

Tanana
Chiefs
Conference

The Council

Incorporated as Dena' Nena' Henash
Vol. 49 No. 9 • September 2024



Fall Subregional Meetings Kick-Off Across Region

In August, the fall subregional meetings were held in Allakaket, Arctic Village, Anchorage and Manley, providing an opportunity for tribal leaders in each subregion to come together, share what is happening in their communities and to provide resources and ideas for local needs and challenges. These meetings are essential for fostering collaboration and ensuring that the voices of our communities are heard.

Each gathering allowed Tribal lead-

ers to share their insights and highlight the unique challenges and opportunities facing their communities. From healthcare access and education to economic development and stewardship of the land.

During these meetings, TCC leadership and staff also have the opportunity to provide updates on various programs and services available to Tribal members, including healthcare initiatives, educational opportunities, infrastructure developments, and commu-

nity support resources.

We extend our deepest gratitude to the communities of Allakaket, Arctic Village, and Manley for their warm hospitality and dedication in hosting these important gatherings. The success of these meetings was made possible by the support of these host communities, who provided welcoming spaces for these important conversations. Thank you for sharing your beautiful land with us!

**SEE PHOTOS FROM THESE EVENTS ON
PAGE 4**

SUBMIT YOUR PHOTOS FOR THE 2025 TCC CALENDAR

Deadline to Submit is October 18th, 2024.

*Snap, Submit, Caption, Done - Your
photos could shine in our calendar!*

Scan to submit your photos or visit
<https://www.tananachiefs.org/2025-tcc-calendar-submissions/>



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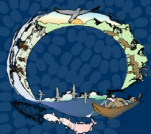


Mission

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



Tanana
Chiefs
Conference

Executive Board

Trimble Gilbert, Arctic Village
1st Traditional Chief

Andrew Jimmie, Minto
2nd Traditional Chief

Brian Ridley, Eagle
Chief/Chairman

Sharon Hildebrand, Nulato
Vice-President

Charlie Wright, Rampart
Secretary/Treasurer

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Upper Tanana

Claude 'Joe' Petruska, Nikolai
Upper Kuskokwim

Nancy James, Gwichyaa Zhee
Yukon Flats

Ivan Demientieff, Grayling
Lower Yukon

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 Tribal Members,

As we enter into hunting season, I hope that you and your family enjoy your time outside together and that you are able to get enough food to fill your freezer. This season is a special time for many of us, a time to connect with the land, practice traditions, and ensure our families are taken care of.

Last month, I had the privilege of attending fall subregional meetings in various communities, including Arctic Village, Allakaket, Manley, and Anchorage. I would like to thank our Executive Board representatives for their leadership in guiding these meetings, to the Tribal delegates for their active participation, and to the communities for hosting us. It is always a pleasure to hear about the amazing things happening in your communities and to be able to provide answers to any questions you might have.

In August, we hosted our annual Partners Boat Trip, visiting the Upper Tanana subregional communities of Eagle, Northway, Tetlin, and Tanacross. This trip is a vital opportunity to connect Tribal Leaders with key representatives from various organizations, fostering collaboration and understanding. More information about this trip will be available in our October issue, so stay tuned.

I'm also excited to share news about a new initiative from our TCC Realty department who have been working closely with Doyon, Limited to develop a trespass monitoring and data collection app. This app is part of a larger trespass reduction program that we are piloting in five communities during this year's hunting season. The selected communities will help us test the app and method to ensure that any issues are smoothed out before we expand the program. Our goal is to perfect the app, secure sustainable funding, and eventually make it available to every community. This initiative is a critical step in protecting our lands and ensuring they are respected by all.

As many of you are already aware, Senator Dan Sullivan recently inserted an amendment in the National Defense Authorization Act (NDAA) that would legislatively force the approval of the Ambler Road Access Project. I want to reassure you that TCC is still under the direction of two Full Board Resolutions to continue to oppose this road. Our commitment to protecting our lands and communities remains unwavering, and we ask for your support in this effort. Please join us in opposing the Ambler Road by signing our petition at www.tananachiefs.org/noamblerroad.

Thank you for your continued dedication to our shared mission and for the strength you bring to our communities.

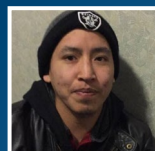
Mahsi' Choo,
Chief Brian Ridley



MISSING



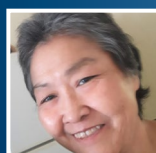
Lorraine
Ginnis



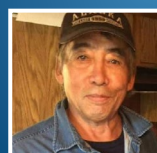
Willis
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Doren
Sanford



Debbie
Nictune



Frank
Minano

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.

Oppose the Ambler Road Amendment

Senator Dan Sullivan has introduced an amendment in the National Defense Authorization Act (NDAA) that would force the approval of the Ambler Road, bypassing crucial environmental laws and overriding the voices of Alaska Native communities.

