

Incorporated as Dena' Nena' Henash Vol. 49 No. 7 • July 2024



(TCC) leadership traveled to Galena to meet with the Louden Tribe to discuss the urgent need for salmon conservation on the Yukon River. The meeting, spearheaded by Chief Charlie Green of Louden, brought together representatives from the Alaska State Troopers and the U.S. Fish and Wildlife Services to address the critical state of Yukon River salmon populations and explore collaborative conservation efforts.

Recent salmon runs on the Yukon River have reached alarmingly low levels, prompting immediate action to safeguard these vital resources for future generations. "I really want fish for my grandkids. I would never eat another fish if it meant that my grandchildren could have salmon when they grow up," expressed Chief Charlie Green. "We need to find ways to work together. We are all in this for one reason - to protect our fish."

TCC acknowledges that the burden of conservation should not fall disproportionately on Alaska Native people, and the organization remains committed to addressing issues such as trawler bycatch and Area M intercept, a longstanding challenge. Chief Brian Ridley of TCC highlighted this ongoing effort, stating, "While conservation of our salmon should not rely solely on our Native people, it is important that we continue to be trusted stewards of our lands and resources. TCC continues to testify and advocate at the State and Federal levels to ensure that we do everything we can to protect our salmon."

cil.

Last year, TCC partnered with the Association of Village Council Presidents (AVCP) to file a lawsuit against the National Marine Fisheries Service (NMFS). The lawsuit contends that NMFS unlawfully relied on outdated environmental studies when establishing groundfish catch limits for the Bering Sea and Aleutian Islands for 2023-2024, failing to account for significant ecosystem-wide changes Continued On Page 4



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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

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Executive Board

Trimble Gilbert, Arctic Village **1st Traditional Chief**

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> Lori Baker, Minto Yukon Tanana

Charlie Green, Galena Yukon Koyukuk

Peter Demoski, Nulato **Elder Advisor**

Mackenzie Englishoe, Gwichyaa Zhee Youth Advisor

Letter from the Chief

Dear Tribes and Tribal Members,

I hope this letter finds you well and that you are enjoying the summer, spending quality time with your families, and staying safe.

Last month, we held our guarterly Executive Board of Directors Meeting here in Fairbanks. During the meeting, the board approved a new \$50,000 annual donation to Denakkanaaga, Inc. This donation is in addition to TCC's sponsorship of the Annual Denakkanaaga Elders and Youth Conference, as well as donations to the host Tribe each year. TCC remains com-

mitted to supporting and uplifting our Elders and their voices, and we hope that these donations assist Denakkanaaga in their efforts. Additionally, the Executive Board approved supporting Tanana as they proceed with the construction of a new clinic for their village.

During the Executive Board meeting, former Fairbanks Native Association (FNA) Executive Director Steve Ginnis gave his final report to the Board before his retirement and introduced his successor, Melissa Charlie of Minto. TCC would like to congratulate Melissa in her new role and we look forward to working with her in the future.

At the beginning of June, the National Congress of American Indians (NCAI) hosted its Mid-Year Convention in Cherokee, North Carolina. As the recently elected NCAI Alaska Area Vice-President, it was my first time chairing the Alaska Caucus. I am grateful to those who were able to attend and am committed to providing transparency to all NCAI member Tribes in Alaska through monthly email updates. Notes from our Mid-Year Caucus will be sent out to the mailing list. This year's convention was unable to meet quorum, so all emergency resolutions were deferred to the Executive Council. The NCAI Annual Convention plans to take place in Las Vegas at the MGM Grand at the end of October. Once registration opens, we are encouraging all Tribes to send a delegate as it is important to meet quorum in order to conduct business. TCC is offering to pay for the membership dues of Interior Tribes to attend. Please work with your Self-Governance Coordinator at TCC on delegate resolutions needed for NCAI membership payments.

I would like to remind everyone that the TCC Executive Board approved an annual donation of \$10,000 to each Interior Tribe to support a culture camp in their community. If your Tribe is planning to host a camp and needs support, please reach out to your Self-Governance Coordinator at TCC.

Thank you for your continued dedication and efforts in strengthening our communities. Together, we are making significant strides toward a brighter future for all our Tribes.

Mahsi' Choo, **Chief Brian Ridley**



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SUBMIT TIPS ANONYMOUSLY: Text AKTIPS followed by your tip to 84711 or visit https://dps.alaska.gov/ast/tips



Call the Alaska State Troopers at 907-451-5100, Fairbanks Police Department at 907-450-6500 or TCC Public Safety at 907-452-8251 ext.3269. Visit www.tananachiefs.org/missing for more information.

