

the Council

Vol. 43, No. 6

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

June 2018



35th Annual Tribal Court Conference

The 35th Annual Alaska Tribal Court Conference was held at the Fairbanks Westmark Hotel on May 8 – 10.

The original event was hosted in various villages in the Region, then moved to Fairbanks in the early 1990s. Soon after, TCC opened the event to Tribes throughout Alaska. This year's Conference was jointly sponsored by the Tanana Chiefs Conference and the Interior Aleutians Campus. The theme was 'Strengthening Tribal

Courts through Collaboration." Will Mayo provided the welcoming address to a record number of registrants representing tribal courts throughout Alaska, participants from state and federal agencies, and university students. Keynote addresses were given by Wilson Justin, Hereditary Leader and Keeper of Sacred Stories and by Judge David Avraham Voluck, Sitka Tribe of Alaska and Saint Paul Island.

During the first two days of the Conference 7 panels addressed topics including: Tribal Responses to Alcohol and Drugs, Protecting Children, Restorative Justice, Intertribal Court Development, Tribal Court Administration, and Opportunities for Tribal and State Justice Systems to work collaboratively.

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SEEKING 2018 GRADUATES

We want to feature our 2018 graduates!



See back cover for more information

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MISSION STATEMENT

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

VISION

Healthy, Strong, Unified Tribes



Tanana
Chiefs
Conference

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CHIEF'S REPORT

Dear Tribes and Tribal Members,



I hope everyone had a happy, healthy, and safe Memorial Day weekend. Although June means that breakup is behind us, I recently met with the Director of the Alaska Department of Homeland Security (DHS) and Emergency Management, Mike Sutton, to discuss emergency response planning. Since 2009, TCC has put significant effort into providing assistance to tribal members with natural disasters. This includes evacuations, sending supplies, providing assistance and training on developing emergency plans, and coordinating with outside agencies. TCC will be partnering with DHS to provide an emergency response training in November to build our tribes' disaster resilience. We will provide more information when it becomes available.

TCC continues to work with our tribes to improve energy needs while reducing cost. We recently assisted Hughes Village Council with the purchase of 120kW worth of solar PV panels and racking, which will be installed in the community later this summer as part of a project funded by the Department of Energy. Once installed, it is expected to be the largest remote solar array in the state and will help the community reduce their diesel consumption by up to 25% a year. This summer our energy program will also be busy helping with biomass projects in Huslia and Tanacross, as well as PV projects in Holy Cross and Northway.

Once again, we partnered with the Interior-Aleutian Campus to host the 35th Annual Alaska Tribal Court Conference With the theme "Strengthening Tribal Courts through Collaboration." This event, hosted ever other year, provides an opportunity for our tribal leaders, partners, TCC staff and guests to participate in safe, positive, and open dialogue on important topics such as Tribal Responses to Alcohol and Drugs, Protecting Children, Restorative Justice, Intertribal Court Development, Tribal Court Administration, and Opportunities for Tribal and State Justice Systems to work collaboratively. TCC will be holding a strategic planning meeting to produce a plan to better support tribal court and intertribal court development.

As in the past two years, Lt. Governor Byron Mallott and Commissioner of Fish and Game, Sam Cotten, myself, and others will begin our summer trips to the Lower Yukon and the Upper Kuskokwim Subregions later this month. Previous trips to various villages within the Yukon Flats, Yukon-Tanana and Yukon-Koyukuk subregions provided for insightful dialogue, resulting in positive actions for Yukon families dependent on salmon. Lt. Governor Mallott is a tribal member from Yakutat and has made it his personal mission to ensure Alaska Native voices and concerns are heard at the highest levels of the Walker administration.

As we move forward and enjoy the rest of this beautiful summer, I would like to remind everyone that it is important to stay safe while traveling or working on the rivers. Please wear a life vest and follow proper procedures to ensure that you and your loved ones stay safe. More boating safety tips can be found on page 17.

Summer is off to a busy start here at Tanana Chiefs Conference. To better serve you and our tribes we are always working towards *Healthy, Strong, Unified Tribes*.

To all the fathers out there, Happy Father's Day! We couldn't do it without you.

Ana Bassee,
Victor Joseph
Chief/Chairman

35th Annual TRIBAL COURT CONFERENCE

On the third day, presenters included Senator Lisa Murkowski, Attorney General Jahna Lindemuth, Supreme Court Justice Joel Bolger, District Judge Matthew Christian, Commissioner Valerie Davidson, Commissioner Walt Monegan, and Associate Director of BIA Tribal Justice Support Tricia

Tingle. The Attorney General made the announcement that VPSOs may enforce tribal ordinances, something that Tribes have been advocating for many years. During the entire Conference, Associate Director Tingle worked with Tribes on obtaining tribal court funding from the Bureau of Indian Affairs.

Tanana Chiefs Conference staff will soon be holding a strategic planning meeting between all departments and programs that work with tribal courts to produce a plan for better supporting tribal courts and intertribal court development in the TCC Region.





Dr. Poldine Carlo

December 5, 1920 - May 9, 2018

We here at Tanana Chiefs Conference are deeply saddened about the passing of beloved elder Poldine Carlo of Nulato. Poldine has been a true blessing to the people of our region and her legacy will continue to be carried forward. Our thoughts and prayers are with her family during this difficult time.

We are honored that Poldine was the first elder who chose to share her story with us as part of our Legacy of Our Elders series so we could share it with all of you.

