

the council

Vol. 43, No. 12

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

December 2018



Director of Office of Head Start visits Hughes & Tanana

TCC Prenatal to Five Head Start Program was pleasantly surprised last month when the Director of the Office of Head Start in Washington D.C., Dr. Deborah Bergeron, stepped off the plane in Hughes along with the Deputy Secretary of DHHS, Eric Hargen. She took time to visit with Elizabeth Strassburg our Family Visitor in Hughes, who had set up a wonderful culturally appropriate socialization event

for the children and their parents, with elder and language bearer, Madeline Williams, in attendance to help the children learn Athabascan words for the native plants and berries. Dr. Bergeron took the time to sing a little song with the children and encouraged our Head Start children to "Reach for the Stars"!

The next day she visited our home based program in Tanana where our Family Visitor, Adele Grant, had

also set up a culturally appropriate socialization where the children were making a winter camp. The visit included Dr. Bergeron reading with a Head Start child, and ended with Indian dancing.

Dr. Bergeron also attended AFN in October and led the Office of Head Start Tribal Consultation session.

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Season's Greetings

from Tanana Chiefs Conference



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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

TCC EXECUTIVE BOARD MEMBERS

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Yukon Tanana

Norman 'Carl' Burgett/ Huslia
Yukon Koyukuk

Peter Demoski/Nulato
Elder Advisor

Jolie Murray/Beaver
Youth Advisor

CHIEF'S REPORT



Dear Tribes and Tribal Members,

I hope that you all had a great Thanksgiving holiday surrounded by friends and family. As 2018 is quickly coming to an end, I wanted to share with you a few highlights from this past year.

We are proud to announce that TCC was able to provide a \$1,500 relief payment to our rural employees for the third year straight. The relief payments were distributed to all regular full-time or part-time village based TCC employees. These payments are subject to available funding every year, and TCC was excited to distribute these payments during the holiday season to assist with the high cost of living in our villages.

On August 10th, the community of Circle celebrated the opening of the Alice Carroll Health Center. The new clinic replaces the previous clinic, which did not provide CHAs the opportunity to provide adequate healthcare to the community. The Alice Carroll Health Center includes two exam rooms, one with multi-use functionality to incorporate dental care, an administrative office, a lab, a sterilization room, a behavioral health office, and more. The new clinic also includes telehealth capabilities and will be handicap accessible. This clinic is very important for the community, as the previous clinic did not have access to running water.

The Executive Board approved the annual fund balance distribution. Last month, \$28,673 was distributed to TCC 37 Federally Recognized Tribes. The Executive Board also authorized an additional grant program of \$50,000 to TCC 37 Federally Recognized Tribes for a total of \$1.85 million. The Executive Board approved the funds to assist communities in strengthening tribal operations and/or improvement projects within their community. More information on this grant program can be found on page 3. Since 2014, we have had the opportunity to provide the tribes with over \$17 million. More highlights can be found in next month's Council newsletter edition. These are just a few of our successes and I am looking forward to the New Year as there are many exciting developments and plans for TCC in 2019.

During the AFN meeting, Gov. Bill Walker presented two Shirley Demientieff awards, given to honor advocacy efforts. Kelly Fields of Fort Yukon, received the award for her Interior Villages Against Meth initiative and Cynthia Erickson of Tanana, received the award for creating My Grandma's House nonprofit, raising funds to bring resources to the fight against high rates of sex abuse and suicides in rural Alaska. Along with these awards, Master Sergeant Tanna Carter of Tanana received the Gin'tith (Richard Frank) Military Service award. Tanna is the first Alaska Native woman to serve as an aircrew member and boom operator/inflight refueling technician on the KC-135 Air refueling aircraft. She serves in the 168th Wing, at Eielson Air Force Base. Congratulations to Kelly, Cynthia, and Tanna!

Last month, TCC held a Special Full Board of Directors meeting in Fairbanks with the theme "Building for our Future". These meetings were held in Executive Session due to the sensitive topics.

Over the past year, many of our communities have suffered loss. Recently, we lost a strong advocate, Christine Riferdi of Fort Yukon. Christine served on our Heath Board for seven years as the Yukon Flats Subregion representative. This year, we also lost former Health Board member Ruth Crow of Circle. Ruth served as a representative for the Yukon Flats Subregion from 2008 to 2011. I would like you all to know that from all of us at TCC, our prayers are with you.

