The 2019 Tanana Chiefs Conference Annual Convention and Full Board of Directors Meeting will be held March 11th - 14th in Fairbanks at the Westmark Hotel. This meeting provides opportunity for our tribal leaders, delegates, community partners, TCC staff, and guests to participate in a safe, positive, and open dialogue on important topics. This year’s theme is “Ch’eghwtsen’, Living our Values in a Changing World.”

We are focusing our attention on airline services, patient travel, improving medical care, and elder care. We are pleased to announce that Julie Roberts-Hyslop of Tanana has been selected as this year’s Keynote speaker. This year there will be four seats up for election for our Executive Board of Directors; Vice President, Yukon Flats Representative, Yukon Tanana Representative, and Youth Advisor.

The convention will be broadcast live on our website. The agenda is subject to chance. For an updated agenda visit www.tananachiefs.org.

Learn more about our Keynote on page 8.

Tanana Chiefs Conference Arts & Crafts Bazaar

Limited Tables Available Contact Hailey Standish at 907-452-8231 ext. 3359

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Dear Tribes and Tribal Members,

Our Annual Convention and Full Board of Directors Meeting is quickly approaching. This year’s Convention promises to be strong; we will celebrate our accomplishments, reflect upon our history, and discuss the challenges affecting our region and the future of our tribes.

This year’s theme is “Ch’eghwtsen’: Living our Values in a Changing World.” Panel topics include airline service in the Interior, climate change, river erosion, and housing challenges. Speakers will share their successes and challenges on these issues and engage our tribal leaders, delegates, community partners, youth, elders, and guests in open dialogue on these important topics.

Convention’s key note speaker, Julie Roberts-Hyslop of Tanana, is a well-respected and inspirational tribal leader. Julie has served her tribe in various leadership capacities throughout her career, has served on the TCC Executive Board since 2003, and has been TCC’s Vice President since March 2013. She was born and raised in Tanana and has over 20 years of experience working and advocating for tribes. Julie’s full biography can be found on page 8.

In other exciting news, TCC recently developed a coloring book that translates the names of Alaskan animals into the 10 different languages of our region. This book will help educate our youth on the wide variety of languages in our region and will give them the opportunity to learn the traditional names of the animals. Promoting our culture and traditional values through the preservation of our history, traditions, and languages was a priority set forth in our 2015-2020 Strategic Plan and this color book is another accomplishment in meeting this goal. I would like to express my appreciation to all those who contributed to the success of this book. More information can be found on page 4.

In January, the Tribal Development Division hosted a three day Tribal Government training that focused on strengthening tribal governments through effective budgeting, personnel policies, dual supervision, internal controls, and more. It was a great opportunity for those who attended to share and learn with other tribal staff and council members. More information can be found on page 5.

On January 29, an integrated group of TCC staff that included employees from Quality Management, Infection Control, Housing, and Tribal Development traveled to Hughes and Huslia. During the visits, staff walked through the clinics and assessed the needs in order to achieve Accreditation Association for Ambulatory Health Care. Staff also conducted walkthroughs of two Bureau of Indian Affairs Housing Improvement Programs construction projects. More information from can be found on page 17.

Spring brings a renewal of events to our villages and an increase in travel among our communities. Please use caution when traveling and watch for weather advisories throughout our region. I hope you have a safe and happy carnival season!

We look forward to seeing you at the 2019 Annual Convention and Full Board of Directors meeting as we continue to work towards our vision of Healthy, Strong, Unified Tribes.

Ana Bassee,
Victor Joseph
Chief/Chairman
In March 2017, Tanana Chiefs Conference announced the establishment of Culture and Wellness Camps coming to communities throughout the TCC Region with the help of TCC funding. Culture and Wellness camps play an important role in the education and preservation of Athabascan traditions, cultures, and beliefs.

TCC provides staff, elders, or other experts to host workshops on a variety of wellness and prevention topics such as; suicide prevention, healthy relationships, preventing drug and alcohol abuse, traditional parenting, gun and boat safety, respect, bullying, self-identity, and more.

While TCC will be there to provide support for the culture camp, it is up to the tribe to determine what they want to offer to their tribal members at the camp; which traditional skills and values they want to learn; and what they want them to get more information about.

Tribes are selected for participation throughout their subregion as a whole. Each subregion is allowed two camps per year.

This past year, nine Culture and Wellness camps were held with a total of 614 participants ranging from three years old to Elders. Camps were held in Nikolai, Venetie, Tetlin, Chalkyitsik, Northway, Allakaket, Ruby, and Huslia.

To learn more and watch a short recap video from each camp visit www.tananachiefs.org.