You can listen to her story on our website at www.tananachiefs.org/legacy-of-our-elders/poldine-carlo



About Poldine

Dr. Poldine Demoski Carlo (Koyukon Athabascan), was born December 5, 1920 on the Yukon River to James Demoski and Priscilla Stickman. Her father drowned when she was only two and her mother died of TB when she was eight. Poldine was raised by her grandparents Joseph and Ann Stickman. Her grandparents spoke no English. At age 17 she worked for a dollar a day at the Tanana Hospital. Poldine married William Carlo in 1940 and together had eight children, William Jr., Kenny, Walter, Glenn, Dorothy, Lucy Ann, Kathleen, and Stewart. They raised their children living a substance lifestyle all along the Yukon while mining in Ruby and Rampart. They moved to Fairbanks so their children could attend high school. Poldine lost two of her children Stewart and Ann. She hosted a stick dance for both her children and her husband. Poldine and her husband were world travelers; they traveled Europe, Mexico, Canada and Hawaii. On one trip Poldine and Bill traveled to Italy, they rented a car and drove around Italy for a whole month.

Poldine has dedicated the past 51 years of her life to the formation, growth and success of Fairbanks Native Association. Poldine and William Carlo, Nick Gray and her cousin Ralph Purdue founded Fairbanks Native Association in 1967. Before the creation of FNA there was not a place for Native people to gather. Local businesses had signs on their front door stating "No dogs No Natives." FNA was the first civil rights organization in the interior. Poldine wished to provide advocacy to the Native population who, at the time were denied civil liberties afforded to others. Over time, FNA has influenced public policy change and has helped countless thousands through education, community and behavioral health services. Poldine sat at the board until her passing and she never missed a meeting. Her knowledge, wisdom, and persistence have guided the creation and growth of FNA. Poldine also became a founding member of Denakkanaaga, Inc. and remained active with the organization advocating for all Athabascan elders in our region. Poldine was actively involved in the University of Alaska Chancellor's Advisory Committee and the Alaska Native Education Advisory Board, North Star Borough Senior Citizens Commission, Alaska Bicentennial Commission, Aboriginal Senior Citizens of Alaska and many other organizations including the Koyukon Athabascan signers. She served as an elder



mentor during the World Eskimo Indian Olympics and could be seen participating in every Doyon, Limited Shareholder meeting. Poldine led by example in showing support to those in times of need by volunteering her support and voice.

Poldine was always writing letters to Native leaders and organizations thanking them for their dedication and service to our people. She would also draft letters to organizations when she felt they were not treating Native people with respect. She once sent a letter to Seward Mount Marathon race organization requesting they recognize Don Stickman for winning the race in 1951 and again in 1952. They responded with an apology and he was recognized at the next Fourth of July race.

Poldine lived a simple life and worked hard for what she had. She was a firm believer in giving back to the community. In a letter she sent to the Fairbanks Daily New Miner Editor dated January 12, she stated "Another thing I want people to know is I don't talk for nothing, because I put my money where my mouth is." She made regular monetary donations to the Cancer Society, the Catholic Church, Fairbanks Memorial Hospital, Girl Scouts, Lifeline and FNA to name a few.

The Athabascan tradition Poldine loved so much was singing and dancing. In 1994, Poldine was profiled in "Singing We Come: Shaping our Future through Language and Song," an Institute of American Indian Arts collection of stories about Native women singers and storytellers from throughout the United States.

Poldine wrote powerful and moving song about her daughter, Ann. She recently shared it with the Maori visiting in Fairbanks. One of Poldine's favorite songs to sing was "Blueberry Hill" by Fats Domino. Poldine translated the song into her Native Language and sang it in Koyukon. She once attended a Fats Domino concert and she enjoyed it so much he paid her and her friends way to his next concert. Poldine loved to speak her language and was a strong supporter of FNA moving towards language revitalization in our Head Start program.

Poldine was an artist when it came to her beadwork and sewing. She spent her life mastering the details of everything she created. Poldine hand stitched a blanket that took her over two years to sew. She has generously donated many of her work to different organizations and museums.

Poldine received many honors over her 97 years. Poldine greeted Pope John Paul II when he traveled to Alaska in May 1984. She also greeted President Barack Obama and sang Denali in her language in honor of the official recognition of the mountain's traditional name. Poldine was recognized as Farthest North Girl Scout Council Women of Distinction, BP Golden Citizen Chieftain designation, the Hannah Solomon "Women of Courage" award from the Alaska Federation of Natives and was bestowed an honorary doctorate of law degree from the

University of Alaska Fairbanks. Last year Poldine was awarded the First Alaskans Institute Howard Rock Native Leader award. Most recently, Poldine was recognized in Alaska Women's Hall of Fame. In addition Poldine was an accomplished author, with publication of "Nulato: an Indian Life on the Yukon." This novel describes what life was like in the 1920s and 1930s growing up in the Athabascan way in her home village of Nulato. Poldine wrote this book to provide insight into the Athabascan way of life to and share her culture.

Poldine lived a long and good life. Poldine was a mother, grandmother, great grandmother, culture bearer, singer, song writer, author, traditional educator, and overall an amazing individual that we were truly blessed to have known. Poldine has seen many changes in her lifetime that none of us can ever comprehend. She has seen 97 seasons change and 97 celebrations of her birth. Even with all that she has accomplished in her life time she was never boastful; she always remained so humble and I respected that about her. We all can learn a lot from her life, a life of service, a life of culture and a life of hope.