The Hidden Dangers of Fentanyl Overdose: A Call to Action

a difference. Learn the

Fentanyl, a synthetic opioid, is 50 to 100 times more potent than morphine and heroin, making even small amounts potentially deadly. Just 2 milligrams of fentanyl, equal to 10 to 15 grains of table salt,

is considered a lethal Together, we can make strips, the TCC Wellness dose. This potency has led to a significant rise in overdose deaths, espe-signs, take action, and can (Naloxone) nasal cially as fentanyl is often unknowingly mixed into

other drugs. Another emerging threat is xylazine, an animal tranquilizer commonly mixed with opioids to enhance their effects. The combination of these substances can be particularly lethal.

More than 340 Alaskans died from an overdose last year, with state health officials reporting that about three out of every four overdose deaths were due to fentanyl. Preliminary data indicate that more Alaskans died from an opioid overdose last year than ever before, with the state experiencing the nation's highest per capita increase in opioid overdose deaths.

The Tanana Chiefs Conference (TCC) Wellness & Prevention Division recognizes the significant challenge addiction poses to our communities. While we do not promote drug use, we are committed to supporting those struggling with addiction by providing tools to reduce harm and save lives.

As part of our harm reduction efforts, we are offering FREE Fentanyl and Xylazine Testing Strips. These strips are essential for detecting the presence of these substances in drugs, helping to prevent accidental overdoses.

In addition to testing and Prevention Division provides FREE Narspray to those living in

save a life! the TCC region. Narcan (naloxone) can rapidly reverse the effects of an opioid overdose, including fentanyl, making it a lifesaving tool in emergencies.

TCC is dedicated to the safety and well-being of our community members. By providing access to free Fentanyl and Xylazine Testing Strips and Narcan nasal spray, we empower individuals to take control of their health and safety. Secure your test strips and Narcan spray by visiting the link below.

For more information, please call us at 907-452-8251 ext. 3941.



https://www.surveymonkey.com/r/TCCNARCAN

SCAN TO VIEW MORE

SHUTTLE INFO!

TCC Partners with 168th Air Refueling Wing To Bring Food To Elders

May 29th marked the eighth round of shelf-stable food boxes put together by the Elder Nutrition Program and the 168th Air Refueling Wing of Eielson AFB. These shelf-stable food boxes were sent out to 343 Elders in fourteen villages within the TCC region. The boxes are designed to give Elders nutritional meals and snacks in areas where no cook or kitchen are available. To date, we have partnered with several other agencies such as The Red Cross, Adult Disabilities & Resources Center (ADRC) North and The North Star Council on Aging to put together these food boxes addressing food security for Elders within the Interior.

Pictured below are the members of the 168th ARW and Paul Ostbloom, the Home Care Department Manager. The 168th ARW continues to be a tremendous help with this portion of the Home Care Program. Thank you Alaska Air National Guard 168th Air Refueling Wing!



Let's Talk!

Helping you help loved ones struggling with substance misuse. This support group is open to everyone and is completely free! It does not require commitment or active engagement in services. Drop in whenever you need support!



Scan the QR Code for more info & join us Wednesdays via Zoom 12:00 PM - 1:00 PM

TCC's complementary Patient Shuttle Service now has ex-

tended hours to meet the needs of patients traveling to Fairbanks for medical appointments.

WEEKDAY SCHEDULE

Monday - Friday • 7:30 AM - 6:00 PM

Call (907) 347-0765 for appointments outside the route schedule.

WEEKEND SCHEDULE

Saturday - Sunday • 8:00 AM - 8:00 PM Call (907) 687-8338

AIRPORT TRANSPORTATION

Monday - Friday • 5:30 AM - 8:00 PM Saturday • 6:30 AM - 8:00 PM Sunday • 8:00 AM - 6:00 PM

Protecting Our Salmon for Future Generations, Continued

Continued From Page 1 over the past two decades. This legal action underscores TCC's commitment to holding regulatory bodies accountable and ensuring that current

environmental realities are considered in decision-making processes.

TCC has also been litigating against the development of Ambler Road, and the U.S. Department of Interior's Bureau of Land Management recently chose a "no action"

option for its environmental analysis. While this is a huge win to protect subsistence resources, TCC will continue to advocate for the protection of important spawning grounds for salmon, sheefish, and whitefish along the Alatna River, Wild River, John River, Henshaw Creek, Iniakuk River, Malamute Fork, and Helpmejack Creek. TCC will continue to protect its region against threats that are likely to severely harm these fish populations.

