Aleisha Singh as the new Executive Coordinator for Tanana Chiefs Conference. Aleisha is a Koyukon Athabaskan and a member of the Native



Village of Stevens. She was born and raised in Fairbanks where she spent the majority of her life. Serving her people is Aleisha's professional goal and is reflected in her interdis-ciplinary approach to herpost-secondary education which focused on both Tribal Management and Accounting. Her work in the Quality Management department at TCC has provided unrestricted insight into TCC's operations and has given Aleisha the organizational understanding needed to support and has given Aleisha the organizational understanding needed to support our new Chief/Chairman Brian Ridley. During her free time Aleisha enjoys spending time with her family, camping, and is a self-published novelist.

#### Congratulations, Aleisha!

### **COMING SOON! Chief Andrew Isaac Health Center Expansion**

The Chief Andrew Isaac Health Center expansion project is currently on schedule to open in July of this year! This expansion provides the opportunity not only to increase the capacity of current services, it will add additional services that are essential to the overall health and wellbeing of tribal members both in Fairbanks and in the village.

Here are some of the photos of the construction progress happening at the clinic.



# Highly Pathogenic Avian Influenza and Migratory Birds in Alaska

Alaska hunters should exercise caution while hunting and eating migratory birds by following these steps to reduce infection risk. Highly pathogenic avian influenza (HPAI) viruses can affect the health of humans, domestic animals, and wildlife. Globally, HPAI outbreaks have increased rapidly in both domestic poultry and wild birds. Recently, HPAI has been confirmed in both domestic and wild birds in Canada and the United States. The strain of HPAI now presents in North America has caused illness and death in waterfowl, shorebirds, gulls, and birds of prey.

The Center for Disease Control believes that the public health risk from HPAI in North America is low.

# Alaska hunters should exercise caution while hunting and eating migratory birds by following these steps to reduce infection risk:

- Do not harvest game that appear sick or are found dead.
- Wear rubber or disposable latex gloves while handling and cleaning game.
- When done handling game, wash hands thoroughly with soap or disinfectant, and disinfect knives, equipment, and surfaces that were in contact with game.
- Do not eat, drink, or smoke while handling game.
- Cook game thoroughly to an internal temperature of 165 degrees.

#### **To Report Observations and Concerns about Migratory Birds:**

- U.S. Fish and Wildlife Service Alaska Sick/Dead Bird Hotline: 1-866-527-3358
- Alaska Department of Fish and Game Wildlife Health Reporting email: <u>dfg.dwc.vet@alaska.gov</u>
- Local Environmental Observer Network: <u>www.leonetwork.org</u>



## Life Jackets - Staying Safe on the Water

Accidents can happen quickly and without warning. In a crisis, there often isn't enough time to grab a life vest and properly put it on before you are in the water. That is why it is important for passengers to be wearing their personal floatation device before you are underway.

Alaska Law requires children 13 years of age or younger to wear a Coast Guard approved life jacket when on the open deck of any boat, anytime a boat is underway, or while being towed on other devices such as waterskies.

# Before each trip on the water, check your life vest for the following:

- 1. Check that hardware and straps are in good working condition.
- 2. Look for signs of deterioration such as tears, punctures, or hardened buoyancy material.
- 3. USCG approval label must be readable and attached to the vest.
- 4. Check life vest for proper fit. With all zippers and buckles securely fastened, hold arms straight up over your head, and have a

friend or family member grasp the top of the arm openings and lift. The life jacket should not go past your ears.

### For more information on Health & Safety contact:

Division of Wellness & Prevention Health & Safety Program Call us: 1.800.478.6822 • (907) 452.8251 Ext 3420 Email us:

Cole.Cantu@tananachiefs.org

# Learn Hän With New Doyon Languages Online Course

Doyon Foundation is pleased to announce that a language-learning course focused on Hän is now available in Doyon Languages Online. The online course is available for free to all interested language learners; find more information and sign up at <u>doyonfoundation.com/dlo</u>.