Thank you Steve Ginnis and Charlene Stern, Fairbanks Native Association, for sharing her eulogy with us.

2018 Yukon River King Salmon Outlook

We're not out of the woods yet!

By Stephanie Quinn-Davidson
Tribal Fisheries Commission Director

The 2018 king salmon run should be similar to 2017, but the Yukon River Inter-Tribal Fish Commission is reminding everyone that we are still a long way off from the historical run sizes. The Fish Commission was founded on conservation and supported the 2014 moratorium – only four years ago. The Fish Commission supports efforts by individuals to continue to conserve, if possible (we recognize it is not possible for every family), to help rebuild the run.

Alaska Department of Fish and Game and U.S. Fish and Wildlife Services recently had their annual preseason meeting in Anchorage to discuss management for the 2018 Yukon River salmon fishery. Approximately 100 fishermen attended, including twenty Inter-Tribal Fish Commissioners.

What to Expect?

The fishery managers are expecting a king salmon run size similar to 2017. The outlook for 2018 is for a run size of 173,000 – 251,000, which should meet escapement goals and provide for some subsistence harvest. However, it is still much less than the historical run sizes of 300,000+ king salmon.



Fishery managers are anticipating slightly less conservative management actions compared to last year. The Board of Fisheries rescinded the regulation requiring first pulse protection no matter the pre-season run size outlook (supported by the Yukon River Inter-Tribal Fish Commission, but with language that would require first pulse protection if the preseason outlook was for a low run size). The fishery managers anticipate starting the king salmon fishing season out with a reduced regulatory subsistence fishing schedule until confidence is gained that the run size will meet escapement goals and can support more subsistence harvests, at which point they would put each district on their full regulatory schedule. The managers are not expecting to restrict mesh size this year; subsistence fishing will be with 7.5" or smaller mesh size gillnets. They are not restricting mesh size because last year's run was able to support subsistence harvest and meet all escapement goals, including exceeding the Canadian border goal by 13,000 fish. As a result, the managers wanted to reduce the amount of micro-managing of the run they were doing and reduce confusion among fishermen by taking fewer management actions overall throughout the season. They are reminding fishermen that they may use smaller mesh size gillnets any time fishing is open in your area. The commercial fishery for chum salmon in the lower river will begin with selective gear – dipnets and beach seines – until confidence is gained in the size of the king salmon run. If, at any time, the inseason assessment shows that the king salmon run is coming in poorer than expected, the managers may reduce fishing schedules or limit gear size or type.

The Yukon River Inter-Tribal Fish Commission met the day prior to the fishery managers' preseason meeting and passed a resolution supporting more conservative management actions than what the fishery managers proposed. The Fish Commission supported starting the fishing season in each district with 6" or smaller mesh size gillnets and also supported reducing the fishing schedule on the first pulse to half of the regulatory schedule in each district, with the exceptions of District 5D (Stevens Village to Eagle), the Tanana River, the Innoko River, and the Koyukuk River. This resolution was provided to the fishery managers prior to their pre-season planning meeting.

The Fish Commission believes that the king salmon run is “not out of the woods yet” and that we need to remain cautious with our fishing actions, especially as we ease off of conservation and the complete fishing moratorium only four years ago (in 2014). All Fish Commissioners support taking only what you need and many support using the smaller mesh size gear, when you can and if you own the gear, to help protect the larger female king salmon. The Fish Commission believes protecting the larger female king salmon is important to helping rebuild this run and that it is also important that we do not lose the 7 year old king salmon, like we’ve already lost the 8 year old king salmon. Please do your part and conserve when you can, if you can, and in a way that is meaningful to you.



The Fish Commission also supported collecting inseason data on number of males and females from harvests on the first pulse. This would help the Fish Commission and the managers better understand the sex ratio in the first pulse of king salmon entering the river and, if the Fish Commission found that too many females were being harvested on the first pulse, would consider recommending further conservative management actions to protect female king salmon. The Fish Commission plans on developing an inseason survey to collect this information in 2018, so stay tuned.

Make sure you are informed of the fishery management actions and king salmon run updates through one of the many ways listed below!

How to stay informed

Fishing Hotline – (866) 479 - 7387

Call any time. Select the district you are fishing in to get information on your area’s openings and gear options. The recording also has the latest test fishery and sonar estimates.

News Releases

Published for every opening, closure, or restriction. If your Tribal Council is not receiving these news releases, call the Fairbanks ADF&G office to get signed up (907-459-7274).

Facebook Page – New this year!

Like their page – search “Yukon River Fishing – ADFG” or go to www.facebook.com/YukonRiverFishingADFG - to get the latest information right to your smart phone.

Weekly YRDFA Teleconference

Every Tuesday at 1pm, call in to 1-800-315-6338 (code: 98566#) to hear updates from fishermen along the river and managers.

Radio Stations

Openings and closures are also announced on numerous local radio stations.

Stephanie Quinn-Davidson tracks the run and all management actions during the season.