TCC has also been continuously fighting for more Indigenous representation on boards and committees to ensure that the subsistence voice is adequately represented in areas where important decisions are being made about the resources we rely on. This effort is crucial for ensuring that policies reflect the needs and knowl-

edge of those who depend on salmon for their cultural and subsistence practices.

The meeting in Galena underscored the shared responsibility in preserving salmon populations. Chief Green's discussions with State and Federal representatives

highlight a unified front in the battle for salmon conservation. The hope is that through these efforts, future generations will continue to benefit from the rich salmon resources that have sustained Alaska Native people for centuries.

In addition to advocacy and collaboration, it is crucial that everyone follows the fishing regulations set by the State. Adhering to these regulations ensures that we are all doing our part to protect salmon populations. More information can be found on the Alaska Department of Fish and Game website: https://tinyurl.com/ ADFG-Alaska

We also encourage everyone to participate in the YRDFA In-Season Teleconferences held every Tuesday. These teleconferences provide first-hand information during the fishing season, address management questions, and facilitate the sharing of traditional ecological knowledge. They promote interaction among rural residents, agencies, and other organizations by creating a forum for all of these entities to call in together to a weekly, organized, and structured call. Upcoming teleconference details can be found here: https://yukonsalmon.org/event-calendar/

TCC leadership, along with the Louden Tribe, remains dedicated to making significant strides in salmon conservation. Every salmon counts in the effort to preserve this crucial part of Alaska's ecosystem and cultural heritage.

As TCC and its partners continue their advocacy and conservation efforts, they call upon all subsistence fishers to join in protecting the Yukon River salmon. Together, through cooperation and determined action, we can ensure that future generations inherit a thriving and sustainable salmon population.







Do You Have Your Alaska Real ID Card?

Starting May 7th, 2025, all Alaska Residents will need a Real ID to fly on commercial airlines, visit or work on a military base or other federal property.

For more information on REAL ID, visit www.dhs.gov/real-id



Alaska State Legislature Approves Pharmacy Benefit Manager Reform

The Alaska Legislature has endorsed pivotal legislation aimed at regulating and reforming Pharmacy Benefits Managers (PBMs) permitted to operate within the state. The bill is currently awaiting transmittal to Governor Dunleavy and his signature before becoming law. This important measure marks a critical step in addressing prescription drug affordability, pharmacy access, and reimbursement transparency, particularly benefiting rural Alaskans.

House Bill 226, passed during the 2024 legislative session, reins in unfair PBM trade practices that negatively impact Alaskan patients, employers and pharmacies. It also places a fiduciary duty of care on PBMs that will help align what is best for Alaskan employers with the PBM's bottom-line. Presently, there are three massive PBMs in our state, each affiliated with/in ownership of a health insurance company, a mail order pharmacy, and prominent medical providers. This vertical integration allows PBMs to monopolize prescription drug processes in Alaska. This includes dictating pricing, coverage, cost containment measures, and determining

where prescriptions can be filled, all at considerable expense to both Alaskan employers and patients. Many PBM practices are particularly harmful to Alaska Native/American Indian patients and Tribal Health Organizations. Prescription drug costs for employers and patients are skyrocketing while these PBMs are reporting tens of billions of dollars in profits annually.

The new legislation reduces opaque PBM business practices that drive prescription costs up and provides a lifeline to Alaska's struggling private sector pharmacies. Particularly impactful in rural communities, where Tribal Healthcare Organizations (THOs) often serve as the sole healthcare option, this reform holds the promise of transformative benefits for Alaska Natives, American Indians, Veterans, and non-Natives alike.

Tanana Chiefs Conference extends its gratitude to legislators for the expeditious passage of House Bill 226, and to Tribal leaders statewide for their indispensable advocacy, ensuring that our collective voices resonated in this crucial legislative process.

SAVE THE DATE! 2024 Traditional Healing Gathering OCTOBER 8TH-10TH, 2024 • WEDGEWOOD HOTEL • FAIRBANKS

Join us for a unique opportunity to reconnect with our roots and traditions. This gathering is open to individuals who are regionally Tribally Affiliated with the Tanana Chiefs Conference (TCC).

Come and experience the benefits of:

- Traditional Healers
- Language Classes
- Traditional Art Classes
- Respite through Traditional Healing Methods
- Community Connection

Reserve Your Spot By Contacting Ariella Derrickson, Tribal Protective Services Program Coordinator. 907-452-8251 ext. 3195 tribalprotectiveservices@tananachiefs.org



Take the Energy Assistance Survey

Your experiences and insights are crucial in helping us understand how our energy assistance program is working for you and where we can make improvements. Whether you've received heating or cooling assistance, weatherization services, or utility payment support, your feedback will help us ensure that our program meets your needs and expectations.