Despite widespread national and Tribal opposition, Senator Dan Sullivan has inserted an amendment to the National Defense Authorization Act (NDAA) that would force the approval of the Ambler Road.

This proposed 211-mile road through Gates of the Arctic National Preserve poses a significant threat to Alaska's environment, wildlife, and the cultural heritage of Alaska Native communities. It would cross 11 major river systems and thousands of smaller rivers, streams, and wetlands—these waterways are highways for our subsistence lifestyle.

Hundreds of thousands of Alaskans have spoken out in opposition to the road at meetings with the Bureau of Land Management (BLM), in letters, petitions, and in meetings with legislators. 89 Tribes in Alaska have passed resolutions opposing the road, including the Full Board of Directors of the Tanana Chiefs Conference region.

In April, the BLM released their final Environmental Impact Statement which identified the 'No Action Alternative' for the Ambler Road Access Project as the preferred alternative stating "any of the action alternatives would significantly impact resources,

including important subsistence resources and uses, in ways that cannot be adequately mitigated."

In June 2024, the Biden administration, after extensive scientific analysis and consultation with Tribal leaders, made the decision to reject the Ambler Road project. The administration recognized the irreversible harm the road would cause to the environment, wildlife, and cultural resources, and chose to protect Alaska's land and people.

Senator Sullivan's amendment ignores the widespread opposition from Alaska Native communities, conservationists, and the general public. It is a reckless attempt to bypass the very laws designed to protect our environment and ensure informed decision-making.

Join us in opposing Senator Sullivan's amendment. Visit tananachiefs.org/no-ambler-road to learn more, sign the petition, and help us defend Alaska's precious resources. Your voice is crucial in this fight—act now to ensure a future where Alaska's land and traditions are preserved for generations to come.

Scan to learn more, sign the petition, and defend Alaska's precious resources.



CORRECTION: On page 8 of the August 2024 edition of *The Council*, a photo was mistakenly labeled as "Chief David Salmon at Salmon Village." The photo was actually of Paul Williams. The online version has been updated with the correct photo. Mahsi' Choo to those who brought this to our attention.

A Day for Truth & Reconciliation: Justice for Victims of Residential Boarding Schools

September 30th marks A Day for Truth and Reconciliation, a Canadian holiday in honor of First Nations, Inuit, and Metis residential school survivors and their families.

In 2022, Tanana Chiefs Conference's (TCC) Full Board of Directors adopted Resolution 2022-13. This resolution acknowledges the significance of A Day for Truth and Reconciliation and aligns Canada's efforts to seek justice for victims of residential boarding schools with TCC's mission to raise awareness and seek justice for those affected by boarding schools in Alaska.

Each year, we invite you to wear orange on September 30th to acknowledge the truth about mandatory Indian boarding schools and to honor the generations who have been deeply affected by their legacy. "Wearing orange on September 30th is a message to our communities that these heinous crimes against our people won't go unseen," says Chief Brian Ridley, "I hope to see the same accountability take place in America in the coming years."

In the 19th and 20th centuries, the U.S. government operated over 400 boarding schools where Indigenous children were forcibly enrolled. These schools aimed to erase Indigenous cultures through forced assimilation, training students for low-paying, high-risk jobs. Many suffered physical, emotional, and sexual abuse, and over 500 Native American, Alaska Native, and Native Hawaiian children died. Thousands never returned home.

In addition to wearing orange on September 30th, TCC encourages people to read, listen to, and watch the stories of our Elders, as their depictions are a historical unfolding and a call to action for officials to take action on this appalling history.

Yukon Flats Subregional Meeting

ARCTIC FLATS • JULY 31ST - AUGUST 1ST, 2024



Yukon Koyukuk Subregional Meeting

ALLAKAKET • AUGUST 5TH-6TH, 2024



Yukon Tanana Subregional Meeting

MANLEY HOT SPRINGS • AUGUST 8TH - 9TH, 2024



September 21st is World Alzheimer's Day

Memory loss that impacts daily life may be a symptom of Alzheimer's disease or other dementia. Alzheimer's causes a gradual decline in memory, thinking, and reasoning skills. Read on to learn about steps to identify, prevent, or slow the symptoms of Alzheimer's disease.

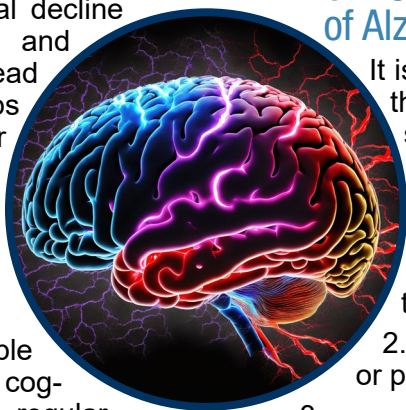
Keeping Your Brain Healthy as You Age

Research shows people can reduce their risk of cognitive decline through regular physical activity, social engagement, and a healthy diet.