These lessons were created in the hope that they will be enjoyed by all those interested in learning to speak and understand the ancestral language of the Hän Gwich'in of Eagle Village, Alaska.

#### About the course

The Conversational Hän course includes 10 units with up to six lessons per unit. On completion of the course, learners will gain an awareness and an understanding of how to speak Hän conversationally and in cultural contexts. The course includes an alphabet lesson, conversational videos, practice activities in speaking, listening, reading and writing, as well as information on Hän grammar and culture.

#### **About Hän**

Hän is a Dene Athabascan language spoken in the Alaska village of Eagle and in the Yukon Territory at Dawson City and Moosehide. A writing system was established in the 1970s, and considerable documentation has been carried out at the Alaska Native Language Center as well as at the Yukon Native Language Centre in Whitehorse.

Hän is one of 47 languages in the Athabascan language family, which is part of the larger Na-Dené family, and is most closely related to Gwich'in and Upper Tanana. The name of the language is derived from the name of "Hän people, the Hwëch'in," which in

the language means "people who live along the (Yukon) river."

#### About the course developers

The Foundation extends its deepest appreciation to the developers of the Hän Doyon Languages Online course: Ruth Ridley and John Ritter, with contributions from Ethel Beck, Bertha Ulvi, Adeline Juneby Potts and Tyrese Roberts.

Additional thanks go to the community of Eagle Village; Doyon Foundation staff Allan Diton Hayton, Nathaniel Feemster, Myles Creed, Doris Miller and Tiffany Simmons; as well as Transparent Language, 7000 Languages, and Doyon, Limited. This project was funded by the Administration for Native Americans, grant # 90NL0626.

#### **About Doyon Languages Online**

Through Doyon Languages Online, Doyon Foundation is working to increase the number of people who can speak the endangered Native languages of the Doyon region.



Hän is the latest offering in Doyon Languages Online, joining courses in Benhti Kokhut'ana Kenaga' (Lower Tanana), Holikachuk, Denaakk'e (Koyukon), Dinjii Zhuh K'yaa (Gwich'in), and a special Hän course based on the work of the late Isaac Juneby.

Courses in Deg Xinag, Dihthaad Xt'een lin Aanděeg' (Tanacross), Dinak'i (Upper Kuskokwim), and Nee'aanèegn' (Upper Tanana) are in the final testing stages and are expected to be available soon.

Doyon Languages Online courses are available for free to all interested learners. Students can sign up and access the courses from a desktop or laptop computer, or via the Transparent Language app available for both Apple and Android mobile devices and tablets.

For more information on the Doyon Languages Online project and upcoming course releases, please visit <u>doyonfoundation.com/dlo</u> or contact 907.459.2048 or <u>foundation@doyon.</u> <u>com.</u>



Federal permitting processes for Alaska's largest mines severely under-projected the risks of spills

A groundbreaking analysis released last month is the first to compare predicted versus actual spills of hazardous materials at the five largest mining operations in Alaska, and expose the enormous discrepancy between the two.

The analysis found more than 8,150 total spills associated with these five mines between 1995-2020, or approximately 300 spills each year. These mining operation spills released more than 2.3 million gallons and 1.9 million pounds of hazardous materials during that 26-year span. The analysis, conducted by Dr. Susan Lubetkin on behalf of a diverse coalition of tribal and conservation organizations, finds that mining proponents severely underestimated spill risk when they sought federal/state permits. Dr. Lubetkin examined not only the disturbing evidence of spills but also the inaccurate forecasting for industrial hardrock mining across the state.

In their industrial mining permit applications and environmental reports, companies analyzed the likelihood of spills for only three substances, versus the more than 50 different hazardous materials, including extremely hazardous cyanide and hydrochloric acid, that spilled from mining operations. What's more, three out of five mining companies focused on truck accidents as potential transportation-related spills and only one of those also included risk assessments for slurry pipeline spills. All five companies failed to forecast risks from other causes, such as equipment failure or human error, or even total anticipated spills. In reality, truck accidents represented a mere 114 or 1.4% of the spill incidents from all causes at the five mines. Alternatively, there were 3,314 or 40% of the total spills were the result of equipment failures.