For questions or more information contact Stephanie Quinn-Davidson at 907-328-8088 or stephanie.quinndavidson@tananachiefs.org

A STEP FURTHER FOR *VPSO*

In May, Alaska's Attorney General, Jahna Lindemuth confirmed that Village Public Safety Officers (VPSO) can now enforce tribal laws. Lindemuth stated at TCC's Tribal Court Conference in May "If you have a VPSO in your community, and you want that person to help enforce your tribal code, you need to sit down with your VPSO person and work that out. And it's just a matter of if you can have that agreement in place, then that can go forward. And I really encourage all of you to do that." For years, the tribes have been hosting VPSOs in their community by the state imposing unfunded mandates on our tribes for VPSO office space, holding cell, phone lines, and other unfunded needs of the officers. In return, tribes

have been requesting VPSOs be allowed to enforce tribal codes and ordinances. For years, the answer from the state has always been 'no' until additional pressure from TCC's Governor's Tribal Advisory Council members and the Governor's administration that supports tribes and public safety finally convinced the state to give VPSO's jurisdiction.

Another initiative equally as important allows crime evidence collected by tribal officers, under state compliant search warrants, to be used for prosecution in state court. Lindemuth said, "We can prosecute that case in state court, even if a trooper never shows up in your community and

investigates."

These are issues that TCC leaders brought to the GTAC as recommendations after hearing our tribal chiefs continuing to request VPSOs to enforce their tribal codes and ordinances.

The Governor's Tribal leadership has been advocating for more cooperation with tribes on enforcement, and mutual respect. It has been our tribes persistence that has helped the State of Alaska change their position regarding tribal authority. Attendees of the Tribal Court Conference had the opportunity to attend training on these new state initiatives.

VPSO can now enforce tribal law!



JOIN THE FORCE

Become a Village Public Safety Officer

**\$5,000 HIRING BONUS
RELOCATION EXPENSES PAID
TRAINING EXPENSES COVERED**

**EXCELLENT BENEFITS
FREE HOUSING (IN CERTAIN LOCATIONS)
PAID THROUGHOUT TRAINING**

Apply online at www.tananachiefs.org/careers



Garden of Roses *Camp for Girls*

**August 3-5, 2018
Fairbanks, AK**

The Garden of Roses Camp for Girls is a free opportunity for Alaska Native girls ages 8-17 who are survivors of sexual abuse, and their guardians, to heal through Native traditions. Campers will enjoy a safe weekend of outdoor activities, healing circles, and Native traditions with out Alaska Native families.

Travel scholarships are available! Deadline to apply is June 29th, 2018

TCC FITNESS CENTER GROUP CLASSES

The TCC Fitness Center is made possible through our Diabetes Program, and offers weekly group classes such as kickboxing, yoga, and Zumba. Starting June 5th, they will be introducing a group class for Elders. Personal training, baseline fitness testing, Diabetes/Pre-Diabetes fitness coaching, and 1049 Walking Program is also available.

The TCC Fitness Center is located in the basement of the Chief Peter John Tribal Building and is available at no cost to TCC Beneficiaries.

**Hours of Operation
Monday through Friday 7am - 7pm
Saturday and Sunday - Closed**

**Visit our website at www.tananachiefs.org to view the fitness center calendar
or call them at 907-452-8251 ext. 3090**



THE ALASKA TRIBAL HEALTH SYSTEM MEETS WITH IHS

In April, the Alaska Native Health board hosted a meeting with the Indian Health Services (IHS) and various Alaska Native leaders throughout the state to discuss healthcare issues important to Alaska. During the meeting, TCC had four representatives speaking

on important issues. TCC Chief/Chairman Victor Joseph spoke about the lack of water and sewer in rural communities, TCC General Counsel Natasha Singh emphasized the need to have the financial information from IHS at final negotiations, TCC Executive

Director of Health Services Jacqueline Bergstrom addressed the IHS parity with Veteran's Affairs, and TCC Vice-President Julie Roberts-Hyslop requested the need for long-term care and elder care.



TCC ADVOCATES FOR WATER & SEWER NEEDS

During the 2018 Tribal Self-Governance Annual Conference in New Mexico in April, TCC Chief/Chairman Victor Joseph had an opportunity to talk with Indian Health Services (IHS) Director Rear Admiral Michael D. Weahkee about the lack of water and sewer in our rural communities.

Overall, there are more than 3,300 homes throughout Alaska that do not have running water and sewer. The IHS Sanitation Facilities Construction Program, an integral component of the IHS disease prevention activity, has carried out authorities since 1960 using funds appropriated for Sanitation Facilities Construction to provide potable water and waste disposal facilities for American



Indian/Alaska Native people. Chief Joseph emphasized the need to prioritize the IHS Sanitation Facilities Program and work with other Departments that support water and sanitation programs to work with Tribes and Tribal Programs to remove the honey buckets from homes and clinics.

"It not OK that our elders need to go out when it's 50 below," explained Chief Joseph, "It's not OK for our children to have to get up in the middle of the night to use a slop bucket, that has to get hauled out in the morning and dumped in an outhouse."

Last year, TCC hosted the visitation of former Acting IHS Director Chris Buchanan to tour

the communities of Allakaket and Rampart, where he was able to hear first-hand accounts from tribal members regarding their lack of water and sewer. After the visit, there was an 86% increase in IHS funds, about 90 million dollars. Chief Joseph extended the same invitation to Director Weahkee this year.

Director Weahkee responded in agreement, "We need to go beyond advocacy. We do have partners that can make a difference," he said, "From IHS's perspective, we will partner with everyone we can."

Chief Joseph asked that action is taken, with the bottom line being a simple one: "We need to have good, clean running water in our homes."

Within the TCC region, there are 13 communities that do not have running water.

FOUR TIPS FOR *Quitting Tobacco*

Tobacco use is the leading cause of preventable death for Alaska Natives in our region. Quitting tobacco will be the single best thing a person can do for their health.