1. **Stay Physically Active:** Exercise increases blood flow to your brain, providing nourishment. Improving strength and balance reduces the risk of falling. Choose an activity you enjoy and invite friends to join to stay motivated.
2. **Stay Mentally & Socially Engaged:** Mentally challenging activities like learning new skills or hobbies keep your mind active. Participating in clubs, community programs, and regular social gatherings with friends and family can reduce rates of disability, mortality, and depression.
3. **Adopt a Healthy Diet:** Eating a heart-healthy diet benefits both your body and brain. Focus on less processed, lower-fat foods, along with more vegetables and lean proteins. Such diets can reduce heart disease and may

lower the risk of cognitive decline.

10 Early Signs and Symptoms of Alzheimer's Disease



It is important to watch for the following symptoms so that you can get help in the early stages of Alzheimer's or dementia.

1. Memory loss that disrupts daily life
2. Challenges in planning or problem-solving
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

What to Do If You Notice These Signs

Many believe Alzheimer's and dementia are natural parts of aging, but this is not true. Although there is no cure for Alzheimer's, new medications and steps can slow its impact. If you notice any of the signs above in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

TCC Allocates Funding for Cemetery Maintenance

Tanana Chiefs Conference (TCC) is committed to preserving the sacred burial grounds within our communities, recognizing their significance in honoring our ancestors and maintaining our cultural heritage. In alignment with this commitment, TCC is pleased to announce the allocation of \$2,500 to each Tribe within the TCC region to assist in the maintenance and preservation of their cemeteries.

These funds are intended to support the upkeep and respect of these hallowed spaces, ensuring they remain well-maintained and respected sites for paying tribute to our loved ones. We trust that this contribution will aid in the essential care required for these important areas.

In addition to supporting the Tribes within our region, TCC is also extending its support to the Fairbanks Native Association (FNA) for the Birch Hill Native Cemetery in Fairbanks. Following a positive report from FNA detailing how the funds provided last year were utilized for cemetery maintenance and improvements, TCC is contributing an additional \$25,000 to further aid in the upkeep and enhancement of the Birch Hill Native Cemetery.

TCC acknowledges and deeply appreciates the dedication and effort required to maintain these sacred spaces. We extend our heartfelt gratitude to the Tribal leaders and the Fairbanks Native Association for their unwavering commitment to preserving these sites, ensuring they remain dignified resting places for our Native People.

IF YOU COULD PROTECT YOUR CHILD FROM CANCER, *Would You?*

YOU CAN. The HPV Vaccine can prevent more than 6 types of cancer and is up to 90% effective when given to children between the ages of 9-12.

- More than 35,000 cases of HPV-related cancers are diagnosed in the U.S. every year.
- Don't wait to vaccinate – boys and girls should get vaccinated against HPV starting at age 9.

Call 907-451-6682 or talk to your health aide to schedule.



Growing Raspberries in Alaska

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

Most gardeners I know tend to be fairly haphazard with their raspberry patches, myself included. This laxity works, because raspberries tend to spread on their own (much more than you might want in some cases) and come back year after year without too much effort. However, with some forethought to the soil, attention to the variety you're planting, and regular pruning, you can maximize the quality and production of your raspberry patch.

Raspberries are one of my favorite berries to eat, fresh or frozen. Although [American red raspberries](#) (*Rubus idaeus* L.) grow wild throughout Alaska, they can be annoyingly small and wormy, although their intense taste does compensate somewhat for these drawbacks. But in my backyard, I'd rather grow larger, more productive cultivars of raspberries.

Raspberries also meet most of my criteria when choosing what to grow: They are a high-dollar item, best fresh, highly perishable, can be eaten without cooking, can be harvested successively, and are something my family will eat as much of as I can grow. As with [strawberries](#), there is much to learn about maximizing production.

Choosing which raspberry cultivars to grow

Depending on the region of Alaska you live in and the growing conditions there, consider these important factors when starting a raspberry patch and choosing which variety to grow.

The roots and crowns of raspberry plants are perennial and generally have a lifespan of 10-15 years. However, the canes are biennials. In the first year, the cane is called a primocane; in the second year, it is called a florican. Raspberries can be divided into two main cate-

gories — **summer-bearing** (florican-fruiting) or **fall-bearing** (primocane-fruiting or everbearing).

It's important to know which type of raspberry you're growing, how to prune it and ensure that you have a variety that will bear fruit early enough to harvest before the first frost.

Nursery descriptions of varieties can be helpful, but they are not specific to Alaska's growing conditions.

What is meant by summer or fall in the Lower 48 can differ greatly from summer and fall in Alaska.

Oregon State University's publication on [Raspberry Cultivars for the Pacific Northwest](#) is a comprehensive and unbiased description of widely available raspberry cultivars. I especially like that they're listed in order of fruiting. Summer bearers are most

commonly grown in Alaska because many fall cultivars will not bear fruit before the first frosts. Season extension or greenhouse techniques could push the season, but I'm not sure it would be worth the trouble, given that many cultivars will bear fruit in time.