### 2019 TCC Culture & Wellness Camps:

**YUKON TANANA**
- Nenana - TBD
- Rampart - TBD

**YUKON FLATS**
- Birch Creek - TBD
- Circle - TBD

**LOWER YUKON**
- Shageluk - August 26-30
- Anvik - TBD

**UPPER KUSKOKWIM**
- McGrath - TBD
- TBD

**YUKON KOYUKUK**
- Koyukuk - TBD
- Galena/Louden - TBD

**UPPER TANANA**
- TBD
- TBD

### Board of Fisheries Meeting Recap

In January, the Board of Fisheries met to discuss fishing regulatory proposals for the Arctic-Yukon-Koyukuk Region. The Yukon River Intertribal Fish Commission sent fourteen (14) Fish Commissioners to the meeting to testify on Yukon-related proposals.

The objectives of this meeting were to:
- show the state of Alaska we are ready to be at the decision-making table and,
- strive for riverwide unity. The Fish Commissioners met with Board members, ADFG staff, and proposal proponents throughout the meeting to find language on proposals we could all agree on.

The Board invited Paul Williams, Sr. to provide an opening song and prayer, which he gave in his native language.

This meeting was extremely successful, with Fish Commissioners providing powerful testimony and achieving unity.
One of the priorities that set forth in the TCC 2015-2020 Strategic Plan was to promote our culture and traditional values from our region through preservation of our history, traditions, and languages. By passing our language to our youth, we ensure that our way of life lives on through them.

Throughout this coloring book you will find a wide variety of Alaskan animals with 10 different Alaska Native translations from the TCC region of their name:

- Dihthâad Xt’een Iin aandêg’ (Tanacross/Upper Tanana)
- Nee’aanèegn’ (Upper Tanana)
- Deg Xinag (Lower Yukon subregion)
- Dinak’i (Upper Kuskokwim)
- Benhti Kokhw’tana Kenaga (Lower Tanana/Yukon Tanana subregion)
- Holikachuk (Upper Kuskokwim/Lower Yukon subregion)
- Denaakk’e (Koyukon)
- Hän (Upper Tanana)
- Dinjii Zhuh K’yaa (Gwich’in/Yukon Flats)
- Inupiaq

This book was a collaborative effort, with many people contributing to ensure that it was completed with the proper dialect and spelling including many elders and other language bearers.

**Cultural Facts on Respect for Animals and Land**

The Athabascan people are comprised of a wide variety of cultures and tribes, each with their own set of beliefs and traditions. However, one common belief is the deep connection that the Athabascan people have to the land and animals. Animals are a sacred part of the Athabascan culture and there are many stories about the animals and their importance. In Gwich’in they say “gwintł’ee’adaachii” which roughly translates to “they give themselves”, as it is the belief that animals give themselves to the hunters. In return for giving themselves, the hunters show respect and give thanks to the animal for ensuring that their family and community is fed and clothed.
Tribal Government Training

TCC Tribal Development Department hosted a three day Tribal Government Training January 23rd-25th at the Wedgewood Resort in Fairbanks.

This training focused on a number of important topics that are essential for strong tribal governments such as internal controls, cash management, developing effective budgets, dual supervision, personal policy’s, developing tribal courts, legal and political framework for Alaska tribes and the three branches of tribal government: Executive, Legislative, and Judicial.

Participants heard from speakers such as Lisa Jaeger, Heidi Rader, Brittany Madros, Jennifer Babcock, and more.

This training was a good opportunity to share and learn best practices with other tribal staff and council members.

A recap video from this meeting can be found on our Facebook page or YouTube page.

Why Plug-In at 20 Degrees

To Reduce Engine Wear
Start-up is a period of maximum engine wear and minimum fuel efficiency. Cold oil circulates slowly, leaving engine components unprotected. Block heaters pre-heat engines, allowing them to reach operating temperature sooner and get lubrication to the moving parts. Heat is also available for cabs and windshields sooner – benefiting drivers.

To Reduce Air Pollution
A study performed by Sierra Research in Anchorage and Fairbanks compared emissions from vehicles at cold temperatures. The local testing established that use of block heaters substantially reduced start-up emissions and fuel consumption.

To keep your neighborhood clean
On days with inversions and still air, pollution from vehicle cold starts and idling disperses very slowly. Some of the highest CO levels in Anchorage and Fairbanks are found during the morning hours in neighborhoods where traffic is low but many cars are started cold after parking outside overnight. The encouragement to “Plug @ 20” is a reminder to plug even when vehicles start with relative ease.

By Lisa Gwalthney
TCC Admin Office Manager
The Alaska Industrial Development and Export Authority (AIDEA) proposed controlled access road, the Ambler Mining District Industrial Access Project (AMDIAP), otherwise known as the The Ambler Road, will provide commercial vehicle access to the Ambler mining district. The Ambler Mining District is currently being assessed for 4 significant mineral deposits (Arctic, Bornite, Smucker, Sun) as well as 30 prospective sites. Ten of those prospect sites have shown indications of mineralization. The Arctic site is in the pre-permitting phase and is preparing to initiate the NEPA EIS process. The Ambler Road project will require federal approvals through the NEPA EIS and permitting process, as well as land use permit from the NWAB and a Regional Resource Advisory Committee (RRAC). The RRAC will be made up of representatives from the Interior and selected by the Governor. Before the government shutdown, the lead federal agency had shortened all EIS dates, with a Draft EIS due March 31st, 2019 and a Final EIS due December 2019. These dates should be considered accurate until official communication is received from the BLM.