"The spills analysis conducted during the environmental review process for all five mines grossly underestimated the number of actual spills," said Dr. Susan Lubetkin, author of the report. "None of the environmental review documents for these five mines predicted the number of possible spills for anything other than transportation-related spills, and even those were severely underestimated. It is impossible to get an accurate assessment of spill risks without considering all the hazardous substances and the many different causes of accidental releases. My hope is that I can inspire the state of Alaska and others to increase their demands for scientific rigor by pointing out one area where previous permitting documents have been lacking and their predicted impacts have been wrong."

'Tanana Chiefs Conference joined this analysis because we were curious on how well the permitting process forecasted spills and other unintended consequences at mines operating today. The results are astonishing," said Amber Vaska, Executive Director of Tribal Government and Client Services for Tanana Chiefs Conference (TCC). "The higher than predicted spill rates are especially concerning, as they demonstrate that the evaluations do not accurately account for environmental impacts. This further emphasizes the need for all evaluations on the Ambler Road to include the potential impacts of mining and spills so that we have an accurate report on how the project will disturb our pristine lands and to what extent."

"This report shows that state and federal agencies are under-estimating the threat that mining poses to our communities," said Doug Katchatag, President of the Norton Bay Inter-Tribal Watershed Council. "Rivers, streams and ocean waters are the primary food source for most of the people in Arctic communities. State and federal officials need to take the results of this report seriously and incorporate the recommendations into mining reviews."

The report also includes recommendations for future analyses and permitting processes, including requiring an assessment of onsite and transportation-related spill risks. It also urges the state of Alaska to update and add to their existing spill database and track the consequences of mining spills on an individual and comprehensive basis. While this analysis focused on the five largest mines in Alaska, there are approximately 160 different mining entities in the state.

"The report makes shockingly clear that the federal government has failed for decades to provide the true picture of mining impacts to Alaska," said Alex Johnson, Alaska Senior Program Manager for the National Parks Conservation Association. "As we fight against the rushed effort to push through the Ambler mining road and other ill-advised mine proposals in globally significant national park landscapes in Alaska, these new findings underscore the need for data-informed decision-making, with people, land, and water, not profits, at the forefront."

"Hardrock mining is the leading source of toxic pollution in the nation," said Bonnie Gestring, Northwest Program Director at Earthworks. "It's crucial that state and federal agencies fix this flaw in the environmental review process, and use the most accurate information possible to inform rural communities of the risks to their health and homelands from mining operations and haul roads."

### You can see the full report on the TCC website at

www.tananachiefs.org/ protect-the-koyukuk-river/

# FLOOD PREPAREDNESS TIP 5 P's of Evacuation

### Many people forget to consider the 5 P's of Evacuation when packing their Emergency Go-Kits!

Take the time now to make a list of the things you would need or want to take with you if you had to leave your home quickly.



People and, if safely possible, pets and other animals/livestock.

### Prescriptions

Prescriptions, with dosages; medicines; medical equipment; batteries or power cords; eyeglasses; and hearing aids.

### Paper

Including important documents (hard copies and/or electronic copies saved on external hard drives or portable thumb drives)

### Personal Needs

Such as clothes, food, water, cash, phones, and chargers—and items for people with disabilities or with access and/or functional needs.

## 5

Priceless Items

Including pictures, irreplaceable mementos, and other valuables.

Learn more on how you can prepare for a flood by visiting our website at: https://www.tananachiefs.org/flood-preparedness/

# Alaska to Elect New U.S. Representative

Alaskans recently mourned the loss of long-time Congressman Don Young, who held his seat as the Alaska representative in Congress since 1973. The untimely passing leaves a vacant U.S. House seat, which requires a Special Primary Election to be held on June 11th, 2022 and a General Election on August 16th, 2022.