1. PREPARE

- Set quit date
- Remove all tobacco products and ashtrays from your home and car
- Keep a journal throughout your journey

2. GET SUPPORT

- Tell family, co-workers, and friends that you are trying to quit and ask them to be conscientious about it
- Talk to your medical provider about withdrawal symptoms and health effects it may have on your body
- Talk to your medical provider about a tobacco quit plan
- Get counseling assistance (individual, group, or telephone)

3. LEARN NEW SKILLS & BEHAVIORS

- Change your routine (eat somewhere new for breakfast or drink tea or water instead of coffee)
- Reduce stress (go for a walk, take a bath, or read a book)
- Distract yourself during urges

4. AVOID RELAPSE

- Avoid alcohol
- Avoid other smokers
- Stay active/busy
- Eat a healthy diet
- Do something you enjoy every day
- Knowing your cravings and withdrawal symptoms

For more information on quitting tobacco contact Alaska's Tobacco Quit Line at 1 (800) QUIT NOW or TCC Tobacco Prevention Program

A Medical Minute

Learn more about Quitting Tobacco



The Tanana Chiefs Conference Communications Division has been working on a series of videos dedicated to patient education. The "Medical Minute" Series can be found on our YouTube Page. This month we focused on Quitting Tobacco with TCC's Tobacco Prevention Policy Specialist, Frank Yaska. Learn more online!

TOBACCO PREVENTION *Quit Support Group*

For those wanting to find support, get information, enroll in Alaska's Tobacco Quit Line, and connect with others quitting tobacco in a safe, traditional, and supporting environment.

Every Thursday 6:00pm-7:30pm
TCC Behavioral Health 4th Floor Conference Room

For more information contact Frank Yaska
(907) 452-8251 ext. 3457
frank.yaska@tananachiefs.org





Healing Journey

Fairbanks, Minto, Manley Hot Springs,
Tanana, Ruby, Galena

www.mygrandmashouseak.org

June 15, 2018 • Walk begins at 12pm • Pioneer Park Civic Center

The Child Abuse Healing Walk is sponsored by My Grandma's House, a child advocacy non-profit group, as well as various donations from around Alaska.

Cynthia Erickson, founder of My Grandma's House, is hoping to encourage others to let their voices be heard. She is asking for stories to be shared about what happened, its impact, how you learned from it, and how you overcame it.



OLINE PETRUSKA, *NIKOLAI*

This month's Legacy elder is Oline Petruska of Nikolai, who was featured in Volume Two of Legacy of our Elders series.

Oline was born in a winter camp not far from Nikolai. Her family lived in a tent with her mother, father, and grandparents.

In the years when Petruska was born, it was common for families to travel to their winter camps and stay there, particularly when the families relied heavily on trapping on their lines.

During the late 1940's her family moved into the village so that children could attend school. Their parents continued on with their trapping and would often leave the children in the village with their other family in order to tend to the lines and hunt. "We would miss Mom and Dad," Petruska remembers. "They would be gone for two to three months at a time."

Like many children from her generation, Petruska ended up attending a boarding school when they began in many villages across the state. School was difficult for many of the young kids, including Petruska, because of the lack of understanding the English language. They would often find themselves being harshly punished and even beaten for speaking their Native language.

Today, Petruska feels that her language is her, and when she continues to use it, it continues to help her accept herself and her history along with the history of her people.

"It was always nice to hear my mother speak in Native language" she says. "It touches your heart when you hear the language. [...] It is so calming and just natural."

To hear Oline's full story, visit www.tananachiefs.org

TCC's Legacy of our Elders series documents the lives and stories of Athabascan elders throughout the TCC region. Their interviews are compiled into volumes that include a DVD movie as well as an accompanying book. The books and DVDs highlight the elders and the stories that they want to share. These videos are available on our website at www.tananachiefs.org
Funding for Legacy Project made possible by TCC & The National Park Service.

June is National

CATARACT AWARENESS Month

Prevent Blindness America has declared June as Cataract Awareness Month and all of us at Tanana Chiefs Conference want to provide you with some great educational materials. **Cataracts are the leading cause of vision loss in the United States, and are the leading cause of blindness in the world**, it seems fitting that the entire month of June is dedicated to the education and awareness. There are more than 22.3 million Americans that have cataracts. Although there is no proven way to prevent cataracts, choosing a healthy lifestyle can slow the progression.

If you are worried about your eye sight or want to know more about cataracts, make an appointment with your provider.

AM I AT RISK?

The exact cause of a cataract is unknown. Often times, a cataract is part of getting older. There are several possible risk factors for cataracts such as:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

WARNING SIGNS

Most often, a cataract does not cause pain, redness, or tears. These warning signs may indicate that you have a cataract:

- Blurred vision, double vision, ghost images, or the sense of “film” over your eyes
- Lights seem too dim for reading or close-up work, or you are “dazzled” by strong light.
- You change eyeglass prescriptions more often and the change does not seem to help your vision
- You may be able to see the cataract in your eye. It may look milky or yellow in the black center of your eye

TYPES OF CATARACTS

Cataracts usually form in both eyes, but not always at the same time. As a result, you may not notice large changes in your sight right away.

There are multiples types of cataracts:

Age-related -

95% of cataracts are usually after age 40.

Congenital -

These are present at birth, usually caused by an infection or inflammation during pregnancy or inherited

Traumatic -

Lens damage from impact, cut, puncture, intense heat, or chemical burns

Secondary -

Some medicines, eye diseases, eye infection, other diseases such as diabetes

Cataract surgery is an elective procedure. Please make an appointment with your provider for more information.