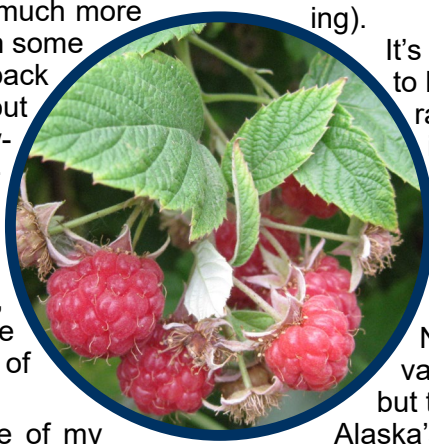
In Alaska's Arctic and Interior regions, **cold hardiness** is one of the primary considerations when choosing a variety. Consider the cold hardiness of both the crown and the overwintering canes. Many raspberry cultivars are rated as hardy in Zones 3 to 8.

According to the [Alaska Garden Helper](#) hardiness zones, Fairbanks may be transitioning from Zone 2b (1980-2009) to Zone 4a (2010-2039), which may expand the varieties we can grow. For summer bearers, the crown and florican need to withstand



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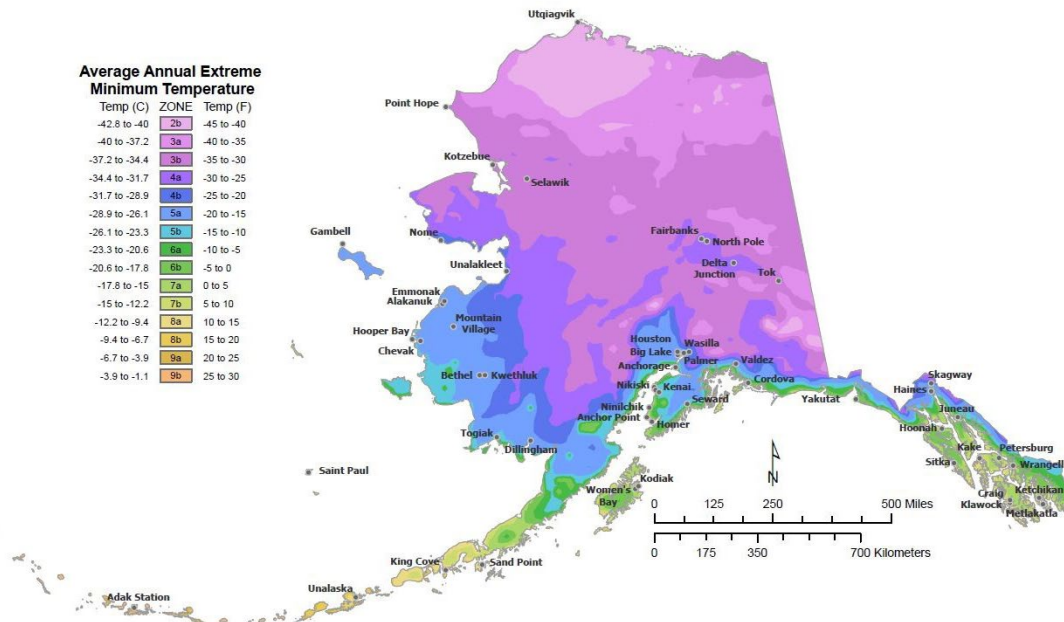
<https://www.tananachiefs.org/growing-raspberries-in-alaska/>



Alaska Hardiness Zone Map: 2010 - 2039

Average Annual Extreme Minimum Temperature

Temp (C)	ZONE	Temp (F)
-42.8 to -40	2b	-45 to -40
-40 to -37.2	3a	-40 to -35
-37.2 to -34.4	3b	-35 to -30
-34.4 to -31.7	4a	-30 to -25
-31.7 to -28.9	4b	-25 to -20
-28.9 to -26.1	5a	-20 to -15
-26.1 to -23.3	5b	-15 to -10
-23.3 to -20.6	6a	-10 to -5
-20.6 to -17.8	6b	-5 to 0
-17.8 to -15	7a	0 to 5
-15 to -12.2	7b	5 to 10
-12.2 to -9.4	8a	10 to 15
-9.4 to -6.7	8b	15 to 20
-6.7 to -3.9	9a	20 to 25
-3.9 to -1.1	9b	25 to 30



Funding for this project was provided by the DOI Alaska Climate Adaptation Science Center and the USDA Northwest Climate Hub.





winter temperatures. For fall bearers, just the crown needs to be winter hardy if they are pruned to the ground each year.

For coastal Alaska, **root rot resistance** may be a primary consideration, and resistance to other diseases is always a good characteristic to consider.

Size and taste: I've eaten some truly tasteless raspberries. Sample different varieties at a local U-pick farm or botanical garden if you can. You may need to ask what variety is being grown, and you will need to ask permission to sample at most botanical gardens. Also, purchase a few varieties before establishing your patch and see which ones you like best and which grow well. If you are experimenting with more than one variety, you need to separate the patches to keep track of what is growing where. If you are experimenting, you can grow them in a container for a couple of years, but you may need to bury the container in the winter to protect the berries from the cold.