#### **Special Primary Election – June 11th**

This election will serve the purpose of narrowing the list of candidates for the General Election in August. There are currently 48 candidates who have put their name in for the U.S. House seat and all of these names will appear on the ballot. During this election voters will vote for one candidate out of the 48 running.

### General Election – August 16th

The primary election will narrow down the 48 candidates to a final

four. In the General Election, voters will received a ranked choice voting ballot. This means that instead of voting for just one top candidate – you will be ranking your candidate choices - with 1 being your first choice and 4 being your last choice.

# How does ranked choice voting work?

Voters will rank the candidates from first to last. The Division of Elections will count the votes in rounds. If a candidate gets the majority of votes in the first round, that candidate wins. If not, the candidate with the least votes is eliminated. The votes for the losing candidate then go to the voters' second choices. This continues until two candidates are left and the candidate with the most votes wins.

#### **IMPORTANT DATES:**

May 12 Voter Registration Deadline

**May 27** Early & Absentee In-Person Voting Begins

**June 11** Election Day (Absentee Ballots must be postmarked on or before June 11)

> June 21 Deadline to Receive Absentee Ballots

For more information visit: https://elections.alaska.gov/ specialelections.php

### Raised Beds Make it Possible To Garden Just About Anywhere

By Heidi Rader, Tribes Extension Educator for Tanana Chiefs Conference

Gardening in raised beds offers a lot of benefits, and a few drawbacks. Raised beds are a great option for gardening on top of a porch, concrete, or on poor, rocky soil. They're ideal for corralling good soil while keeping it from getting compacted. They make it easy to employ no-till gardening and to eliminate weeds in the aisles, especially if your walkways are made of concrete or something else that completely keeps weeds from growing. For those with limited mobility, raised beds could make gardening possible. For others, it might just prevent a sore back. Another bonus for Alaska is that they thaw out more quickly in the spring and get hotter during the summer. It's easy to erect a simple cloche or hoop house to extend the growing season further and heat up the beds even more. If your garden is unfenced, the plastic cover might even deter moose and birds from eating your garden—although no guarantees there.

Raised beds can be a little pricy to build initially unless you are an allstar recycler . If you let the weeds get out of hand, you may need to replace your soil which can be cumbersome in a raised bed.

Raised beds also require more attention to watering (however a drip irrigation or flow through planter can help with this). To maintain productivity, you'll need to fertilize or add compost or organic matter each year. It's also important to keep an eye on diseases or pests in your beds. Prevention and early detection are usually the best way to prevent the diseases from taking over.

# Before you build your beds, answer the following questions:

- 1. What and how much do you want to grow?
- How big (depth and area) should your beds be so that you can grow what you want? Shallow rooted crops like onions, lettuce, and radishes can be grown in 6 inch deep beds while deep rooted crops like potatoes would need to be grown in beds that are about 2 feet deep. Try to make the beds no wider than 4 feet so you can easily access the middle of the bed to plant, weed, and harvest.
- 3. What building material do you have available or plan to purchase? Make sure that the materials are non-toxic
- 4. Where are you going to locate your beds to ensure they get 6-8 hours of full sun a day?
- 5. How will you ensure there is adequate drainage in the beds while preventing weeds or tree roots from growing up through the beds?

After you answer these basic questions, the designs for raised beds and planters are limitless. Here are some ideas from Alaska Master Gardeners: <u>https://bit.ly/3jZOtjA</u>. Be sure to fill your raised beds with good soil. Compost, peat, and garden loam is a good combination. Whatever soil you use, be sure that it is weed, disease, and rock free.