What This Survey Covers:

- Your experience with our energy assistance services.
- The impact of these services on your household.
- Suggestions for how we can improve and expand our support.

Scan the QR Code to Access the Survey



https://www.surveymonkey.com/r/TCCEAP

TCC Providers Engage With Healers at Indigenous Healing Workshop

On Wednesday, May 29th, 2024, the TCC Medical Division hosted an Indigenous Healing Workshop featuring ten healers providing a variety of treatment modalities. The purpose of the workshop was to provide TCC physicians and advanced practice providers an opportunity to observe and experience traditional healing methods. This workshop is the first step in developing and implementing a traditional medicine practice at TCC. The TCC providers were very engaged in the workshop, and many expressed gratitude for the opportunity and are excited for the new practice.

"I was so pleased to see the level of engagement of our providers. Most of them experienced at least one traditional healing method, and they all talked to the healers and learned about the methods," says Leah Thompson, Deputy Director of Clinical Services, "I am so grateful for our partnership with Paula Ciniero, a long-time Indigenous Healer who has such great contacts among the traditional healing community. She was instrumental in getting the healers to participate in the workshop."













Tanana Chiefs Conference

Is Technology Raising Our Kids?

By Karen Kallen-Brown, LPC, TCC Behavioral Health

Like it or not, we're deep in the digital age and technology is everywhere. Many of our children are spending a lot of time on screens, even when they're in school. How is this affecting them? How is it impacting our families? How is it influencing our ability to parent our children to help them grow into the healthy, strong, capable adults we all hope they will become?

The truth is that modern technology has developed at a super-fast rate, and we may not have had time to examine it, consider potential benefits and risks, explore how it relates to our values, and to decide when and how to use it. We need to stop and think about whether the status quo, the way it is now, is acceptable. How is technology impacting our children's development? Is it promoting physical health, strength, and endurance? Is it promoting healthy family and community relationships? Is it supporting healthy brain development? Is it supporting us in teaching our children the important values that make for strong connected individuals, families, and communities? How will Artificial Intelligence impact our children's developing brains?

Children are born into families because they need adults to care for their physical, emotional, and developmental needs. We know that children's brains and bodies grow in relationship to their lived experiences: what they see, hear, feel, and do and how they see others respond. The nature of childhood is to test the limits to see how much they can do. When adults (usually parents, along with teachers and other caregivers) set clear limits, children learn to become aware of their actions and develop self-control. When caregivers do not provide this support, children are unlikely to learn how to set healthy limits. They'll act on impulse based on what feels good in the moment. This puts them at-risk for engaging in dangerous behaviors in online environments, including going to unsafe places on the internet, interacting with unsafe people, or developing habits that interfere with healthy development. The traditional ways of living helped us live in harmony with ourselves, each other, the land and all it provides. We developed knowledge and skills to help us survive when we experienced challenges. If our children are living an unbalanced life, we'll see it in their behaviors: disrespect, disobedience, ignoring curfews, truancy or poor school performance and/or behaviors. This unbalance may show up as anxiety, depression, self-harm, suicidal ideas, anger, violence, threatening or even criminal behaviors.

If we see any of our children struggling, we have a choice: we can do nothing and see it get worse or we can work together to make a plan for helping them get back on track. This will not be easy! They will not willingly give up freedoms they're used to. It is the adults' responsibility to determine whether or not each child can handle the freedoms they've been given, or if they need more structure and supervision in order to thrive. In a 2022 survey in the US*, 95% of youths ages 13-17 reported using a social media platform. What is frightening is that more than a third of them reported their use as "almost constantly." Higher amounts of screen time have been associated with higher rates of depression and anxiety. When screens are allowed in bedrooms, higher levels of sleep problems occur. Poor sleep results in learning, emotional, social, and behavioral difficulties. Engaging in screen time (even television) alone increases isolation and makes it difficult for young people to separate out what is real and what is not. They need adults engaging with them, reinforcing values they support and discussing what is not okay and why it is not when they see it. Ultimately, adults must make decisions about what young people experience.

We know actions that adults can take to protect our children and teens. We know what parenting styles help them grow into healthy adults and which ones aren't effective. If you know a child or teen that is struggling, TCC Behavioral Health Child & Family Services can work with them and their caregivers (parents, guardians) to restore a healthy family system. We can be reached at 907-459-3800.