Source: <https://www.preventblindness.org/cataract>

Congratulations

TCC EMPLOYEE AWARD WINNERS!

On May 11th, TCC held our annual All-Staff Meeting where we were able to recognize our employees for their dedication to the organization and their commitment to our mission and vision. A special Thank You to all of our staff for the work they do on behalf of our tribes, tribal members, and organization.

Culture of Excellence:

Evelyn Amanda Turner

Bridge Builder:

Ben Stevens

Making a Difference:

Ann Neglaska

Leading by Example:

April Maynard

Dedication to Mission:

Sophia Stevens-Rustad

Rising Star:

Zach Palmer

Above and Beyond:

Greg Alexander

Caring Heart:

Elizabeth Strassburg

Compassionate Service:

Clara Mayo

Kate Gappert

Megan Gooding



TRIBAL TRANSPORTATION PLANNING Summit

By Constance Reimer-Ely, Transportation Coordinator

On May 2 & 3, 2018, the Tribal Development department hosted a Transportation Summit.

The Summit had information on the History of Tribal Transportation Program (TTP), Dust Control, Tribal Transportation Inventory, Federal Surplus for BIADOT and FHWA

tribes, Funding Opportunities, Program agreements for TCC, FHWA and BIADOT.

Tribes had the opportunity to go into a subregional breakout session in which they

shared the needs and goals for their villages and subregion. That information is being consolidated and integrated into the TCC Regional Transportation Strategy, a TCC Vital Few from the Executive Board.





Pink and blue wave petunias and yellow bidens



Ivy Leafed Geranium

Vibrant Hanging Baskets A RECIPE FOR SUCCESS

By Heidi Rader
Tribes Extensions Education

In Alaska, we make up for our white winter palette with an abundance of vivid, gushing hanging baskets in the summer. How can you get your own colorful basket this summer?

One of my favorite baskets around Fairbanks looks like a ball of petunias. They are planted by Festival Fairbanks; so I asked Julie Jones, the executive director, what her recipe for success was.

She said they start with a 14-inch Cordova basket, which is just a round, plastic hanging basket with drainage holes. This surprised me because when looking at the baskets, they were so full it looks like the flowers were coming out from every which way. So-called flower balls use a wire basket and a liner that allows you to cut holes and plant on the sides and bottom of the basket and even on top. You could also use a hanging plastic bag with holes on it — sometimes called blooming bags or flower pouches. The downside of these methods is that you'll probably need more plants and they will also likely dry out more readily due to the additional holes throughout the basket.

Jones said they use as many as seven and as few as three plants for each container, but usually five. Two are blue wave petunias, two wave petunias of another color and one other splash of color. In the picture shown, there is also yellow biden, which has been dwarfed by

the wave petunias. A huge plus for wave petunias is that they do not need to be deadheaded. Most other annual flowers regularly need the trimming. Volunteers start the baskets in greenhouses about four to five weeks before distributing them downtown in early June for tourists and locals to enjoy.

I also like hanging baskets that contain just one type of flower such as the one in the accompanying photo, which is filled with ivy-leafed geraniums.

Asymmetric combinations of foliage and flowers varying in texture, size, color and growth habits offer more variety and visual interest. Consider combining upright, centerpiece flowers like geraniums, begonias, biden or dahlias with lobelia, petunias, creeping jenny, vinca vine, fuschia or bacopa, which hang or trail and are planted on the outsides of the basket. Note that some geraniums and begonias do hang rather than grow upright.

One thing you should try hard not to do is to overstuff your basket. This can be tempting in the spring when you want a very full basket right away. If plants are too close together, this can lead to sickly plants and, ultimately, fewer blooms. For medium-sized, wooden, pyramid-shaped hanging baskets, you could place a trailing flower in each corner and an upright flower in the center. For more ideas of what to fill your basket with, look

under research on annuals on the Georgeson Botanical Garden's website at bit.ly/2I7ZkmF. Plants with an asterisk were planted in hanging baskets.

There are a couple options for getting your hands on a beautiful hanging basket. You can pre-order custom baskets from a greenhouse by mid-March or earlier, simply pick up a basket that strikes your fancy at a store or greenhouse, or plant your own. If you want to start the summer with full looking baskets then start them now, preferably in a heated greenhouse or under lights. Use a high quality potting soil and add water-holding crystals and some slow-release fertilizers.

Getting your basket is just the start. After hardening off your basket (or gradually acclimatizing the basket to the great outdoors), place your basket in sun or shade according to the flowers' preference. Begonias, fuschias and impatiens prefer shade, while most of the other flowers mentioned prefer a minimum of six hours of full sun. Check the baskets daily and water up to twice daily on the hottest days. Water until it runs out the bottom, and use a soluble fertilizer about once a week. Annual flowers in hanging baskets need sufficient water and fertilizer to keep putting out those beautiful blooms all summer. The Plant Kingdom has a detailed guide to caring for your hanging basket in Fairbanks.

For questions or more information contact Heidi Rader at hbrader@alaska.edu

THE HPV VACCINE & CANCER PREVENTION

Cancer prevention has been a growing concern among our tribes, with cancer being the second leading cause of death among Alaska Natives. The Human Papillomavirus (HPV) is a group of more than 150 related viruses, several of which are cancer-causing. This is important to be aware of considering **80% of people will get an HPV infection in their lifetime.** Thankfully, the HPV vaccine is a safe and effective means of preventing these cancer-causing viruses.