When planting, give plants enough space, but not more than they need. If a plant bolts or is unproductive or diseased, remote it as soon as possible and plant something to take its place. This will maximize your beds productivity while minimizing any space for weeds to grow. Think about plant spaces in terms of square foot spacing rather than in rows

Some people have large raised bed gardens while others may have just a couple of raised beds. If you are the latter, than here are some things you can grow in a small space: <u>https://bit.ly/3rFizgw</u>. Here are some videos that demonstrate how to build a 4 x 8 foot raised bed: <u>https://bit.ly/3jYMtlw</u>, fertil-ize and add compost to the bed each year: <u>https://bit.ly/3JZERjC</u>, erect a row cover: <u>https://bit.ly/387RxYa</u>, and put up a trellis as well as a diagram and materials list for building the 4 x 8 raised bed garden: <u>https://bit.ly/396i-YIU</u>.

### Questions about gardening or the Tribes Extension Program?

Visit <u>www.uaf.edu/ces/TCC</u> Contact Heidi at <u>hbrader@alaska.edu</u> or 474-6620. For more articles like this, go to: <u>https://itgrowsinalaska.community.uaf.</u> <u>edu/</u>



Wood framed beds at the Princess Hotel garden.



One of the most beautiful and productive raised bed gardens I've seen were planted and cared for by Gretchen Kerndt for the Princess Hotels This bed is built with paving stones.



Wood framed beds at the Princess Hotel garden.

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.

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### **May Head Start News**

Spring is here and for Head Start that means our kiddos are graduating! Our teachers are working with their local kindergarten teachers to help transition the kids into their new classrooms. We can't believe it's the end of the year already but it's been amazing to watch the growth and progress the kids have made!



#### Northway Head Start Journaling

Our teachers will be coming to Fairbanks in June for a "summer intensive" class. We're working with UAF to provide this chance for our teachers to fit a semesters worth of work into a two week workshop!

TCC Head Start has teamed up with the Dolly Parton Imagination Library! Every month enrolled children from the ages of birth to 5 will get a free age appropriate book! Reading together is a wonderful way to build a lifelong love for reading with children and promote family time. If you do not have a local Head Start educator, please call Tanya. She's happy to assist.

Please contact Tanya Yatlin at 907-452-8251 or 800-478-6822 ext. 3469 for ways to sign up.

# Head Start will be doing another summer program, this program will run May 30th-July 15th.

Staff will have weekly gardening, STEAM activities, as well as opportunities for parents to lead activities.

The program is looking for parents to assist the local educators in com-

munity gardens, recycled materials, cultural activities, and so much more.

Head Start has open enrollment for children birth-4 year olds.

> Please contact Tanya Yatlin at 907-452-8251 or 800-478-6822 ext. 3469 for more information.

Head Start has positions open in in the following villages:

Allakaket, Grayling, Huslia, Minto, Nenana, Northway, Nulato.

The positions available are:

Lead Preschool Teacher, Preschool Assistant Teacher, Infant/Toddler Teacher, Family Visitor and Substitute Teacher/Assistant Teacher. We also have an ERSEA position open in Fairbanks.

Please visit our website at <u>www.ta-nanachiefs.org/careers</u> to see what's open in your area or call Kristi Walms-ley at 907-452-8251 or 800-478-6822, ext. 3015.

### Letter to The **Editor:**

#### March 22, 2022

My name is Rose "Tudi" Honea – Ryder. I am the oldest born to the late Don Honea Sr. and Clara Honea. On September 21, 2021, I lost my dad. Living down here in Spokane, Washington, I was unable to be there. My husband, Mark Ryder, was sick and I needed to stay with him to care for him. I guess like most kids, I thought my dad was going to live forever. Dad always wanted us to further our education after graduating from high school. He wanted us to be better than him as far as schooling went. He was strict with us, preparing us for when we got out on our own. He also made many sacrifices for us kids, so that we'd have a good life. Most importantly, he made sure we went to church every Sunday. Yes, I miss my dear dad so much, but I am going to see him again someday.