Preferred routing for the Ambler Road was selected in the southern foothills of the Brooks Range and extends across State, Federal, private, and Alaska Native Corporation lands. Unconfirmed reports indicate that a new routing option is being developed by the BLM, based upon interest expressed during the NEPA EIS Scoping process. Although there has been no official statement by BLM on the new route option, what is being circulated, unofficially, is that it would cross through Minto Flats, pass through Hughes and connect to Tanana. It is unclear at this time if it will connect to the Tanana Road. From Tanana, the proposed new alternative continues north toward Hughes and Huslia and turns west to the Ambler mining district. The new route option will be exactly that, an option. The initial Brooks Range option should be considered the preferred route until new information via official correspondence by the BLM is issued.

One of the most significant issues surrounding the Ambler Road has been access, both for vehicles and fiber. Who will have it and, who will decide who has access? At present, vehicle and fiber line access by Tribes is not permitted under the current financing and policy structure, as we have come to understand it. Although fiber is being explored by Trilogy Metals to be run along the road, it would be restricted to mine use, and is only for safety and security purposes; a restriction placed by federal agencies. The project partners, mainly those parties who have invested in the road, decide who has access to the road. They also determine when and how the road will be utilized. AIDEA has listed existing and potential partners in the detailed graphics reproduced here (see image?). Doyon’s interest in the project is reported as undecided, as per their Draft EIS Scoping submission dated January 2018, while the North Slope Borough has expressed interest in investing in the road in an MOU with NWAB.

Despite this restriction, during the February TCC Executive Board meeting, AIDEA’s Project Manager for the Ambler Road, Jeff San Juan, expressed interest in opening the discussion on Tribal access for commercial purposes, for both fiber and commercial vehicles using a permitting structure. Tribal members should keep in mind that formal agreement would need to be negotiated for access to fiber and the road for commercial use, and that Federal and State approvals for the Road do not hinge upon an agreement being achieved. Until a deal and a subsequent contract are in place, Tribes should assume the status quo will be maintained – that only project partners will have access to the Ambler Road and fiber line. Quarterly meetings between the TCC Chairman and AIDEA, Project Manager are under way, as well as monthly updates between TCC Staff and AIDEA. Through these meetings, TCC will monitor any further developments and will continue advocating that accurate information on the project be shared with potentially affected Tribes.
In 1980, Congress specifically called out the need to allow access to the Ambler Mining District from the Dalton Highway when it passed Alaska National Interest Lands Conservation Act (Section 201(4)(b)).

Preliminary road studies, public input, and route refinement.

BLM issues Record of Decision.

Agreements penned with mine(s) for terms on paying back construction and operations and maintenance costs of the road project.

Legal agreements with BLM, NPS, DNR, NANA, Doyon, and NWAB must be secured to move forward with the project — each agreement will outline terms and conditions which will restrict road use.

AIDEA hires security contractor to maintain safety and security, and to ensure the integrity of wildlife safety agreements are upheld.

AIDEA secures financing to fund the up-front costs of the road construction and finalizes required local, state, and federal permits.

Construction of pioneer road.

AIDEA continues to collect toll and mineral royalty fees after the debt service for the road is paid off. This model was used for construction of the road to the Red Dog Mine. AIDEA revenues are used to support additional economic development and provide dividends to the state’s general fund.

Road open only to licensed, mine and community-sponsored traffic. Driver certification and authorization required for road use.

Mines pay tolls and mineral royalty fees that escalate if traffic increases or the price of minerals increase. These monies are used to pay back the cost of the road.