Finally, I would like to wish you and your family Merry Christmas and a Happy New Year. Please have a safe and warm holiday season! As always, all of us here at TCC continue to work towards our vision of Healthy, Strong, Unified Tribes.

Ana Bassee,
Victor Joseph
Chief/Chairman

Director of Office of Head Start visits Hughes & Tanana Continued

By Jill Ridenour
TCC Head Start Manager

Two of Dr. Bergeron's priorities for Head Start is to ensure fully funded enrollment, and promote school readiness so that our Head Start children are ready to be super-stars in Kindergarten.

Although our program is currently in 17 villages, we have only 152 children and 3 prenatal moms enrolled out of a possible 229. If you have not yet enrolled your child, please do so today! We have center

based programs in 7 villages, and home based services in 11, to provide educational opportunities and support for prenatal moms and families all the way up to children aged 5.

We would love the opportunity to serve you!



For more information contact Tanya Yatlin at 907-452-8251 ext. 3469 or tanya.yatlin@tanachiefs.org

Executive Board Authorizes Grant Program of \$50,000

During the AFN meeting in Anchorage, the Executive Board authorized another grant program of **\$50,000** to TCC's 37 Federally Recognized Tribes for a total of \$1.85 million. The Executive Board approved the funds to assist communities in strengthening tribal operations and/or improvement projects within their community.

Tribes are asked to fill out and return a resolution stating how they plan to use the funds with a focus on jobs and economic development. We will be following up with tribes asking to report back to TCC confirming how the funds were used along with the number of jobs created, debts paid down, project completed, etc. so we can compile the information and report the totals out to all the tribes.

State and Federal payroll taxes will still take priority for the funding, so verification that both are current will be required, along with a report on how the Tribe utilized the first grant of \$100k, before receiving the funding.

\$5,000 will be withheld from each grant and will be released to the tribe as soon as the final report is received by TCC.

For questions or more information contact

Charlisa Atlla, Self Governance Manager at (800)-478-6822 ext. 3326 or charlisa.atlla@tanachiefs.org

Executive Board Approves Tribal Distribution

During the AFN meeting in Anchorage, the Executive Board authorized the annual fund balance distribution. This year, **\$28,673** will be distributed to TCC's 37 Federally Recognized Tribes.



RUBY Culture & Wellness Camp

Ruby's Culture and Wellness Camp was held July 29th – August 3rd, 3 miles boat ride upriver from the village. The camp was hosted at the McCarty's family camp. There was over 80 participants ranging from 6 years old to Elders from the communities of Ruby, Galena, and Fairbanks.

Attendees participated in wellness activities such as: bullying, suicide prevention, healthy relationships, making good choices and safety. We had VPSO Joe Notti, for the week. He was able to talk about gun safety with the attendees.

The camp's cultural focus was on native signing; Ruby is working on bringing back traditional songs to their community, as well as subsistence fishing: youth learned to set a drift net and process

salmon. They also tried their hand and rod and reel fishing, which I believe they did not have any luck what so ever; they fished at the mouth of the Melozi and along the banks of the Yukon. They also learned to make fish ice-cream and raspberry jam. There was also a session on natural plants, learning what plants were around camp and what they could be used for.

While the youth were split up some to go in the boat to learn to set a net, the ones in camp learned how to play hopscotch by prevention coordinator Bernice Hetherington. The whole week, there were hopscotch challenges going on. The youth also made willow huts on the beach, from the trees cut from camp; and became very creative making hand toys out

of the willows.

These camps help in giving our youth a strong foundation as they move forward in their lives and help to strengthen their self-identity.

Tribes throughout the region continue to host Culture and Wellness Camps funded through Tanana Chiefs Conference and the Administration for Native Americans. As we enter the final year of the grant- 12 more camps will be hosted; two in each subregion; with the hope that locals will continue with camps. Through these camps, the participants spend time with their local Elders and learn about their families, culture, history, language, and learning to survive without electronics for a few days!