* Vogels, Gelles-watnick, & Massarat, 2022

Tips For Managing Screen Time

Know What Your Child Is Accessing

Keep an eye on what your children watch & play, and limit any exposure to violence even in cartoons for children under six.

Enjoy Media Together

Our kids crave quality time and attention from us, even when they act like they don't. Spend quality time together watching their shows and playing their games with them. When you know the kinds of media they are interested in, you can decide whether it is safe or appropriate for them at this time. Find out how they feel when they see aggression. Accept their opinions and show another way: "I wish they learned better ways to settle their disagreements." Share how this aligns (or doesn't) with your family's and community's values.

Use Parental Controls & Media Ratings

Set permissions on the phones, gaming consoles, televisions and any other technologies that your children use so that your children have to ask and obtain permission from you before watching new shows or playing new games.

Create A Family Media Plan

Many families discover they need a family media plan to help everyone use technology responsibly, rather than letting technology use them.

The American Academy of Pediatrics (AAP) has a tool that can be used to guide families in developing plans that will help them use technology in ways that support their values and goals for their children.





"Give Salmon a Chance": Salmon Restoration and Rebuilding

By Gale K. Vick, Fairbanks Fish & Game Advisory Committee Member

Wild salmon are Alaska's greatest natural legacy. While Alaska's wild salmon are a renewable resource, we now know they are not inexhaustible.

For millennia, wild salmon have adapted to fluctuating environmental conditions all over the northern hemisphere. Whole ecosystems adapted with salmon. Salmon-rich Indigenous populations fit into that schematic because their impact on the salmon popula-tion has been minimal. But the abundance and genetic biodiversity of both Pacific and Atlantic salmon became threatened with industrialization and subsequent large-scale human intervention, a situation that has devolved so much

that some stocks of salmon may never recover.

Especially Chinook. All over Alaska, western Canada and the Pacific Northwest, king salmon are in various stages of being threatened or endangered. In Alaska, our tragedy is the loss of big Chinook genetics. We may never get those mammoth Chinook back. There are other salmon species also at risk. The majority of fault lies with cumulative human impact and our unwillingness to reduce or eliminate human-created stressors so that salmon can adapt to environmental changes on their own.

Not being able to do a lot about environmental conditions should not exempt us from doing what we can about human activity. We need continuing research to help us further understand environmental impacts and restoration methods, and we need simultaneous and immediate action on human-caused impacts.

The Yukon River is ground zero in this effort. At the 2024 January meeting of the Yukon River Panel in Whitehorse, YT, Canada, members from both the Canadian and U.S. delegations were notified of an "Agreement" between the U.S. and Canada that is a crisis intervention of the sort that should have happened 20 years ago. Hindsight notwithstanding, now we must make decisions where we *each* fit into a rebuilding plan.

In an issue of Alaska Law Review, Connor Sakati writes, "We can no longer manage resources in isolation. As with salmon, many regulato-

ry structures govern a single resource's use without a comprehensive view of the resource's broader ecology. Ecosystem-based management is a partial solution to this problem in the fisheries context; more broadly, regulatory frameworks should strive towards comprehensive and

ecosystem-wide management."

While learning about in-river restoration methods is a process for all of us, utilizing traditional knowledge and modern science helps develop a syn-

thesis of ideas to put into practice. Stakeholders, Tribes, advisory committees, scientists and others are in the early stages of discussing joint plans that exceed the parameters and expectations of agencies who are tied to their own jurisdictions. Agencies cannot do this alone;

> management practices absolutely need to change.

In a 2018 paper, "The Failure of Wild Salmon Management", world-renowned salmon scientists note the failure of salmon management to rebuild and sustainably manage our wild salmon populations. They argue that

to correct course: "management policies and practices related to salmon need to become place-based. Key changes in management practices required to achieve place-based management include requiring that fishing occur closer to rivers of origin where particular populations can be identified with high precision, requiring that fishing gear be capable of releasing (with very low post release mortality) non-target species and populations, and managing harvest to ensure that spawning escapements in most years exceed levels that would produce maximum sustainable yield..."

We can't grow our way out of this crisis. Hundreds of peer-reviewed papers illustrate that hatchery production has likely exacerbated rather than helped wild salmon loss. Hatchery and streamside enhancement are both costly ventures that have not shown success for wild stock over time. But we can eliminate some major obstacles.

Coalitions are in various stages of addressing these challenges. So far, here is what we know we should be doing.

<u>Marine Salmon:</u> Greatly reduce or eliminate bycatch and intercept of Chinook, chum and coho stocks; re-

duce or eliminate Alaska hatchery production; and negotiate for reduction of Asian hatchery releases.