ROAD CLOSURE AND RECLAMATION
Julie Roberts-Hyslop was born and raised in Tanana, Alaska to Lawrence Roberts and Josephine (Nollner) Roberts with nine brothers and sisters. Her grandparents are the late Edgar and Ann Jean Nollner and Joe Roberts and Belena Starr. Julie married Thomas Hyslop and together they have five children and nine grandchildren. Julie attended Sheldon Jackson College in Sitka and the University of Alaska Fairbanks. She is planning on returning the college to receive her degree in Rural Human Services. She has over 20 years of experience working for the tribes in various capacities. Julie was elected to serve as the Vice President of Tanana Chiefs Conference in 2013. Previously, she has served as the President of the Tanana Tribal Council and Executive Director of the Tanana Tribe. During her spare time, she volunteers in her community and enjoys hunting, fishing, sewing, gardening, and spending time with her family.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tr>
<td><strong>Call to Order</strong></td>
<td><strong>Reconvene/Call to Order</strong></td>
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<td>Don Honea sr, 1st Traditional Chief</td>
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<td><strong>Welcome Addresses</strong></td>
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<td>8:30 a.m.</td>
<td>Will Mayo, Executive Director of TCS</td>
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<td>Will Mayo, Executive Director of TCS</td>
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<td>Dr. Trimble Gilbert, 2nd Traditional Chief</td>
<td><strong>Tribal Client Services Report</strong></td>
<td><strong>TCC Credentials Committee Report</strong></td>
<td><strong>TCC Constitution</strong></td>
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<td>Victor Joseph, Chief/Chairman, TCC</td>
<td>8:30 a.m.</td>
<td>8:20 a.m.</td>
<td><strong>Resolutions Committee Report</strong></td>
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<td><strong>Presentation of Colors</strong></td>
<td><strong>Will Mayo, Executive Director of TCS</strong></td>
<td><strong>Will Mayo, Executive Director of TCS</strong></td>
<td><strong>Resolutions Committee Chairperson</strong></td>
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<tr>
<td>8:45 a.m.</td>
<td><strong>Opening &amp; TCS Highlights</strong></td>
<td><strong>Strategies for Growth Panel</strong></td>
<td><strong>Consideration of Resolutions</strong></td>
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<td><strong>Will Mayo, Executive Director of TCS</strong></td>
<td><strong>3:30 a.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Will Mayo, Executive Director of TCS</strong></td>
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<td><strong>Presentation of Colors</strong></td>
<td><strong>The Honorable Senator Lisa Murkowski - U.S. Senate</strong></td>
<td><strong>The Honorable Congressman Don Young - U.S. House of Representative</strong></td>
<td><strong>TCC Election Committee Report</strong></td>
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<td>8:45 a.m.</td>
<td><strong>The Honorable Senator Lisa Murkowski - U.S. Senate</strong></td>
<td>11:15 a.m.</td>
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<td>Will Putman, Forestry Director</td>
<td><strong>11:15 a.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Elections</strong></td>
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<td><strong>The Honorable Senator Dan Sullivan - U.S. Senate</strong></td>
<td><strong>11:15 a.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Adjourn</strong></td>
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<td><strong>The Honorable Congressman Don Young - U.S. House of Representative</strong></td>
<td><strong>11:15 a.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Adjourn</strong></td>
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<td><strong>Housing Panel</strong></td>
<td><strong>11:15 a.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
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<td><strong>Climate Change and River Erosion Panel</strong></td>
<td><strong>11:15 a.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
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<td><strong>Food Security Panel</strong></td>
<td><strong>3:15 p.m.</strong></td>
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<td><strong>Adjourn</strong></td>
<td><strong>3:15 p.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
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<td><strong>Adjourn</strong></td>
<td><strong>Redefinition of Theme and Keynote Speaker</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Adjourn</strong></td>
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<tr>
<td>1:15 p.m.</td>
<td>1:20 p.m.</td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Adjourn</strong></td>
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<tr>
<td>James Benzschawel, Emergency Director/Disaster Management Specialist II</td>
<td>1:20 p.m.</td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Adjourn</strong></td>
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<td><strong>Introduction of Theme and Keynote Speaker</strong></td>
<td>1:20 p.m.</td>
<td><strong>Will Putman, Forestry Director</strong></td>
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<td>1:15 p.m.</td>
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<td><strong>Will Putman, Forestry Director</strong></td>
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<tr>
<td>Victor Joseph, Chief/Chairman, TCC</td>
<td><strong>Airline Services in the Interior Panel</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
<td><strong>Adjourn</strong></td>
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<tr>
<td><strong>Child Protection and Family Wellness Panel</strong></td>
<td><strong>2:00 p.m.</strong></td>
<td><strong>Will Putman, Forestry Director</strong></td>
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<td>3:45 p.m.</td>
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<td><strong>Will Putman, Forestry Director</strong></td>
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**Greater Chamber Welcome Reception**
5:30 p.m.
Chief David Salmon Tribal Hall

**Denakkanaaaga Fundraiser**
5:30 p.m. - 10:00 p.m.
Chief David Salmon Tribal Hall

**TCC Annual Potlatch**
6:00 p.m.
Chief David Salmon Tribal Hall
WHAT TO DO IN THE CASE OF A FUEL SPILL

Though we hope that every community is able to prevent fuel spills from happening, it is important to know what to do if a spill or leak does occur. The first considerations should be whether the spill can be stopped from growing (for example a shut-off valve) and then reporting the spill to the Department of Environmental Conservation (ADEC), as they can give guidance on containment and clean up. Alaska state law requires all oil and hazardous substance releases be reported to ADEC, and depending on the size of the spill there are certain timelines to be followed:

**Any** release of oil to **water** must be reported immediately, as soon as the spill is found.

A release of oil to land in **excess of 55 gallons** must also be reported immediately, as soon as the spill is found.

A release of oil to land in **excess of 10 gallons but less than 55 gallons** must be reported within **48 hours** after the spill is found.