Availability is yet another consideration. Some varieties that have been recommended in the past may no longer be widely available. Kiska is an example of a variety that was developed at the [University of Alaska Fairbanks in the 1970s](#) but is no longer widely available. Some cultivars are patented, which could limit their availability to home gardeners, increase their price, and disallow you from propagating them. Local greenhouses may have a limited selection.

There are several options to order raspberry plants online. These companies have raspberries and will ship to Alaska:

- [Nourse Farms](#)
- [One Green World](#)
- [Raintree Nursery](#)
- [Indiana Berry Company](#)

Some varieties are patented and so can be more expensive than heirloom varieties.

Boyne and Latham are **tried-and-true varieties** that have been the standbys for Alaska for a long time. They have been recommended by agricultural researchers, Extension, and farmers for years and are available at

local greenhouses throughout Alaska. Fallgold is a fall bearer, but also seems to be commonly grown and available from greenhouses throughout Alaska.

Extension recommends Canby for Southcentral in Alaska's Sustainable Gardening Handbook and by [South-central Alaska grower, Dwight Bradley, a member of the Alaska Pioneer Fruit Grower's Association](#).

Red Mammoth is recommended for Interior Alaska by Extension. It's not widely available, but I saw it from [Food Forest Nursery](#).

Experimental varieties: I want to try growing Prelude, Nova, and Encore in Fairbanks. Nova is rated down to Zone 3. The other two are rated to Zone 4-8, and with our warmer winters, these cultivars stand a good chance. Prelude is the earliest summer bearer on this list. Who doesn't want raspberries as soon as possible in the summer? However, these varieties will be experimental as I don't know of any recommendations or trials for these cultivars in Interior Alaska.

Growing raspberries

Oregon State University Extension's publication, [Growing Raspberries in Your Home Garden](#), offers in-depth instructions for growing raspberries successfully, including the ideal soil and nutrient requirements, proper spacing, pruning techniques and trellising systems.

They recommend planting raspberries in well-drained soil, with a good layer of organic matter and mulch and a soil pH of 5.6 to 6.5. They recommend fertilizing based on a soil test, and when establishing a new patch, they recommend 2-3 ounces of nitrogen per 10 feet of row per year. When the plants are dormant (late fall or early spring), prune summer bearer floricanes.

Raspberries should be planted 2 to 2.5 feet apart in rows that are 8 to 10 feet apart with a row width of about 6 to 12 inches wide maintained for sum-

mer bearers. This width will help you take care of your raspberry patch and limit the spread of disease. Some type of trellis should be used for support, such as t-posts and 12-gauge wires, which work well. I have seen fencing used before, making picking the berries difficult.

Eating and cooking with raspberries

Most of the raspberries we grow are eaten fresh and right away. Any extra, I freeze and eat with granola, blueberries and yogurt. If I were lucky enough to have even more, I would make raspberry scones. My favorite scone of all time

is [Fire Island's](#) raspberry scone.

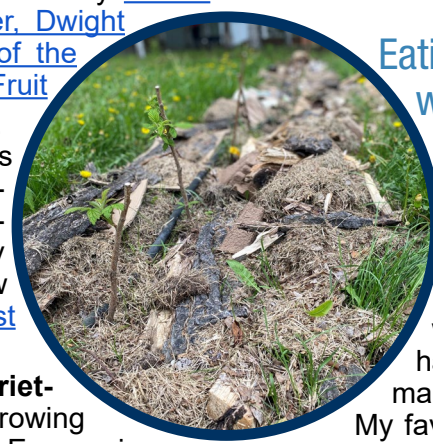
Finally, if I had even more, I would (and do) make raspberry and pomegranate roulade from Yasmin Khan's cookbook [Ripe Figs: Recipes and Stories from the Eastern Mediterranean](#). If I were fortunate enough to have cloudberry, I would also add them. And if I were blessed with even more raspberries, I would consider [making jam or preserving them using UAF Cooperative Extension Services-tested recipes](#) or making yet more yummy things to eat.

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

Heidi Rader is professor of Extension in partnership with Tanana Chiefs Conference. This work is supported by the Federally Recognized Tribes Extension Program Project 2022-41580-37957. 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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www.alaska.edu/nondiscrimination.





"I am very grateful to be a part of TCC GO. Getting a head start on college life has made me realize that I want to pursue a civil engineering degree. I would not have even thought of that to be my career choice before going to the engineering fair at UAF."

It was the TCC GO program that made it possible for me to pay for the college courses, and to be able graduate from high school with a 3.97 GPA." — Isabella Marks



"I really felt supported by TCC GO throughout the school year and it definitely took stress off of me. They were really helpful from giving me advice for college to aiding me in taking college courses!" — Mya Perkins

High School Students: Earn Stipends and Gain Experience with TCC GO Program

By Purestyn Milk, TCC GO Student Support Coordinator

Are you a tribally-enrolled student or a student living in a rural community in the TCC region? Work one-on-one with our TCC GO Student Support Coordinators to navigate the transition from high school to college, a vocational program or the workforce!