“In countries where the vaccine has been routine, there has been a dramatic drop in the HPV disease,” says Dr. Stephen Gerrish, MD, Chief Andrew Isaac Health Center, “It is expected that cancers caused by HPV will be largely eliminated in future generations once the vaccine becomes routine.”

Who should get the HPV vaccine?

The State of Alaska, which pays for the vaccine, offers it to children starting at 9 years of age. The good news is that if you get the vaccine

before 15 years of age, you only need two doses. After that, it takes three doses. It can be given to men up to 21 years old, and women 26 years old. At that age, it offers some benefit, but only from those HPV viruses that you have not been exposed to (there are several HPV types that cause disease).

The HPV virus is mostly caught through sexual activity and works best if given before relationships begin because once you have an HPV virus, the vaccine provides no protection from that particular HPV virus type.

Why get the vaccine?

The HPV vaccine provides protection against most of the cancers caused by HPV infection. HPV infections can cause cervical cancer, cancer of the lower bowels, and throat/neck cancers. HPV cancer usually does not have symptoms until it is quite advanced, very serious and hard to treat. Other strains of the HPV infection are known to cause warts.

However, it’s important to note that HPV can be passed even

when an infected person shows no signs or symptoms. People can develop symptoms years after being infected, making it hard to know when you first became infected.

What does this mean?

“Quite simply, it means that if we provide this vaccine to our children and young adults in a timely manner, we can reduce their chances of ever getting or dying from the cancers caused by the HPV virus,” says Dr. Gerrish.



TCC EMPLOYEES PARTICIPATE IN CLEAN UP DAY

On May 4th, some of TCC’s employees participated in the Fairbanks Clean Up around the Chief Peter John Tribal Building, Al Ketzler Sr Building, Chief David Salmon Tribal Hall, and Chena Bingo. Clean Up Day is a community wide volunteer initiative to clean up the trash uncovered by melting snow.

Thank you to those who took the time to help clean up Fairbanks!



BOATING SAFETY TIPS

NOW THAT SUMMER IS HERE, MANY PEOPLE THROUGHOUT THE REGION WILL BE TRAVELING AND WORKING ON THE RIVERS. BEFORE YOU HEAD OUT ON THE RIVER, HERE ARE SOME SAFETY GUIDELINES THAT EVERYONE SHOULD REVIEW IN ORDER TO SAFELY NAVIGATE THE WATER;



Wear a Life Jacket

Always wear a properly fitted life jacket when on deck or in an open boat.



Balance Your Boat

Be sure to balance the gear in your boat and don't overload it.

Communicate

Tell people where you are going, and when you plan to return.



Be Weather Wise

Always check local weather conditions before departure. If there is bad weather.



Prepare for Anything

Carry a first aid kit, a survival kit, and be prepared for an overnight stay if things don't go as planned.



Visit Our Website for More Details on Boating Safety: www.tananachiefs.org/boating-safety

Annual DENAKKANAAGA ELDERS & YOUTH CONFERENCE

By Sharon McConnell, Executive Director of Denakkanaaga

The 2018 Annual Denakkanaaga Elders and Youth Conference and annual meeting will take place in Tanacross on June 12, 13 and 14 respectively. This year's conference theme is "Native Traditions and Values – Our Foundation in Challenging Times".

Those attending include elder delegates selected by their tribal councils, TCC youth delegates and officials from state, federal and regional organizations.



Various current social and economic issues impacting Interior communities and the region will be discussed at the conference, with one day being devoted to the issue of generational trauma and ways to heal from it.

At the Denakkanaaga Annual Meeting, one elder will be elected to fill the remaining term for Yukon-Koyukuk Seat B on the Denakkanaaga Board of

Directors and TCC youth delegates will elect a youth representative to the Denakkanaaga Board for a one year term.

This is the first time in several decades that the conference is being held in the Upper Tanana region. Tanana Chiefs Conference and Denakkanaaga thanks Tanacross for hosting this important gathering and providing meals and housing to all participants.

For more information please contact Denakkanaaga at 907-451-3900.



COMMISSIONER WILLIAMS TOURS *Sobering Center*

On May 8th, Department of Corrections Commissioner Dean Williams joined Fairbanks Correctional Center (FCC) Superintendent Tammy Axelsson on a tour of the new Sobering Center in Fairbanks. The Sobering Center provides a safe, secure environment for intoxicated individuals to rest and get connected with resources if they choose to seek help.

Previously, many intoxicated individuals were taken to FCC to



stay in a cell overnight, putting stress on staff who were not trained and not equipped with the resources to properly assist. The

Sobering Center not only provides adequately trained staff, but also 24-hour monitoring to ensure safety.

“This is a huge advancement in terms of monitoring people, keeping track, and making sure nothing bad is happening,” said Commissioner Williams.

Since opening last year, the

Sobering Center has seen successful operations, due in large part to the coordination and cooperation of other agencies such as FCC, the Fairbanks Police Department, and other Emergency Medical Services.

“I’m excited about this place because this is the best story there is about how a community has come together,” says Commissioner Williams, “How we handle those in need says a lot about us as a society. I think the [Fairbanks] community has really answered that call.”