For more information on upcoming camps, visit our website at www.tananachiefs.org/culture-and-wellness-camps





2018 TCC Culture & Wellness Camps:

YUKON TANANA

- Allakaket - July 9th - 13th
- Nenana - Date TBD

LOWER YUKON

- Grayling - Sept. 10th-14th
- Shageluk - TBD

YUKON KOYUKUK

- Ruby - July 30th-August 3rd
- Huslia - August 6th-11th

YUKON FLATS

- Chalkyitsik - July 9th-13th
- Venetie - May 30th - June 2nd

UPPER KUSKOKWIM

- Nikolai - March 19th-23rd
- TBD

UPPER TANANA

- Northway - July 18th-21st
- Tetlin - June 18th-23rd

First Alaskans Institute Elders & Youth Conference

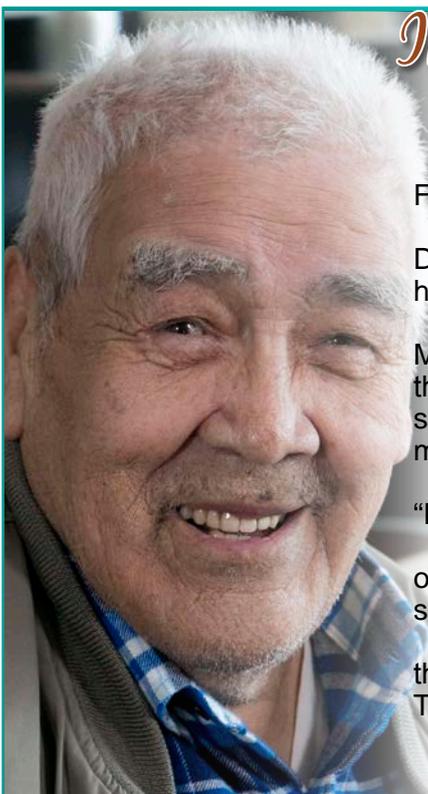
The 2018 First Alaskans Institute Elders & Youth Conference took place October 15th-17th, 2018 at the Dena'ina Center in Anchorage with the theme Na Ganiyaatgm, Na Lagm (Our Ancestors, Our Fire). This theme speaks to the flame within each of us that keeps us connected to our Ancestors, our

homelands, and to what makes us uniquely distinct as Native peoples of this land.

Tristan Madros of Kaltag, a TCC Emerging Leader, was the youth keynote speaker at this conference. Youth from Huslia, Holy Cross, Tanacross, Stevens Village, Tanana, Shageluk, and

Ruby were selected as delegates to attend.

During this conference, James Buresh of Stevens Village was elected as the alternate for the Interior Youth Representative on the Elders & Youth Council, with Jennifer Guthrie of Beaver as the Interior Youth Representative.



In Memory of HENRY DEACON, GRAYLING

This month's Legacy elder is Henry Deacon of Grayling, who was featured in Volume Five of Legacy of our Elders series.

Henry Deacon was born in October of 1928 in the small village of Holikachuk. When Deacon was only six years old, both of his parents passed away, leaving himself and his siblings to care for each other.

The teachers from the mission schools came up the rivers and settled in villages. Most children would be sent to a single room school house for their learning. Much of the teaching was done in English, a language foreign to many in the village. "We would show our Indian ways, and speak in our language and the teacher would wash our mouth with laundry soap," he says.

One place that Deacon did enjoy spending his time was in the Kasheem in Holikachuk. "It was a place for gathering for our Native song, dance, stories, and games."

Inside the Kasheem, Deacon heard the stories of his ancestors that would be passed on for generations to come. For him it was a fascinating place, much more so than the small school house.

Her name was Dolly. Deacon met her when they were young teenagers together in the same grade. "She was from the Nenana mission. We met at fourteen years old." Together, they had thirteen kids.

"Hang onto what you've got," Deacon says with a smile. "Give the best...Always."

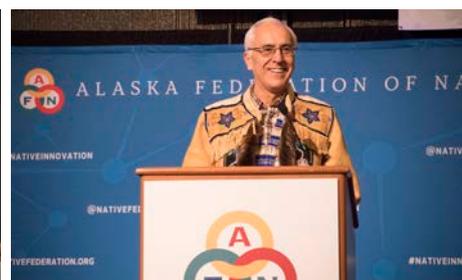
To hear Henry's full story, visit www.tananachiefs.org

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.

Alaska Federation of Natives Annual Convention

The 2018 Alaska Federation of Natives Annual Convention took place October 18th - 20th in Anchorage with the theme "Innovation in the Past, Present, and Future."