<u>In-River Salmon:</u> Eliminate in-river bycatch of threatened stocks; monitor escapement goals; *continually* monitor and clean out or replace dysfunctional fish

stream crossing culverts; utilize non-destructive gear types; eliminate any unnecessary harvest or handling of fish that need to reach spawning grounds; keep waterways free of toxic chemicals; avoid disturbance of spawning and wintering habitat; and use local and traditional knowledge and community-based monitoring to provide co-stewardship opportunities.

With the multitude of impacts facing wild Alaskan salmon and many stocks in severe decline, our mantra should be both "give salmon a chance" as well as "every fish counts." That means getting out of their way, keeping adult in-migration and smolt out-migration passage non-intervened, and providing healthy habitat. In short, doing as much as humanly possible to help wild salmon rebuild themselves.

TCC Supports Denakkanaaga With Annual Donation

In a move to support Elders in the Interior, the Tanana Chiefs Conference (TCC) has given its annual donation to Denakkanaaga. This decision, made by the TCC Executive Board in June, reflects the organization's ongoing commitment to uplift and assist the Elders in our region.

Denakkanaaga, an organization dedicated to advocating for the needs and well-being of Elders, plays a crucial role in preserving and promoting the wisdom, traditions, and cultural heritage of our people. By providing resources and support, Denakkanaaga ensures that Elders receive the care and respect they deserve.

Through this partnership, TCC and Denakkanaaga are working together to create a stronger, more unified support system for Elders. By investing in their well-being, we not only preserve our rich cultural heritage but also strengthen the bonds within our community. TCC remains steadfast in its mission to advocate for and uplift our Elders.



July 28th is World Hepatitis Day

Hepatitis occurs when your liver gets inflamed or swollen. The liver is one of the most important organs in your body. It's about the size of a football and weighs around 3 pounds. It is located on the upper right side of your body, just below your ribs. Almost all the blood in your body goes through the liver.

The liver does many important jobs, such as:

- Storing nutrients
- Removing waste products and old cells from the blood
- Filtering and processing chemicals in food, alcohol, and medications
- Producing bile, which helps digest fats and get rid of waste

When the liver is inflamed or damaged, it can't do these jobs well.

Hepatitis can be caused by drinking too much alcohol, certain toxins, some medications, and medical conditions. But often, hepatitis is caused by a virus.

There are different types of viral hepatitis, the most common being hepatitis A, hepatitis B, and hepatitis C. People with hepatitis may feel fine and not know they are sick, but it can range from mild to very serious.

Many people in the U.S. get viral hepatitis every year. It's a big health problem that kills thousands of Americans and can lead to liver cancer.

At Tanana Chiefs Conference, we want to help you understand liver health and how to prevent hepatitis.

Knowing what causes hepatitis and how to protect yourself is important for your health and our community. Talk with your medical provider today about hepatitis and what you can do to protect yourself and your loved ones from this devasting condition.

Preventing Hepatitis

Hep A is spread when someone ingests the virus either through close contact with an infected person or by eating/drinking a contaminated food, hep B is spread through bodily fluids like blood and semen, and hep C is spread through blood.

The best way to prevent hep A and B is by getting vaccinated. This vaccine is given as a series of shots; once you have received the whole series, you are fully protected from these viruses.

There isn't a vaccine for hep C. To prevent contracting this disease, avoid behaviors that spread it, such as sharing or reusing needles or other personal items that come in contact with blood.

Patient Advocates

Here for You!

Traveling to Alaska Native Medical Center (ANMC) & Need Assistance?

The ANMC-TCC Patient Advocates work closely with the medical teams at ANMC to ensure TCC patients receive clear communication about their care, excellent patient experiences, safe discharge plans, and access to support if concerns arise while at ANMC.

Please reach out to our ANMC-TCC Patient Advocates if needed.

April Johnson

907-687-9193

Lucy Frank ANMC-TCC Patient Advocate Lead ANMC-TCC Patient Advocate 907-687-9193

2024 NCAI Mid-Year Convention

The Tanana Chiefs Conference (TCC) leadership attended the 2024 National Congress of American Indians (NCAI) Mid-Year Convention, held from June 1-6 in Cherokee, North Carolina. This significant gathering brought together Native leaders from across the nation to discuss pressing issues and collaborate on strategies for advocacy and advancement.

This year, TCC did not submit any emergency resolutions for review. However, similar to last year's convention, the NCAI body was unable to meet quorum, defined as 50% + 1 of the membership having met the requirements of credentials. The inability to meet quorum prevented the convention from taking action to accept and pass resolutions. As a result, the proposed resolutions will be sent to the NCAI Executive Committee for review and approval.