TCC's Guide to **NATURAL MEDICINE**

Some Healing Properties of Alder

Symptoms: Childbirth, impetigo, fever, colds, flu, tuberculosis, sores

How to use: Boil, use bark or sap, chew, switch, bath

Fever: Boil inner bark in water for tea to drink

Colds/Flu: Use leaves or bark in boiling tea to drink

Sores: Use inner bark to apply to soars to alleviate pain/spreading

***Always be sure to consult your physician before making any medical or dietary changes.*



Preparing for *Wildfires* in your Community

Fires are a natural part of the environmental cycle, but each year wildfires threaten to destroy property and resources around rural communities in Alaska.

TCC can provide supplies and support during times of need by coordinating with both state and federal agencies. TCC has always been willing to assist our tribes during emergency situations. Preparation before wildfires begin will ensure life and property are protected and health and safety are maintained.

Protect Yourself & Your Family

Preparing for fires now can help save time and property later. TCC recommends the following guidelines for protecting your loved ones and your home during this wildfire season.

- Have your emergency kit ("go-bag") ready if you need to shelter in place at your home or move to a different area in your community. Remember to include food, water and medications.

- Limit your exposure to smoke by staying indoors whenever possible with windows closed. Use air conditioners if possible, to limit smoky air in the home.

- Know your community's emergency plans, and follow the plan guidance. Find out if your community has a "clean room" for sensitive groups during severe smoke events.

- Plan to stay at home unless an evacuation is called for. Have activities on hand to occupy children and books or movies to keep adults entertained for long periods indoors.

- Remember to plan for visitors who might be in your village during wildfire season.

- N95 or similar respirators/masks are designed to filter out particles in the air. Using a mask will reduce airflow and can make breathing difficult, so use with caution.

- If it is too hot to stay indoors with the windows closed and you do not have an air conditioner, seek shelter elsewhere.

- Check out local air quality reports or visibility guides. AK Department of Environmental Conservation's (DEC) Division of Air Quality publishes Air Quality Advisories. The Fairbanks North Star Borough publishes an Air Quality Index with information

about smoke, cautionary statements and health statements. You can also monitor local village visibility by consulting the FAA Aviation Weather Cameras. Protect your Property, Protect the Land

- Before wildfire seasons begins, clear out dead vegetation and other flammable items within 30 feet of your home and outhouses, garages or sheds. This includes stacked wood and propane tanks. If it can catch fire, don't let it touch your house or other buildings.

- Dry grass and brush are fuel for wildfires. Cut it down.

- Know your community's plans for working with fire response agencies so you will know what to expect during a wildfire.

- Follow any instructions given from local leadership or fire response personnel about property management during wildfires.



For other resources visit our website: www.tananachiefs.org.

Everyone can use a helping hand **KNOW THE SIGNS**

- Becoming depressed or withdrawn
- Suddenly appears to be fine after depressed
- Behaving recklessly
- Getting affairs in order
- Giving away valued possessions
- Showing a marked change in behavior, attitude, or appearance
- Abusing drugs or alcohol
- Suffering from a major loss or life change
- Previous suicide attempts

If you or someone you know is thinking about suicide call us. We can help.

Tanana Chiefs Conference Behavioral Health
Office Hours: Monday-Friday 8:00am - 5:00pm
After Hours: 1 (800) 478-6822

THE COUNCIL NEWSLETTER

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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.



Tanana
Chiefs
Conference

Follow us:     

JOIN THE TCC FAMILY

WWW.TANANACHIEFS.ORG

Village Vacancies

- Community Health Aide/Practitioner (Dot Lake, Stevens Village, Rampart, Manley Hot Springs, Alatna, Tetlin, Ruby, Chalkyitsik, Circle, Healy Lake)
- Family Visitor (Allakaket)
- Squad Boss (Tok)
- Tribal Administrator (Stevens Village)
- Tribal Family Youth Specialist (McGrath, Healy Lake)
- Tribal Workforce Development Specialist (McGrath)
- Village Public Safety Officer (McGrath, Tanana, Ruby, Grayling, Venetie, Fort Yukon, Circle, Nulato)
- Wild Land Firefighter Type II Crew Member (Tok)

Fairbanks Vacancies

- Administration Intern
- Brownfield Technician
- Clinical Supervisor: Outpatient Services
- Coordinator/Instructor Mid-Level Practitioner
- Help Desk Technician
- Human Resources Intern
- Itinerant Behavioral Health Clinician
- Legal Intern
- Physician - Women's Health
- Psychiatrist
- Temporary Realty Specialist

Region- Wide Vacancies

- Community Health Aide/Practitioner - Itinerant
- Itinerant Clinician - SOC
- Tribal Transportation Intern

JOB LISTED WERE OPEN AS OF May 14th, 2018

UPCOMING MEETINGS/EVENTS

Denakkanaaga Elders & Youth Conference
June 12-14 • Tanacross, Alaska

Father's Day
June 17

Tetlin Culture, Wellness, and Environmental Camp
June 18-23 • Last Tetlin, Alaska

TCC Closed
July 2nd • President's Discretionary Day

TCC Closed
July 3rd • Observing Martin Luther King Day

TCC Closed
July 4th • Independence Day

Garden of Roses Camp for Girls
August 3rd-5th • Fairbanks, AK
For Alaska Native girls age 8-17 who are survivors of sexual abuse.
Call Debbie Demientieff at 907-729-3795

SEEKING 2018 GRADUATES

We want to feature our 2018 graduates!

We need your:

Name

Tribal Affiliation

School of Graduation

You can also include:

Name of Parents

Name of Grandparents

Send your photo and information to
Communications_Dept@tananachiefs.org
by June 8th, 2018!