AFN Award Winners

Cynthia Erickson of Tanana received the Shirley Demientieff award



Kelly Fields of Fort Yukon received the Shirley Demientieff award



Tanna Carter of Minto received the Gin'tith (Richard Frank) Military Service award



CEDS Activity Update: *Entrepreneur Training*

Comprehensive Economic Development Strategy (CEDS)

By Renee Linton

TCC Rural Economic Development Specialist

Imagine thinking of and developing a business idea in 54 hours! That's what five rural entrepreneurs did when they participated in Fairbanks Startup Weekend. The Tanana Chiefs Conference Planning and Development Program sponsored five rural aspiring entrepreneurs to attend. This year there were 8 final teams, 3 of which were TCC rural entrepreneurs interested in starting their own business.

Fairbanks Startup Weekend, hosted by the University of Alaska Fairbanks and facilitated by Techstars, brought together students, members of the community and rural participants from interior Alaska to develop new products and start up new businesses. The 54-hour event,

September 28th-30th, was a frenzy of activity building product prototypes, reaching out to anticipated customers to understand their needs, and developing business models. "We all learned a lot while also having fun.



The event showed how truly innovative Alaskans are and is catalyzing the creation of modern businesses in new sectors," said Mark Billingsley, event organizer.

One of the winning teams, Alaska Adventure Tours, featured a business idea pitched by a Healy Lake resident. "The participants' diverse perspectives, plus support from partners like the Small Business Development Center and Tanana Chiefs Conference, went a long way in making it a great success," said

Billingsley.

Thelma Starr of Tanana explained, "It was a learning experience. The hands on approach makes you think. Think about it more completely. Thinking about all the pieces: Licensing and food permits. You think about writing the [business] plan in a different approach. I was introduced to the business canvas. I still plan on pursuing a café, purchasing the infrastructure [in Tanana]."

You can view the YouTube video featuring Stevens Village Bison Bus business idea at the following address: <https://youtu.be/tdbYMX1ILFI>

This TCC CEDS activity falls under the second goal of CEDS: Strengthening Traditional and Non-Traditional Business and Develop a Stronger Workforce. CEDS is a regionally owned plan designed to



TEAMS WITH RURAL ENTREPRENEUR PARTICIPANTS

Bison Bus

Peter Hjelm, Stevens Village
Will Bridges, Stevens Village
Joe Bridges, Stevens Village

Alaska Adventure Tours

Gary Healy, Healy Lake

Cat Fé

Thelma Starr, Tanana
Margret Henry Johnson, Circle

TCC COMPREHENSIVE ECONOMIC DEVELOPMENT STRATEGY

Goal #1: Promote Healthy Communities and a Strong Quality of Life

Goal #2: Strengthen Traditional and Non-Traditional Businesses and Develop a Stronger Workforce

Goal #3: Support the Development, Maintenance and Improvement of Critical Community and Regional Infrastructure

Goal #4: Expand Housing Supply

Goal #5: Promote a Healthy Environment and Carefully Manage Natural Resources



Coping with Grief during the Holidays

Holidays can be a happy time spent with family and friends, gathering together and the sharing of traditions with our love ones. Holidays can also be a sad time due to a loss of a family member. For many people, holidays can be difficult; especially the first Holiday cycle after the passing of a loved one.

Whatever your age, young or old, and whatever the cause of death, the absence of a Loved One means that normal routines have ended or are never repeated the same way. The routines that used to be used to be fun may now feel empty or sad. The routine with your loved one is no longer there and you will need to make adjustments in your life without the person.

Ways to Cope during the Holidays:

- Do be gentle with yourself and take care of yourself.
- Don't do more than you want; if you usually decorate the whole house and now you just want to decorate only the tree, well that's okay.
- Do allow time for feelings. Don't deny what you're feeling.
- Do talk with someone to let your feelings be known. This will help process your feelings.
- Don't keep your feelings bottled up. If you have 1,000 tears to cry don't stop at 500
- Allow others to help. We all need help at certain times in

our lives.

- When in grief please pay extra attention to the children. Children are too often forgotten grievers. They are grieving the loss right along with you.

As Friends there are ways to support the person or family who is grieving:

- Don't ask if you can help or should help a friend in grief. Just help! Find ways; invite them to group events or just out for coffee.
- Help by preparing and mailing holiday cards.
- Offer to help decorate for the holidays.
- Offer to help with baking, cooking or cleaning.
- Be supportive of the way the person chooses to handle the holidays. Some may follow traditions and others may choose not to. Remember, there is no right way or wrong way to handle the holidays. Just be there for the person.
- If the person wants to talk about the love one they lost, just LISTEN! This is important! Listening will help him or her heal.