Students who are enrolled in TCC GO will have the opportunity to receive beneficial resources that will assist with career exploration and educational opportunities - while earning stipends!

The TCC GO program is designed to provide guidance and resources to high school students in identifying and pursuing their career field of interest while preparing them for post-secondary education or vocational training after high school.

Many students leave high school or begin college without a career plan or knowledge of job market needs. Do you have any plans for your education or career after high school? If so, what are they? If not, what kinds of jobs or experiences (travel, learning new

skills, etc.) do you think might interest you? At TCC GO, you will find support as you navigate the transition from high school to college or a vocational program.

TCC GO Opportunities:

- **Online Career Exploration:** Explore different career paths on the Pathful Explore online program while gaining experience with: Resume Writing, Writing a Cover Letter, Understanding Problem Solving, Job Exploration and Career Awareness, etc. If you complete our online lessons, you will earn a stipend!
- **University Courses:** TCC GO will cover tuition and fees for students that are dual-enrolled. Students who successfully complete a course with a passing grade, will also have the opportunity to receive a stipend!
- **Internet Reimbursement:** Households with active TCC GO students are eligible to receive internet reimbursements!
- **Senior Project:** Reach out and schedule a meeting with your TCC GO Student Support Coordinator at the beginning of the school year and make a plan for your senior year. High School Seniors have the opportunity to receive up to **\$1200** in stipends! Your senior year is often very busy. TCC GO can assist with: applying for college/vocational school or apprenticeships, completing your Free Application For Student Aid (FAFSA) application, applying for scholarships, etc. TCC GO will also assist you with staying on track and meeting important deadlines throughout the school year. It is easy to miss deadlines and fall behind.

Guidance. Exploration. Opportunities. TCC GO is here to help students find a meaningful career.



"TCC GO helped motivate me to challenge myself by taking various college courses, while also offering support and guidance while I navigated my last two years of high school." — Tierra Kazenoff



Why TCC GO might be for you:

- **Effie Kokrine Students:** In partnership with TCC GO, UAF, and Effie Kokrine, Effie Kokrine students have the opportunity to participate in the Career Explorers program! Students will earn college credit for completing professional development courses. Instructors from the College of Business & Security Management provide instruction on professional writing, preparing for job interviews and more. Earn college credit while exploring different career opportunities and gaining valuable information on job readiness. Effie Kokrine Career Explorers students have the opportunity to attend various field trips throughout the school year. In past years, students visited Chief Andrew Isaac



TCC GO Student Mary Gilligan job shadowing the Chief Andrew Isaac Dental Clinic.

Health Center, Doyon, Limited, Denali State Bank, Fairbanks Pipeline Training Center, and participated in a campus tour at UAF. We are very thankful to have the opportunity to expose students to different career paths!

- **Yukon Koyukuk School District (YKSD) Students:** Students enrolled in YSKD have the opportunity to attend the YKSD Career Explorers class once a semester. Students can earn a stipend for completing the week-long class!
- **Get a Jumpstart!** Allow TCC GO to help you get a jumpstart on college or prepare you for future jobs! Are you interested in an apprenticeship for a union? TCC GO can prepare you!



YKSD Career Explorer Students.



Effie Kokrine Career Explorers class attending a field trip at the CAIHC

IT'S NEVER TOO LATE TO REAP THE BENEFITS OF QUITTING SMOKING

- **5 YEARS AFTER QUITTING**, the chances of having a stroke decrease.
- **15 YEARS AFTER QUITTING SMOKING**, the chances of coronary heart disease drop close to the level of someone who does not smoke.

Call 1-800-QUIT-NOW for free, personalized support from a coach and to create your quit plan today!

ALASKA'S
TOBACCO
QUIT LINE
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.



Seeking a small school
where you can
experience a warm and
tight-knit community?

You have a choice!



Call us for more info
907-474-0958

Our School:

- ✓ Grades 7-12
- ✓ Small Class Size
- ✓ A Fall Subsistence Break
- ✓ The Chance to learn about native culture and traditions.
- ✓ College Classes Sponsored by TCC GO

601 Loftus Rd, Fairbanks, AK 99709

k12northstar.org/effiekokrine

September is Suicide Prevention Month: Join the 988 Crisis Lifeline #BeThe1To

According to the 2019 Youth Risk Behavior Survey, over 1 in 3 Alaskan high school students reported feeling sad or hopeless almost every day for two or more weeks in a row. Additionally, 1 in 4 seriously considered attempting suicide, and nearly 1 in 5 reported an actual attempt.

This September, Tanana Chiefs Conference and the 988 Crisis Lifeline invite everyone to join the #BeThe1To campaign to help prevent suicide in our communities. Together, we aim to shift the conversation from suicide to suicide prevention, focusing on the actions we can all take to promote healing, offer help, and give hope.