Despite this setback, the convention provided a valuable platform for networking, sharing knowledge, and reinforcing the unity and strength of Native communities. The discussions and workshops held during the event emphasized the importance of collaboration and proactive measures in addressing issues faced by Native American tribes.

Looking ahead, the 81st Annual NCAI Convention will take place in Las Vegas, Nevada, later this year. TCC is actively encouraging all Tribes to attend this pivotal event. To facilitate participation, TCC is offering to cover NCAI membership dues for interested Tribes. Those who wish to take advantage of this opportunity are encouraged to work with their TCC Self-Governance Coordinator and provide delegate resolutions.

TCC's commitment to supporting Tribal engagement in NCAI activities underscores our dedication to fostering strong, effective advocacy for our communities. We look forward to seeing robust participation at the Annual Convention and continuing to work together for the betterment of all Native peoples.

For more information or to express interest in attending the 81st Annual NCAI Convention, please contact your TCC Self-Governance Coordinator.











The 40th Annual Alaska Tribal Court Conference took place in Fairbanks from May 6-8, 2024. Over 235 participants from more than 73 Tribes attended the three-day event, which focused on addressing and learning about key issues related to Tribal court, child welfare, justice funding sources, and public safety. We heard from Tribal leaders and staff, and United States Representative Mary Peltola delivered an address in which she encouraged and emphasized the hard work of Tribal Courts.

The breakout session topics included child welfare, justice funding opa holistic approach to protecting our people," says Brian Ridley, Chief of Tanana Chiefs Conference, "Healing and progress wouldn't be possible without our Traditional leaders and healers, or without the vital input we receive from the communities in our region."

The annual Alaska Tribal Court Conference will continue to bring together local leaders and shareholders to shape justice policies and address the Tribal court and Tribal public safety systems.





Dena' Nena' Henash

What Should You Grow This Summer?

By Heidi Rader, Professor of Extension at the University of Alaska Fairbanks

It's not hard to dream about what you will plant in your garden when the seed catalogs start arriving or you go to the greenhouse and see the luscious vegetables and gorgeous flowers. But an overcrowded garden will be less bounteous and beautiful than a thoughtfully planned garden with adequately spaced plants.

When choosing what to grow, try to find relevant information that is local, unbiased, and not profit-driven. Seed companies and catalogs are a great source of information, but they may not have done trials in Alaska, and they are also selling a product. When buying

seeds, look for varieties that are identified as being adapted to short, cool growing seasons.

If you're a new gardener, you'll be doing a fair bit of experimentation in your first few years. What grows well in your space? What do you like to eat? What flowers do you find beautiful? What is easy to grow?

As you gain experience, you will learn from that and use it to better plan your garden the following year. This is the time to pull out your garden journal from last year (you kept one, right?). Unless your memory is better than average, your best bet is to keep a garden journal so that you can actually recall:

- What you planted (crop and variety);
- When you planted it;
- How well it did (even consider recording harvest dates and amounts);
- Where you planted it so that you can rotate crops.

Last summer, I kept a bit of a <u>time-lapse photo journal</u> with accompanying comments. I had fantastic luck with Marketmore and Diva cucumbers in the ground and an English cucumber in a pot and will probably grow those again.

At some point, you should aim to experiment in only about 10% of your garden. This keeps gardening fun but also allows you to benefit from your experience and grow those tried-andtrue varieties. Ben Hartman suggested this in *The Lean Farm*.

The <u>USDA Plant Hardiness Zone</u> <u>Map</u> shows that Alaska is warming as does the <u>Alaska Garden Helper</u>. In addition, it forecasts longer growing seasons. Unfortunately, this comes with more storms, extreme temperature swings, and overall unpredictability. Your growing zone is a good consideration, particularly for perennials. Other factors are more important for summer growing including days to

maturity and likeliness to bolt. Although we had a cold snap in Fairbanks this winter, I'm excited to try more perennial vegetable crops like skirret, which is akin to carrots. I'd also like to grow stinging nettle. One species, *Urtica dioica*, is native in Southcentral and Southeast Alaska. It could be

a bit weedy, so I'll grow it in an area that won't take over my garden. I'm hoping I won't accidentally transfer it to my main garden, and end up weeding it.

I'd also like to try some new raspberry varieties, Prelude, Nova, and Encore, which may or may not thrive or survive temperatures below minus 30 - 40°F.