As a friend, the best way to help those who are grieving during the holidays is to let them know you care. This also helps them to know you remembered and honor their loved one.

There are a number of ways to include your loved one and your loss into the holidays:

- Share a favorite story about your loved one; everyone will have a story about him or her.
- You can say a prayer before the Holiday dinner, about your loved one.
- Donate a gift or money in memory of the Loved One.
- Light a candle for your loved one.

Since we loss my father Richard Frank, we light a candle and have a picture of him on the table during the Thanksgiving dinner and Christmas dinner. At Christmas, he started this tradition with us, and after we open our presents we each tell each other what we are grateful for during that year, and it continues to this day. I have a friend; she told me her family lights a candle the first day of December through the whole month for her father. We do this in honor of our loved one and know they are with us in spirit.

It is important how you remember your loved one, and you honor them by the fact that you remember.

May this Holiday Season bring you hope, good memories, and most importantly, that you feel the Love from each other, during this time of grief for you and your family and the whole community.

More information on grief or loss, or if you need assistance during the Holidays, please contact
Tanana Chiefs Conference Behavioral Health
1-800-478-7822, ext. 3800 or 907-459-3800

The Importance of the 2020 Census

It is TCC's goal to have a complete and accurate count of all interior rural villages for the 2020 Census. Our goal is to have everyone counted once, only once, and in the correct place. The Census is important for our rural communities because **\$675 billion in federal funding is distributed to communities each year based off population totals**, effects future funding opportunities, and reapportionment (Census used in determining legislative election district boundaries). Interior Alaska has the biggest Census area in Alaska and we need **your** help!

Recruiting in Rural Villages

Referral System

Accepting applications *now*, online & over the phone for Census jobs, call the recruiting hotline for more info at: 1-855-314-6664

Tribal Representative

Identify Representative (Tribal Chair, TA, or other)

Identify contacts for Complete Count Committee (CCC)

- Regional
- Sub Region

Announcement Letters will be sent to each Tribe January 2019

Rural Alaska Visits

Initial visits are scheduled August 2019 to October 2019 by Census Field Supervisors. They will collect paper applications and do fingerprints and background checks for those interested in being employed by the census.

Complete Count Committees (CCC)

- **Identify** committee members (volunteers) for your village or subregion, if you choose to have one.
- **Plan & implement** locally to raise awareness of the 2020 Census to increase participation rates.

2018

- Tribal leader, governor, or highest elected local official or community leader determines Complete Count Committees (CCC) structure.
- CCC's receive 2020 Census training.

2019

- Continue establishing CCC's
- Open Area Census Offices
- CCC's develop strategy and work plan

2020

- CCC's begin community organization mobilization
- 2020 Census advertising campaign begins in early 2020
- CCC's support the 2020 Census and encourage self-response

April 1, 2020 - CENSUS DAY

- CCC's urge households who do not respond to cooperate with census takers

Questions to Consider

People Without a Usual Residence?

(a) People who cannot determine a usual residence—Counted where they are staying on Thursday, April 1, 2010 (Census Day).

Movers on Census Day?

(a) People who move into a residence on Thursday, April 1, 2010 (Census Day), who have not been listed on a questionnaire for any residence—Counted at the residence they move into on Census Day.

U.S. Military Personnel?

(a) U.S. military personnel living in military barracks in the U.S.—Counted at the military barracks

People in Group Homes and Residential Treatment Centers for Adults?

(a) People in group homes intended for adults (non-correctional)—Counted at the facility.

People Who Are Born or Die on Census Day?

- (a) Babies born on or before 11:59:59 p.m. on Thursday, April 1, 2010 (Census Day)—Counted at the residence where they will live and sleep most of the time, even if they are still in the hospital on April 1, 2010 (Census Day).
- (b) Babies born after 11:59:59 p.m. on Thursday, April 1, 2010 (Census Day)—Not counted in the census.
- (c) People who die before Thursday, April 1, 2010 (Census Day)—Not counted in the census.
- (d) People who die on Thursday, April 1, 2010 (Census Day)—Counted in the census if they are alive at any time on April 1, 2010.