Village facilities should maintain and provide to ADEC on a monthly basis a written record of discharge of oil from **1 to 10 gallons**.


**Tips for preventing spills:**

Fuel lines should be obvious or well-marked, particularly in winter, to avoid accidentally hitting or breaking them. Extra care should be taken when transporting or handling fuel, and make sure that all containers are well-sealed, to prevent any damage or accidental spills.

Home-heating fuel tanks are one of the most common spill sources – so it’s important to think about preventing and monitoring for spills at home too.

- Regularly check your tank for large amounts of rust, dents, or wet spots.
- Make sure your tank has a sturdy stand or legs holding it off the ground, and is placed on a stable foundation (not leaning or sinking). Your tank also needs to be attached to the stand.
- Protect fuel lines and use a flexible connection between the fuel tank and the house.
- Check that the fuel filter is protected from damage and not leaking.
- Make sure that the tank’s vent pipe is clear, and the fill pipe is covered to keep water out.
- Use a water finding paste to see if there is water in your tank.

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**Kids in Nikolai get Cowhide Moccasins**

Every child in Nikolai is getting a new pair of cowhide moccasins!

Master artist and skin sewer Oline Petruska is teaching all the students at the Top of the Kuskokwim School in Nikolai to make their own. Teachers, parents, and Elders are helping, and are making a few more pairs for Nikolai’s younger kids so no child will be left out. Workshop organizer Balassa Alexie said “Asking the parents to come in to help has been an added bonus because we’re getting families to do something traditional together.”

The cowhide moccasin workshop is funded through a partnership between Tanana Chiefs Conference Cultural Program Department, The CIRI Foundation, and Nikolai Edzeno’ Tribal Council.

Submitted by
Morris Thompson Cultural and Visitors Center
In summer 2018, two research assistants and I tested different varieties of beets, carrots and celery in replicated trials at the Georgeson Botanical Garden, and Brussels sprouts, beans, corn and watermelon in unreplicated trials. Replicated trials mean the vegetables were grown in three different plots. Preliminary trials were done mainly to decide which crops and varieties warranted further testing. The goal of these trials is to help Interior Alaska gardeners and farmers like you decide whether or not to stick with your tried-and-true varieties or try something new. Sometimes we’re forced to try new varieties when old favorites are “improved” or discontinued. One example is Nelson carrots, a longtime favorite of Fairbanks gardeners. Although we were able to find them from West Coast Seeds, they are not available from some of the larger seed suppliers. We trialed Yaya and Romance carrots, which have been touted as replacements for Nelson, with lackluster results.

It’s important to test how varieties perform in our unique conditions, which are characterized by long days and short summers that vacillate between sometimes very cool temperatures and hot temperatures. As you might recall in the summer of 2018, we had a slow, cold first half of June, some hot days in June and July, and a rainy, cold August. We had a late frost in September with some sunny days. This certainly influenced how the crops and varieties we tested grew. In addition to weighing each crop and variety, we also rated each variety in terms of plant vigor, bolting sensitivity (or susceptibility to bolt), uniformity, pest resistance, disease resistance and taste.

The four top performing beets were Zeppo, Boro, Subeto, and Pablo, none of which are mentioned in Extension’s “Recommended Variety List for Interior Alaska,” which you can see at http://bit.ly/2U6Pt9n. Further testing could warrant changing this. The lowest performers in terms of yield and tendency to bolt were Falcon, Early Blood Turnip and Lutz Green Leaf. Early Blood Turnip and Lutz Green Leaf varieties are open-pollinated so these are good choices if you want to save seeds. In fact, according to one website, Early Blood Turnip is one of the oldest varieties still in cultivation. According to our taste testers, Detroit Dark Red was the tastiest while Falcon and Red Ace had the lowest ratings for taste and texture. Carrot yields were not statistically significantly different in spite of variations. Napoli had the highest yields while Sugarsnax had the lowest. We noted that Eskimo, Nantes Half Long and Nelson were uniform and had a nice carrot shape. Touchon, Nelson and, not surprisingly, Sugarsnax scored highest in taste tests.

Nearly all celery varieties shined. Tango averaged the highest yield at 4.9 pounds per row. Redventure yields were significantly lower than the other varieties and had hollow shoots that tasted bitter. Although we didn’t evaluate varieties in terms of nutrition, it could be that Redventure, with its red hue and bitter taste, could be more nutritious than the other varieties. I talked about the differences in nutrition among various vegetables and varieties at https://bit.ly/2PZxly7.

Provider is the standard, cold weather snap bean for Interior Alaska and, not surprisingly, was the highest yielding in our trials. But Roccod and Bountiful weren’t far behind and Roccod also continued to produce well in cool, rainy conditions. I’ve never considered Provider the tastiest of beans, but according to our taste tests, it had the highest combined ratings for taste and texture. Some Brussels sprouts require upwards of 200 days to mature but we focused on trialing early to mid-season varieties including Franklin (80 days) and Jade Cross (85 days), and on the later end, Dimitri (127 days). Jade Cross and Hestia were the highest-yielding varieties, but some Jade Cross plants lodged and produced loose sprouts. Gustus, Nautic and Franklin all performed well. Rubine, Catskill and Long Island Improved were the poorest performers.