At this time, I want to thank Tanana Chiefs from the bottom of my heart for all the charters, all the food, all the speeches, especially all the wonderful kind things you said about my dad. All the nice things you said about my dad I know came from your heart! All the things you did for my dad, I know was a labor of love! All the people of Ruby, thank you for honoring my dad and also a big "thank you" to Pastor Tim Calhoon from Fairbanks Native Chapel.

Once again, thank you Tanana Chiefs, you're always there when we need you and then some!

Remember what my dad said: "Persevere."

Thank you, R.Tudi Ryder

### **Children's Mental Health Awaress Week**

The Behavioral Health Department at Tanana Chiefs Conference recognizes Children's Mental Health Awareness week, May 1st-7th, 2022. We would like to take an opportunity to shine a spotlight on the importance of caring for every child's mental health and reinforce that positive mental health is essential to a child's healthy development. As tribal people, we know the value of our children, and we can all benefit from some helpful tips and reminders.

We encourage everyone to take the step to learn more about the needs of children who may struggle with mental health issues and may need support from their families. To get you started, we have included some information that may help parents and/or caregivers support a child's mental health.

- Model healthy coping skills

   Help your children learn how to deal with their emotions in a healthy way by modeling coping skills at home. Activities such as deep breathing, using stress balls, making art (painting, coloring, doodling), or going for walks can be great strategies for coping with feelings.
- 2. Watch for behavior changes — Kids go through changes in behavior while progressing through different developmental stages. However, if you notice that your child has become more withdrawn or isolated from their friends, family, or routine, it may be a sign that they're experiencing a situation or feeling that they don't know how to process on their own. Check in with your child and let them know you're there and ready to support them.
- Keep communication open and honest — It's important that your child knows they can approach you with any issue, and that they

will be received and listened to with love and support.

- Talk about emotions and feelings regularly — Teach children that feelings are normal; provide suggestions on how to identify and handle their feelings.
- 5. Get professional help if needed — There may be times when it can be overwhelming or frustrating to try to handle your child's behaviors or respond appropriately to their emotions. Don't be afraid to find and ask for help; it can be a great benefit to both you and your child.

TCC's Children Services and System of Care program is here to help. Using these tools is an excellent way to help support your child's development and positive mental well-being. But, if your child is struggling with depression or anxiety, and you have exhausted your own means to help them, reach out to TCC's BH Children's Services at (907) 459-3800.

In addition, The Yukon-Koyukuk Systems of Care project (the Sozelts'eeyh Denh - "Place where we are happy") was re-funded in October 2021 and is now part of TCC's Children's Services. This grant allows us to continue to develop a child and family focused mental health system of care within the YK region. We will be building off what was achieved in the previous grant working in Huslia and Kaltag and work more towards sustainable infrastructure development. This will involve more formal partnerships with other services and agencies in the village, cross training and sharing responsibilities with other service providers, and new ways of operating and sharing responsibilities.

We will soon be conducting outreach presentations and events. The project will work with youth ages 0-21. The primary goal is to engage both individuals and family in mental health services Increasing access to care, reducing stigma, and normalizing care.

Our services will cover the allowable areas of interest for SOC activities, which include:

- Encouraging access to Behavioral health counseling services by providing support, early intervention, and screening
- Family health and wellness training, resources, and support
- Community capacity building through training and presentations
- Understanding historical trauma and impact on emotional wellness and supporting children
- Social Marketing related to knowing how and when to reach out for help and destigmatizing access to mental health services
- Therapeutic Family camps (skills building for wellness)

Children and young adults face challenges daily, and when they face it, so does their family. These family issues then become a community problem, because the family is connected to the community. Early intervention helps a child who may be struggling and can help alleviate suffering for the child, their families, and the community.

To support CMHA, wear green during Children's Mental Health Awareness week, May 1st-7th, 2022 in support of children that may have mental health needs. Let us know how we can help and count us in on helping youth in our region.

For more information on National Children's Mental Health Awareness Day, visit SAMHSA.Gov or <u>https://</u> <u>www.samhsa.gov/childrens-awareness-day</u>.