U.S. Citizens and Their Dependents Living Outside the U.S.?

(a) U.S. citizens living outside the U.S. who are employed as civilians by the U.S. Government, including dependents living with them—Counted as part of the U.S. overseas population. They should not be included on any U.S. census questionnaire.

Nonrelatives of the Householder?

- (a) Roomers or boarders—Counted at the residence where they live and sleep most of the time.
- (b) Housemates or roommates—Counted at the residence where they live and sleep most of the time.

Education all Community Members in Filling out their Race Correctly

Question # 9: What is Person 1's race?

It is **very** important to self identify as and to “check” the Alaska Native box and write the correct spelling of the enrolled Tribe in the boxes identified below.

Please do not “check” or fill out any other boxes under # 9

The image shows a portion of the 2010 U.S. Census form for 'Person 1'. It includes questions 5, 6, 7, 8, and 9. Question 5 asks for the person's name. Question 6 asks for sex. Question 7 asks for age and date of birth. Question 8 asks if the person is of Hispanic, Latino, or Spanish origin. Question 9 asks for the person's race, with a large 'INFORMATION' watermark overlaid on the right side. The form includes checkboxes for various racial and ethnic categories and a space to write the name of an enrolled Alaska Native tribe.

QUESTIONS? Contact us:

Jolene Malamute, Community Planning Coordinator
(907) 452-8251 ext. 3385
jolene.malamute@tanachiefs.org

WINTER SAFETY TIPS

Winter is upon us and with changing weather comes hazards. Here are a few safety tips to keep in mind before you venture out in rural Alaska.

- **Be prepared** - make sure you have a plan.
- **Tell someone** where you are going and the route you plan to take.
- Always **check weather conditions**, try to bring a partner for long travel.
- **Slow down** and avoid traveling across bodies of water when uncertain of the ice thickness.
- With warmer temperatures it gets harder to predict the thickness and relative **safety over rivers and lakes**.
- Finally, **don't drive impaired!** We want you to get to your destination safely.

Hunting and Fishing Advocates Come Together to Strengthen Local Advisory Committees

By Carrie Stevens

The Hunting and Fishing Task Force and UAF Tribal Management thank all of the tireless hunting and fishing advocates who traveled to Fairbanks on November 7-8, 2018 to work together to strengthen their Local Advisory Committees. Strong Advisory Committees are critical to ensuring state fish and game regulations are in place to meet your local needs. The level of engagement and interest demonstrated the knowledge, expertise, and desire of our people to be more effective in the public process. TCC and UAF were especially grateful for the active participation by ADF&G Boards Support regional coordinator, Nissa Pilcher, for her expertise and assistance in support this two-day workshop.

Your advocates are working hard to make a better day for our peoples, please thank them when you see them for giving their time to the Task Force.

The Hunting Fishing Task Force will continue to support active engagement of Local Advisory Committees in our region.



Upcoming Local Advisory Committee Meetings,
throughout November, December, January,
Throughout TCC region:

Yukon Fisheries Regulatory Proposal Workshop
December 4th, 5th, & 6th, 2018 • Galena

**BOF Regular Meeting & Workshop, Arctic Yukon Kuskokwim
Region**
January 14-19, 2019 • Anchorage

Joint Board Meeting
March 21-25, 2019 • Anchorage

**BOG Proposal Deadline, Interior,
Arctic, & Western Regions**
May 1st, 2019

Learn More | Get
Involved | Donate

.....

[https://www.tananachiefs.org/sustainability/
hunting-fishing-gathering-task-force/](https://www.tananachiefs.org/sustainability/hunting-fishing-gathering-task-force/)

.....

Ben Stevens
907-452-8251, ext 3078
benjamin.stevens@tanachiefs.org

The Benefits of *Family Time*

This December, TCC is focusing on raising awareness on the importance of having a Healthy Holiday, Family Time, and the positive effects it can have on your health and overall well-being. As we move into the holiday season, we thought we would share some of the positive and healthy benefits of increasing family togetherness:



- Strengthens family bonding
- Spending time with family helps kids develop parenting skills
- More family time results in less behavioral problems
- Spending time with family results in less violence
- Family time improves child's academic performance
- More family times means less changes of drug abuse



Source: <https://familyfocusblog.com/6-benefits-of-spending-time-together-as-a-family/>

Handwashing Awareness Week!