In spite of an underwhelming summer in terms of sun and heat, the corn did alright. Cafe and Sugar Pearl had the highest yields, Early Sunglow and Earlivee were the earliest, and Sweetness, Sugar Pearl, Sugar Buns, Spring Treat and Espresso were the tastiest. The watermelon produced flowers and small fruits but never matured. The full 2018 report and results from past trials can be found here: www.uaf.edu/snre/research/publications/variety-trials/.
March is dedicated to bringing awareness to colorectal cancer and all of us here at Tanana Chiefs Conference want to provide you with educational materials that could **save your life**. Every year, about **140,000 Americans** get colorectal cancer, and more than 50,000 people die from it. The risk for 30% of cancers can be reduced by changing your diet and lifestyle. Alaska Natives have the highest reported rates of colorectal cancer in the world. In 2018, 50% of the patients screened at the Chief Andrew Isaac Health Center had at least 1 precancerous polyp removed. Screening SAVES lives. Alaska Natives are encouraged to begin screening at age 40. Use this month to raise awareness and encourage others to make small changes in their every day lives.

**FIVE THINGS YOU NEED TO KNOW ABOUT COLORECTAL CANCER PREVENTION**

1. **Live a healthy lifestyle**
   - Eat a healthy, plant-based diet that is low in red or processed meat.
   - Exercise at least 150 minutes a week.

2. **Eat nuts and drink coffee**
   - Eating 1oz. of nuts 5 or more times per week has been found to reduce death from all causes by 20%.
   - Coffee may lower risk and help reduce risk of recurrence in survivors.

3. **Consider taking aspirin and vitamin D supplements**
   - Studies show low-dose aspirin can reduce risk up to 40%.
   - Vitamin D helps the body regulate calcium levels and maintain healthy bones.
   - *Speak with your doctor before taking supplements or starting an aspirin regimen.*

4. **Follow screening recommendations**
   - Screening should begin at age 40.
   - Fecal occult blood tests done yearly.
   - Colonoscopies every 8-10 years.
   - Sigmoidoscopies every 5 years.
   - Family history of colorectal cancer? Speak with your provider about when to begin screening.

5. **Know your family history**
   - One of the biggest risk factors for colorectal cancer is having a family history of the disease or polyps.
   - 15% of colorectal cancer patients have a family history of the disease.
   - People with Lynch syndrome make up 5% of colorectal cancer patients.
   - Those with the syndrome tend to develop the disease at a younger age.
   - If you think you have an elevated risk, speak with your provider about starting screening at an earlier age.

One of the most important parts about getting screened, is making sure that you properly prepare for your colonoscopy. Following your provider’s instructions is important in ensuring that your test results come back accurate.

It’s important to remember not to eat or drink after midnight the night before your colonoscopy. It’s also important to stick to a clear liquid diet, which means no solid foods whatsoever. Eating or drinking liquids that you can’t see through, could result in inaccurate test results, which means you will have to re-schedule your procedure.

If, at any time, you are unsure about what you can and can not eat during your preparation, we encourage you to contact your provider to clarify any questions you may have.

**PREPARING FOR YOUR COLONOSCOPY**

**What You CAN Have:**
- Water
- Gatorade, Powerade, Pedialyte
- Jell-o or Popsicles
- Clear Broth (Beef or Chicken)
- Coffee or Tea (No cream or sugar)
- 7-Up, Crystal Light, Ginger Ale
- Clear Fruit Juices

**What You CAN’T Have:**
- Red or orange liquids of any kind
- Cream, Milk or dairy products
- Liquid you can’t see through
- Noodles or vegetables in soups
- Alcohol
- Juice with Pulp

[Watch our Medical Minute video on Preparing For Your Colonoscopy featuring Darlene Huntington.](http://www.youtube.com/tananachiefsconference)
New SEARCH AND RESCUE EQUIPMENT

By Tiffany Simmons
Tribal Development Director

On February 1st, Will Mayo, Tribal Client Services Executive Director, and Tiffany Simmons, Tribal Development Director, went with Alaska State Troopers to tested out the new camera system that the Helo crew will be using for search and rescue’s. This new equipment seeks out heat signatures in designated search areas by allowing the crew to search giant grids for anything putting off heat with close to 100% accuracy. The camera system technology can record searches and allow the video to be saved and reviewed again and mark areas already searched.

This is a game changer for rural Alaska, as before we were limited to the human eye, and ground searches. This new camera will help save lives. Troopers ask that if you have a search and rescue and need assistance call the 911 dispatch.

“...that while a mile away, we were able to clearly see a man and a dog walking through a wooded area. We also spotted a moose lying down next to a spruce tree on the edge of the forest by a grassy area. Parked snowmobiles emitted a strong heat signature as well. These heat sources stood out clearly from the background thermal signatures.”