At the <u>2023 Alaska Farm and Food</u> <u>Festival</u>, Heidi Peroni, sales representative with Johnny's Select Seeds had a few suggestions for vegetables with the fewest days to maturity to grow this summer:

- Bolt XR (F1) sweet corn, 67 days
 Purple Moon (F1) purple cauli-
- flower, 62 days
- Caravel carrots, 58 days
- Purple Star carrots, 68 days
- Honey Bun (F1) winter squash, 95 days
- Honey Bear (F1) winter squash, 85 days

At the same conference, Glenna Gannon, with the University of Alaska Fairbanks, talked about the vegetable variety trials. In Fairbanks trials from 2017 to 2022, nine different types of beet varieties were planted. Zeppo, Robin, and Subeto yielded significantly higher than the other varieties. From 2018 to 2022, Sugar Pearl, Espresso, Temptress, Cafe, Sugar Buns, and Ruby Queen were the top-yielding sweet corn varieties out of 24 varieties tested. Hot peppers, melons, artichokes, garlic, leeks, and winter squash are also being evaluated in unreplicated trials. You can see past vegetable variety trials here.

I've always loved the look and taste

of purple vegetables, and they are rich in antioxidants. I'm also excited to try some winter squash varieties. They do well in the heat and have the added benefit of keeping for months on the counter. <u>Winter squash</u> is an excellent crop to try.

I teach <u>Growing a Productive, Sus-</u> tainable <u>Garden in Alaska</u> for 3 UAF credits in the spring and am inspired by the varieties that students plan to try or have had success with, such as black kale and black cherry tomatoes.

This summer, I plan to grow some eye-popping flower varieties including Monaco Orange snapdragons, SunFill purple sunflowers, Sunday Mix celosia, and Purple Persian ranunculus. Here's a helpful <u>article</u> about growing ranunculus in Anchorage. For flower inspiration check out <u>Proven Winners</u>.

If you've never ever gardened in Alaska before, then check out this <u>blog post</u> and <u>video</u>.

What are you excited to grow this summer? What have you found grew well for you in the last couple of summers? You can share your comments on my blog, <u>https://itgrowsinalaska.</u> <u>community.uaf.edu/</u> and find more ideas for what to grow in your garden this summer.

Questions about gardening or the Tribes Extension Program? Visit <u>www.uaf.edu/ces/tribes</u> Contact Heidi at hbrader@alaska.edu or 907-474-6620. For more articles like this, go to: <u>https://itgrowsinalaska.community.</u> <u>uaf.edu/</u>

Heidi Rader is a professor of Extension and Project director for the Alaska Tribes Extension Project. This work is supported by the Federally Recognized Tribes Extension Program Project 2022-41580-37957. It is a partnership with Tanana Chiefs Conference. 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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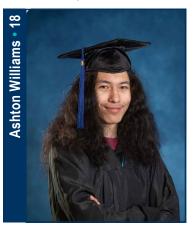
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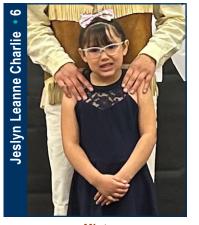
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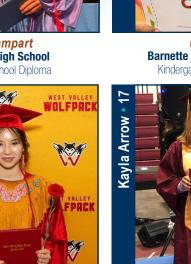
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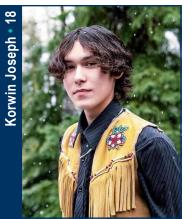
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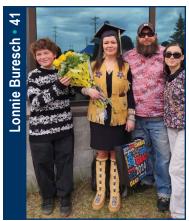
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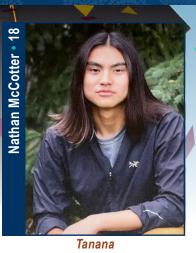


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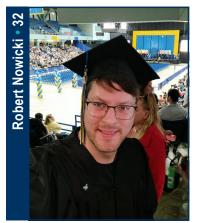
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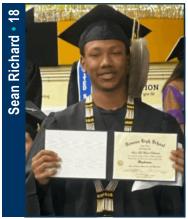
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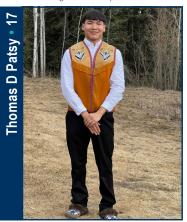
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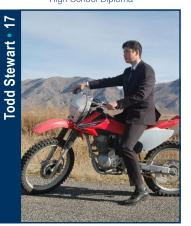
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Medicaid Renewal Letters



Medicaid renewal has started the annual renewal process, and the Division of Public Assistance will be reaching out to households to verify information to renew medicaid coverage.

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Contact Alternate Resources at 907-451-6682 ext. 3100

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