National Handwashing Awareness Week is December 2nd-8th. Personal hygiene begins and ends with our hands and it is important to learn and teach the basics. All of us here at Tanana Chiefs Conference want to remind you that healthy hands are happy hands and happy hands make for happy and healthy homes! Below are 5 simple steps to clean hands!

1 WET YOUR HANDS WITH WARM RUNNING WATER

2 ADD SOAP

THEN RUB YOUR HANDS TOGETHER, MAKING A SOUPY LATHER. WASH THE FRONT AND BACK OF YOUR HANDS, AS WELL AS BETWEEN YOUR FINGERS AND UNDER YOUR NAILS

3 RINSE YOUR HANDS WELL UNDER WARM RUNNING WATER

4 DRY HANDS THOROUGHLY WITH A CLEAN TOWEL

5 TURN OFF WATER WITH A CLEAN PAPER TOWEL AND DISPOSE

The Truth ABOUT METH

Meth is harming many communities across Alaska, including the TCC region, and it is important for us to know the harmful effects it can have on our people. Meth is short for Methamphetamine, an illegal drug that is created from poisonous chemicals.

Meth is cheap and commonly looks like a white powder or pill. It is classified as a stimulant otherwise known as an upper.

The most potent form of Meth is called Crystal Meth. Crystal Meth has

the appearance of small pieces of glass or ice. This drug is man-made with some of the ingredients being; acetone, ammonia, hydrochloric acid, and lithium. All of these are toxic chemicals and can do severe damage to the human body, especially the brain.

The drug targets the brain and creates a chemical imbalance. Meth will trick a user into feeling a false happiness or high. This false high is very addicting with people getting hooked from trying it just once.

Medical Minute
LEARN MORE ABOUT THE TRUTH ABOUT METH

Medical Minute
THE TRUTH ABOUT METH



Medical Minute is a videos series from TCC dedicated to patient education. This month we focused on the Truth About Meth with Healthy & Safety Coordinator, Marvin Roberts. Visit our YouTube Page to Learn More!

We want you to know that there is HOPE. For our loved ones suffering from addiction; recovery is possible, and for our future generations; prevention and education is key.

**Tanana Chiefs Conference
Wellness & Prevention**
201 First Ave, Suite 200
Fairbanks, AK 99701
907-452-8251 ext. 3440
prevention@tananachiefs.org

Behavioral Health
122 First Ave, Suite 400
907-459-3800
800-478-7822 ext. 3800
After Hours 907-4516682
www.tananachiefs.org

CHIEF ANDREW ISAAC HEALTH CENTER

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Patient Shuttle

Fairbanks International Airport East Ramp

8:20am • 10:20am • 1:20pm • 3:20pm

Fairbanks International Main Terminal

8:40am • 10:40am • 1:40pm • 3:40pm

Chief Andrew Isaac Health Center

9:00am • 9:50am • 11:00am • 11:50am • 2:00pm • 4:00pm • 4:50pm

Fairbanks Memorial Hospital

9:15am • 11:15am • 2:15pm • 4:15pm

Housing First/Willow House

9:25am • 11:25am • 2:25pm • 4:25pm

Chief Peter John Tribal Building

9:40am • 11:40am

Monday - Friday (8am-5pm)

Questions? Call (907) 347-0765

CEDS Activity Update: *Rural Airbnb Presentation*

Comprehensive Economic Development Strategy (CEDS)

By Renee Linton
TCC Rural Economic Development Specialist

Techstars Startup Week Alaska is a series of events held in Alaska during **Global Entrepreneurship Week: November 12-18, 2018**. Techstars is a worldwide network to help entrepreneurs succeed by promoting over 4,000 events in over 150 countries. TCC Planning and Development Program partnered with Fairbanks Economic Development Corporation to provide a presentation on how to start an AirBNB/Tour business in rural communities November 13th, 2018. The presentation was for tribal members and rural entrepreneurs. This event aligned with Objective A in Goal 2 in the TCC Comprehensive Economic Development Strategy (CEDS) Objective A: Improve regional and community coordination of economic development efforts.

The presentation was given by Nichole Stewart who has been hosting through AirBNB and Home

Away platforms for the past 6 years. She frequently travels to rural Alaska for work, and sees a great opportunity for entrepreneurs willing to participate in Alaska booming travel and tourism industry.