-Will Mayo

If you think someone may be considering suicide.
YOU CAN HELP THEM WITH THESE 5 STEPS

1. Ask
2. Keep Them Safe
3. Be There for Them
4. Help Them Find Resources
5. Follow up With Them

If you or someone you know is in crisis or having thoughts of suicide please contact:

TCC Behavioral Health
(907) 452-8251
After-Hours Crisis: 1-800-478-6682

National Suicide Prevention Lifeline
1-800-273-8255

TANANA CHIEFS CONFERENCE • THE COUNCIL NEWSLETTER
TCC Diabetes Program partners with Skiku to purchase ski equipment for 12 communities in TCC region

By Kim Blood
TCC Clinical Dietian

The TCC Diabetes Program is excited to partner with Skiku to provide ski equipment for schools in twelve communities in the TCC region: Allakaket, Minto, Nulato, Ruby, Dot Lake, Kaltag, Koyukuk, Northway, Rampart, Tanacross, Tetlin, and Hughes. Skiku worked with schools to schedule youth ski camps with volunteer ski instructors to teach students the joy of skiing and being active. We hope current and future students, with the support of their school and teachers, will continue skiing throughout this and future winters. This is a great opportunity for the youth to get outdoors and learn a new skill!

Interior Regional Housing Authority Board of Commissioners Drug Test Policy Implementation

On December 21st, 2018, the Interior Regional Housing Authority (IRHA) Board of Commissioners (BOC) passed resolution 2018-13, implementing a drug testing policy into the BOC Governance Policy. The policy states:

IRHA Board of Commissioners imposed upon itself the same policy of drug testing that is applied to IRHA employees. BOC members are required to submit to drug testing upon election or reelection. BOC members are required to adhere to the other testing requirements of that policy, including testing on suspicion, at random and post-accident. Failure to comply shall be grounds for discipline. Newly elected and reelected BOC members shall be tested the next business day after being elected.
Influenza (flu) is a contagious respiratory illness caused by the influenza virus that can cause a mild to severe illness. Severe cases can result in hospitalization or death. Children, elders, and people with certain health conditions are at a higher risk of serious flu outcomes.

The flu is different from a cold and can come on suddenly. People who are sick with the flu often feel some of all of these symptoms:

- Fever or feverish/chills
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting/Diarrhea

The best protection against the flu is the flu vaccine. The Center for Disease Control and Prevention (CDC), public health professionals, and Tanana Chiefs Conference recommend that everyone 6 months of age and older should get a flu vaccine each year.

The flu vaccine can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization or death.

The CDC estimates that during the 2016-2017 flu season, the flu vaccination prevented 5.3 million flu illnesses, 2.6 million flu medical visits, and 85,000 flu hospitalizations.

**FLU FACT**

Even healthy people can get the flu. Protect yourself. Get the flu shot!
Lorraine Titus, Northway

This month’s Legacy elder is Lorraine Titus of Northway, who was featured in Volume 4 of Legacy of our Elders series.

Lorraine was born in 1953 at her grandparent’s home in Northway. When talking about her upbringing, she refers to the old saying: “It takes a village to raise a child.” “I was raised by a village,” says Titus. “There were a lot of people in my life growing up.” Titus’ grandmother taught her about hard work, taking care of what you have, and helping others. Her mother and father had a lot of influence on her education and cultural background.

When Titus was 16, she had quit school and began full-time babysitting. Not long after that, Titus adopted her daughter. She decided to go back to school and her parents helped with her daughter.

Titus took on several leadership roles within the community. She worked as a health aide and as a member of the tribal council before being elected as Tribal Council President.

Titus battled with alcoholism from a young age. During one of the lowest points of her life, Titus turned to God. “I just promised God that if he just gave me one more chance to go home to my kids, I would never drink again.” Titus also credits her love of her village and the people in it with her decision to become sober.

Despite her struggles with alcohol, Titus was always listening to those around her, and soaking it that knowledge. “My advice to kids would be to listen. To learn what you can,” advises Titus.

To hear Lorraine’s full story, visit www.tananachiefs.org

FEDERAL SUBSISTENCE BOARD Meeting Advisory

April 15th-18th, 2019
William A. Egan Civic and Convention Center
Anchorage, AK

Teleconference: Dial Toll Free (800) 455-5897, the passcode is 3344290

The Federal Subsistence Board will meet to consider proposed changes to the Federal subsistence fish and shellfish regulations for the 2019-2021 regulatory years, proposed changes to customary and traditional use determines, and other subsistence issues. The Board may also consider companion Temporary Special Actions in order to immediately implement regulatory changes adopted by the Board.

The public is encouraged to participate in person or by teleconference. Throughout the meeting, there will be opportunities for the public to testify on both agenda and non-agenda items. At the start of each day, public comments on general subsistence issues are welcome. Public comments that relate to specific agenda items will be sought during the period in which the relevant agenda item is addressed.