How to #BeThe1To:

1. **ASK:** Research shows that people experiencing suicidal thoughts often feel relief when someone asks about their well-being in a caring way. Talking openly about suicide may reduce, rather than increase, suicidal thoughts.
2. **BE THERE:** Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking with someone who listens without judgment.

3. **KEEP THEM SAFE:** Studies indicate that when lethal means are made less accessible or less deadly, the rates of suicide by that method, and often overall, decline.
4. **HELP THEM STAY CONNECTED:** Helping someone at risk build a support network of resources and individuals can encourage positive action and reduce feelings of hopelessness.
5. **FOLLOW UP:** Quick, low-cost interventions and ongoing support can be crucial in suicide prevention, especially after someone has been discharged from a hospital or care service. Checking in with a friend after they've sought help can provide the encouragement they need to keep moving forward.

How to Learn More:

For resources and training related to suicide prevention, contact TCC's Wellness & Prevention team by emailing SuicidePrevention@tananachiefs.org or calling 907-452-8251 ext. 3089. If you or a loved one are in immediate crisis, call or text 988 to connect with a trained Alaskan crisis counselor. You can also chat at [988Lifeline.org](https://988lifeline.org).



INTERIOR NATIVE
VOTE

2024 Elections: Important Dates

OCTOBER 6TH: Deadline to register or update voter registration.

OCTOBER 21ST: Absentee In-Person, Early Vote, Electronic Transmission, and Special Needs Voting begins

OCTOBER 26TH: Deadline to receive absentee by-mail application

OCTOBER 26TH: State Offices open for Absentee and Early Voting

NOVEMBER 5TH: General Election Day

For more information visit: <https://www.elections.alaska.gov/> and follow Interior Native Vote on Facebook and Instagram to stay up-to-date!

**NEED TO
TALK?**

Help is just three
digits away.

988

Connects You to Careline, Alaska's
Suicide & Crisis Lifeline.



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Tanana
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2024 Infrastructure & Transportation *Summit*

September 26th-27th

Wedgewood Hotel • Fairbanks, AK

The Infrastructure & Transportation Summit will focus on our communities' needs, to include topics on Housing, Elder Housing, BIA HIP, Grants, Bridge Statuses in our Region, Bridge Funding, and Transportation Planning.

To confirm participation, please email
Sonja Kokrine at
sonja.kokrine@tananachiefs.org



Growing Currants in Alaska

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

My favorite berries are blueberries (wild Alaskan ones of course!) and raspberries, but I have a special place in my heart for currants as well. Like many Americans, currants aren't a mainstay. I first heard about currants from my grandma who lived in Anchorage. She was fanatic about them and currant jelly specifically. But I didn't really appreciate them until later in life when I took a berry class from Dr. Pat Holloway. Importantly, I learned to identify them. This is an important first step in identifying any wild berry, particularly if there is a poisonous berry that is the similar color (There is, and it is bane berry!). Wild currants can also be mistaken for high bush cranberries. I'm not a fan of cranberries – lowbush cranberries are too tart for me to want to eat and high bush cranberries are too seedy – but I like fresh currants. I also like them made into syrup and jelly. You can make currant jam, but it's not easy! I prefer eating red currants fresh to black currants because their skin is much thicker. However, black currants have even higher antioxidant and vitamin C levels than red currants.

There are six species of black and red currants that are native to Alaska. Searching *Ribes* in plants.usda.gov via the Alaska State search will bring up all the species of *Ribes* in Alaska, including gooseberries. I've never seen them in quantity enough to pick many in the wild, but that may change along with the climate. In the wild, I find currants in the understory of forested areas, and so unlike many berries that prefer full sun, you can grow currants in partial shade.

There are dozens of varieties of currants that can be grown in gardens and on farms and come in a range of colors: black, red, golden, pink, and white. Many of these varieties or cultivars may never have been formally trialed in Alaska. Even if they were trialed at one point, those varieties may no longer be widely available for various reasons. Also our winters may have warmed enough to allow other varieties to thrive. According to the

Alaska Garden Helper, Fairbanks may be transitioning from a Zone 2b (1980-2009) to Zone 4a (2010-2039). It's always a good idea to talk to local berry farmers or visit botanical gardens to see what berry plants and perennials do well.

Gooseberries are also in the *Ribes* genus and have somewhat similar cultural requirements to currants. They are spiny, which to me, makes them much less pleasant to grow and harvest. However, their grape-sized berries may convince me to grow them some day.

Choosing which Currant Cultivars to Grow

There are several important factors to consider when starting a currant patch and choosing which variety to grow depending on what region of Alaska you live in, and the growing conditions there. Factors to consider are taste, productivity, cold hardiness, ripening period, and disease resistance.