Workshop participants learned the basics of running a guesthouse or bed and breakfast out of their own home, including:

- Setting up your own web listing on AirBNB and VRBO/Home Away
- Accounting and tax preparation
- Insurance requirements
- Unique considerations for rural Alaska

The powerpoint can be found on TCCs Economic Development website. To learn more about the CEDS, please visit the Village Planning and Grant Writing webpage on the TCC website: <https://www.tananachiefs.org/get-assistance/village-planning-grant-writing/>

Intro to Rural Airbnb

For Tribal Members and Rural Entrepreneurs

**Tuesday, November 13th
5:15pm**

David Salmon Tribal Hall

Temporary Rural Positions Available

Interested in working for your Tribal Council as a Community Planning Specialist or Grant Development Specialist?

The TCC Village Planning and Development Program (VP&D) is happy to announce the spring 2019 round of applications available now on the VP&D website. Both temporary positions will be from February 1, 2019 through May 31, 2019 with the pay rate of \$20.00/hour.

The Tribal Council is responsible for selecting the applicant and supervising the awarded position. A Tribe can only apply for one position per cycle. Community's eligible for each program is listed below.

Community Planning Specialist (CPS): Alatna, Dot Lake, Eagle, Evansville, Galena, Kaltag, Takotna, Tanacross, and Telida.

Grant Development Specialist (GDS): All communities who have an updated community plan.

Friendly reminder, a Community Plan is good for five (5) years or as specified in the plan. If your Community Plan is expiring and you need technical assistance in updating the plan, please reach out to TCC Village Planning and Development.

This is an opportunity to get outside your comfort zone, engage with your community, and plan for the future! Travel, training and technical assistance, and mentorship are offered.

**DEADLINE TO SUBMIT TRIBAL/EMPLOYEE NOMINEE APPLICATIONS:
DECEMBER 14TH, 2018 BY 5:00PM**

For questions or more information contact Jolene Malamute, Community Planning Coordinator at (800) 478-6822 ext. 3385 or jolene.malamute@tananachiefs.org

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.



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Village Vacancies

- Behavioral Health Aide (Rampart, Chalkyitsik)
- Community Health Aide/Practitioner (Chalkyitsik, Alatna, Ruby, Rampart, Kaltag, Stevens Village, Tetlin, Healy Lake, Dot Lake, Evansville, Circle)
- Community Health Representative (Galena)
- Village Public Safety Officer (Grayling, Fort Yukon, Nulato, Ruby, Tanana, Circle, McGrath, Venetie)

Fairbanks Vacancies

- Addictions Counselor I
- Behavioral Health Clinician
- Behavioral Health Consultant
- Certified Behavioral Health Coder II
- Certified Medical Assistant II
- Certified Nurse Midwife
- Clinical Supervisor: Outpatient Services
- Community Health Practitioner-CHAP Instructor
- Employee Health RN
- Health Applications Manager
- Hospitality Support Staff
- Housekeeper
- Itinerant Behavioral Health Clinician
- Nurse Practitioner - Float
- Old Minto Family Recovery Camp Traditional Counselor
- Paul Williams House Residential Care Coordinator
- Physician - Primary Care
- Physician - Women's Health
- Regional Instructor
- RN
- WIC Coordinator and Clinical Dietician

Region- Wide Vacancies

- Assistant Crew Boss
- Itinerant Clinician - SOC
- Prevention Coordinator
- Rural Medical Director
- Squad Boss
- Wild Land Firefighter Type II Crew Member

JOB LISTED WERE OPEN AS OF November 9th, 2018

UPCOMING MEETINGS/EVENTS

TCC Closed
December 24th-25th, 2018

TCC Closed
January 1st, 2019

RESOLUTION DEADLINE

TCC's Annual Convention resolutions process has been improved to provide for more tribal notice and dialogue.

Resolutions are due February 8th, 2019

Please submit to Keith Reuben at keith.reuben@tananachiefs.org

If you need assistance in writing resolutions,
please contact the relevant department:

Health • terri.cadzow@tananachiefs.org • ext.3141

Tribal Client Services • amber.vaska@tananachiefs.org • ext.3110

Administration • joyce.roberts@tananachiefs.org • ext.3178



Nulato Wellness Walk

Last month, Nulato held a walk to raise awareness for domestic violence protection during their wellness week