TANANA CHIEFS CONFERENCE • THE COUNCIL NEWSLETTER

# ALASKA REAL ID CARD DEADLINE EXTENDED

Due to the COVID-19 Pandemic, the Department of Homeland Security announced that **the deadline to obtain a Real ID has been extended to May 3rd, 2023**. A real ID is used as identification to board a domestic flight or enter military bases and most federal facilities.

#### **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, or bank statement)

To view the full checklist and see what documentation will be accepted, please visit:

https://online.dmv.alaska.gov/REALIdChecklist

# **TRAVELING WITH YOUR TRIBAL ID**

According to the Transportation Security Administration (TSA), Tribal Identifications are an acceptable form of identification at the security checkpoint today and will continue to be accepted once the enforcement of REAL ID begins. Here is what holders of tribal IDs needed to know:

- The tribal must be federally-recognized by the Bureau of Indian Affairs
- The ID must have a photo

- If the ID has an expiration date, it cannot have been expired for more than a year
- If there is no expiration date, there is no restriction beyond #1 and #2.
- If a traveler is using their tribal ID at the TSA security checkpoint and they are told it is not acceptable (this should NOT happen, but just in case), the traveler should ask to speak immediately with a TSA supervisor







Tanana Chiefs Conference is planning a boat trip for partners to experience five remote villages in interior Alaska – Ruby, Galena, Koyukuk, Nulato and Kaltag. We are inviting qualified and experienced boat drivers to submit a letter of interest to provide boat transportation for participants between the five villages.

### Boat drivers must meet the following requirements:

- Current 6-pack license and Insurance
- · Access to their own boat
- Life vests for passengers
- Current Coast Guard Medical certification
- Current First Aid/CPR card

#### Letters of interest should include the following information:

- Contact information
- Copy of 6-pack license and associated insurance coverage
- Proposed price and costs. Price should include and detail all costs of operating the boat (i.e. fuel costs, time of boat driver, lodging and meal costs, etc.)
- Proof of liability insurance coverage

# Please submit a letter of interest to:

Tanana Chiefs Conference Shawna Hildebrand, Tribal Development Division Director 122 First Avenue, Fairbanks, AK 99701 Or via email at shawna.hildebrand@tananachiefs.org



# Kailey Erickson Top Forty Under 40

Kailey Erickson, Edgar Nollner Health Center Operations Officer, was recently recognized as one of the Alaska Journal of Commerce's Top Forty Under 40! Kailey was one of 288 nominees considered for the recognition. The list recognizes outstanding young professionals throughout the state.

### CONGRATULATIONS, KAILEY!

# ROY & AVIS SAM Northway



Roy Sam was born across the river from where the current village of Northway is, and his wife, Avis was born on a trapline during a 50 below spell.

Roy grew up on the trapline with his brothers, while Avis grew up away from the village in hospitals in Skagway and Sitka with Tuberculosis infection. She was gone for about 10 years.

Roy was drafted in the Army when he was 18 and came back when he was 22.

Avis had Roy saw some fire wood for her, and all he had was a bow saw. She said, "He just got out of the Army, boy was he good looking."

To hear Roy & Avis' full story, visit 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 f

#### 45th Annual National Indian Timber Symposium

Tanana Chiefs Conference and the Intertribal Timber Council is hosting the 45th Annual National Indian Timber Symposium. The scheduled workshops, presentations, and field tours are relevant to the forestry and land management challenges faced by tribes across the country, as well as our tribes here in Alaska.

May 15th-19th, 2022 Wedgewood Resort Fairbanks, AK

**Register Early**! Max attendee limit is 200 people due to space limitations at the hotel. Onsite registration will not be available. Online registration closes May 11, 2022.