Red currants, Jonkeer Van Tets, Red Lake, Rovada, and Viking are widely available. Jonkeer Van Tets have been touted as one of the best tasting and productive varieties by nurseries and is also early to ripen. However, according to the Alaska Master Gardener Manual, it is not well suited to coastal Alaska. On the other hand, I have seen it recommended for Southeast Alaska elsewhere. I have seen Red Lake grown in Interior Alaska. Rovada and Viking have been recommended for Southeast Alaska. Alaska Berries in Kenai, Alaska recommends the Swedish Black currants as well as Red Lake and Holland Longbunch (red currant). I did not see that Holland Longbunch was widely available; however, Alaska Berries sells berry plants for pick-up at their farm.

For black currants, Swedish Black, Consort, and Crandall are widely available and have been recommended for Alaska in the past. Black September seems to be a popular, widely

available variety as well but I have not seen any recommendations for this variety.

Alyea Brinkman with the Fairbanks Soil and Water Conservation District orders currants for the annual tree and shrub sale. They sold American Black Currants in 2018 and gardeners reported that they did well. Alyea has successfully overwintered Jonkheer Van Tets, Rolam, and Minnesota 52, but after several years they are just starting to produce.

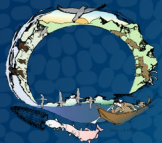
Questions about gardening or the Tribes Extension Program? Visit www.uaf.edu/ces/tribes. Contact Heidi at hbrader@alaska.edu or (907) 474-6620. For more articles like this, go to: <https://itgrowsinalaska.community.uaf.edu/>

Heidi Rader is professor of Extension in partnership with Tanana Chiefs Conference. This work is supported by the Federally Recognized Tribes Extension Program Project 2022-41580-37957. 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. UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.

**SCAN TO READ THE
WHOLE ARTICLE
AND TO ACCESS THE
RESOURCES SHARED**



<https://tinyurl.com/AKCurrants>



Tanana
Chiefs
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The Council Newsletter

(907) 452-8251 ext. 3424
communications_dept@tananachiefs.org
www.tananachiefs.org

Communications Division
122 First Avenue, Suite 600
Fairbanks, Alaska 99701



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Fairbanks	BH Walk-In Clinic Manager - Clinical Psychologist
Fairbanks	Behavioral Health Aide Clinical Lead III
Fairbanks	Healthy Transitions Case Manager
Fairbanks	Electrician/Telecom Technician
Fairbanks	Clinical Supervisor - Adult Services
Fairbanks	Senior Archeologist
Fairbanks	Travel Coordinator
Fairbanks	Phlebotomist
Fairbanks	Certified Medical Assistant
Fairbanks	Central Scheduler
Fairbanks	Family Services Intake Specialist
Fairbanks	Addictions Counselor I
Fairbanks	Behavioral Health Clinical Associate Lead
Fairbanks	Staff RN
Fairbanks	Energy Assistance Coordinator
Fairbanks	Nurse Practitioner - Rural Float
Fairbanks	Registered Nurse - Infusions & Oncology Specialist
Fairbanks	Physician Assistant - Rural Float
Fairbanks	Tribal Protection & Safety Division Director
Fairbanks	Tribal Justice & Governance Director
Fairbanks	Clinical RN
Fairbanks	Environmental Services Technician I
Nenana	Preschool Assistant Teacher
Nenana	Infant/Toddler Teacher
Region-Wide	SOC Youth Lead
Tok	Dental Assistant I - Rural

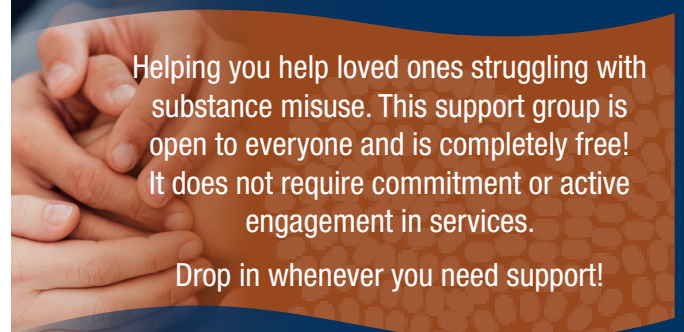


Apply Online or Learn About Our Benefits!

Visit our website at www.tananachiefs.org/careers to see a full list of open positions and learn more about the benefits available through Tanana Chiefs Conference.

JOBS LISTED WERE OPEN AS OF AUGUST 16, 2024

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

UPCOMING EVENTS

**SEP
2**

TCC Offices Closed
Labor Day

**SEP
26-27**

Infrastructure & Transportation Summit
Fairbanks, AK • Wedgewood Hotel
Email sonja.kokrine@tananachiefs.org to register.

**SEP
30**

Day for Truth & Reconciliation

**OCT
8-10**

Traditional Healing Gathering
Fairbanks, AK • More Information to Come

**OCT
14**

TCC Offices Closed
Indigenous Peoples Day

**OCT
16**

TCC Executive Board Meeting
Fairbanks, AK • More Information to Come