Learn more and Register online at: https://www.eventsquid.com/event.cfm?id=15815

#### Village Vacancies

- Alatna: Community Health Aide/Practitioner, Rural Trauma Navigator, Tribal Administrator-Onsite Supervisor, Tribal Workforce Development Specialist
- Allakaket: Community Health Aide/ Practitioner, Community Health Representative, Family Visitor, Home Care Provider
- Anaktuvuk Pass: Behavioral Health Aide
- Anvik: Home Care Provider, Rural Trauma Navigator, 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

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- Birch Creek: Rural Trauma Navigator
   Chalkyitsik: Behavioral Health Aide, Community Health Aide/Practitioner, Tribal Family Youth Specialist, Village Public Safety Officer
- Circle: Community Health Aide/Practitioner, Rural Trauma Navigator, 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, Rural

Trauma Navigator, Tribal Family Youth Specialist

- Evansville: Community Health Aide/ Practitioner, Substitute Elder Nutrition Cook
- Fort Yukon: Home Care Provider
- Galena: Behavioral Health Clinical Associate-Galena, Behavioral Health Clinician, Clinical Support Staff/Medical Assistant, Nurse Practioner - Primary Care, Physician Assistant - Primary Care, Galena, RN
- Grayling: Family Visitor, Preschool Assistant Teacher, Preschool Lead Teacher, Tribal Workforce Development Specialist, Village Public Safety Officer
- Healy Lake: Community Health Aide/ Practitioner, Rural Trauma Navigator, Village Public Safety Officer
- Holy Cross: Home Care Provider, Substitute Elder Nutrition Cook
- Hughes: Community Health Aide/Practitioner
- Huslia: Family Visitor, Preschool Lead Teacher, Substitute Teacher/Assistant Teacher, Tribal Workforce Development Specialist
- Kaltag: Community Health Aide/Practitioner, Tribal Administrator-Onsite Supervisor, Tribal Family Youth Spe-

cialist, Tribal Workforce Development Specialist

- Koyukuk: Tribal Office Administrative Assistant
- McGrath: Elder Nutrition Cook., Rural Trauma Navigator, Substitute Elder Nutrition Cook, Tribal Workforce Development Specialist, Village Public Safety Officer
- Minto: Behavioral Health Aide, Community Health Aide/Practitioner, Family Visitor, Rural Trauma Navigator
- Nenana: Infant/Toddler Teacher, Preschool Assistant Teacher, Preschool Lead Teacher, Rural Safe Home Attendant, Substitute Teacher/Assistant Teacher, Tribal Administrator-Onsite Supervisor, Tribal Family Youth Specialist
- Nikolai: Tribal Administrator-Onsite Supervisor
- Northway: Behavioral Health Aide, Community Health Aide/Practitioner, Rural Safe Home Attendant, Substitute Teacher/Assistant Teacher, Village Public Safety Officer
- Nulato: Rural Safe Home Attendant, Substitute Teacher/Assistant Teacher, Village Public Safety Officer
- Old Minto: Camp Counselor I, OMFRC

Counselor I

- Rampart: Behavioral Health Aide, Community Health Aide/Practitioner, Rural Trauma Navigator, Substitute Elder Nutrition Cook
- Ruby: Behavioral Health Aide, Community Health Aide/Practitioner

2022

APRIL 20.

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**JOBS LISTED** 

- Stevens Village: Community Health Aide/Practitioner
- Takotna: Rural Trauma Navigator
- Tanacross: Community Health Aide/ Practitioner
- Tetlin: Behavioral Health Aide, Community Health Aide/Practitioner, Village Public Safety Officer
- Tok: Assistant Crew Boss, Behavioral Health Clinical Associate-Tok, Certified Medical Assistant, Clinical Support Staff/Medical Assistant, Coordinator/ Instructor Mid Level Practitioner, ENHC Environmental Services Technician I, Facilities Technician, Family Directed Respite Provider, Nurse Practitioner - UTHC, Physician Assistant-UTHC, Security Officer, Squad Boss, Urgent Care RN Advanced, UTHC Team Lead, Village Public Safety Officer-Regional Rover, Wild Land Firefighter Type II Crew Member
- Venetie: Village Public Safety Officer