Information about the Federal Subsistence Management Program may be found on the web at www.doi.gov/subsistence or by visiting www.facebook.com/subsistencealaska
April is Alcohol Awareness Month
‘Help for Today, Hope for Tomorrow’

The National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism be encouraging communities to reach out to the public each April with information about alcohol, alcoholism, and recovery.

TCC invites you to recognize Alcohol-Free Weekend April 5-17th, 2019.

The 2019 theme, “Help for Today, Hope for Tomorrow,” is designed to draw attention to the impact that alcohol, alcoholism and alcohol-related problems have on young people, their friends, families and communities – and to highlight the reality that help is available and recovery is possible.

We recognize that alcohol has had a major impact on all aspects of our people including physical health, emotional health, social health, culture, and spirituality. The issues surrounding alcohol are complex and varied and we will be sharing messages surrounding the issues in effort to raise awareness and give hope to those who are struggling with this substance.

We encourage you to take the information shared and sit with your family or friends to have your own discussions about what you can do to be a part of the solution. We are all in this together.

TCC Visits Hughes & Huslia

On January 29th, TCC staff from Quality Management, Housing, and Tribal Enrollment traveled to Hughes and Huslia.

Quality Management (QM) and Infection Control staff did site walkthroughs in both clinics to assess the needs to meet accreditation standards for the upcoming review in June. QM was also able to backhaul boxes of health records, outdated fire extinguishers, outdated/ expired medical supplies, and deplete oxygen cylinders.

The Housing staff attending these clinic walkthroughs and addressed any immediate electrical issues, as well as walkthroughs of the new Bureau of Indian Affairs Housing Improvement Project (BIA HIP) construction projects with the homeowners.

Tribal Enrollment staff was able to attend the trip and process applications and take photos on-site for tribal ID’s in each community.

By Cheyenna Kuplack
TCC Communications Coordinator

TANANA CHIEFS CONFERENCE • THE COUNCIL NEWSLETTER 17
Election Criteria: 2019 TCC Full Board of Directors Meeting

SUBREGIONAL ADVISORY BOARD ELECTIONS

TCC Executive Board of Directors

Subregional Positions:
Yukon Flats Subregion ........................................ 3 Year Term 2019-2022
  Currently Nancy James, Fort Yukon
Yukon Tanana Subregion .................................... 3 Year Term 2019-2022
  Currently Frank Thompson, Evansville

Eligibility Criteria:
• Must be a current village director, as authorized by tribal/village resolution.
  (Article 7, Section 4)
• Must be residents of the State of Alaska and Alaska Native Members of
  member villages of the corporation. (Article 4, Section 1)
• Employees of the corporation shall not be eligible to serve as Directors or
  officers of the corporation with exception of the President and temporary or
  seasonal E-Board Members and Full Board Members. (Article 4, Section 2)
• Must successfully pass an ICPA and Alaska Barrier Crimes Act Background
  check. (See also Executive Board Policy 50-5003).
• Compliance with the TCC Board of Directors’ Drug and Alcohol Free Policy
  #50-5001 applies to all TCC Executive and Health Board of Directors, with
  the exception of the Chief/Chair of the Board who is an employee who
  follows the employee policy. Those elected must pass a drug test according
  to this policy in order to serve their term.

TCC Advisory Boards

The three TCC Advisory Boards make recommendations to the TCC Executive Board and President. The President has the authority to appoint all individuals to the advisory boards, (Article 7, Section 3), but the President currently allows the subregions to democratically select representatives to each advisory board. All candidates must be Alaska Native.

TCC Regional Health Board
Upper Tanana Subregion.................................3 year term (2019-2022)
  Currently Nathaniel Gene, Tettlin
Upper Kuskokwim Subregion .........................3 year term (2019-2022)
  Currently Tamara Roberts, Nikolai

TCC Education Council
Upper Kuskokwim Subregion..................................3 year term (2019-2022)
  Currently VACANT
Upper Tanana Subregion....................................3 year term (2019-2022)
  Currently Daisy Northway, Tok

Interior Athabascan Tribal College Board of Trustees
Yukon Tanana Subregion..................................3 year term (2019-2022)
  Currently Vera Weiser, Minto
Yukon Flats Subregion....................................3 year term 2019-2022)
  Currently Donna Thomas, Fort Yukon

FULL BOARD OF DIRECTORS ELECTIONS

AFN Village Representative
1 Seat .......................................................... One year term (2019-2020)
  Currently Julie Roberts-Hyslop, Tanana
* The AFN Village Representative seat is not affected by the TCC Bylaws; however, we notify villages of AFN candidates who declare their written intent as a candidate, for informational purposes.

IRHA Board of Commissioners
Seat C.......................................................... Three year term (2019-2022)
  Currently Speedy Sam, Huslia
Seat D.......................................................... Three year term (2019-2022)
  Currently Pat McCarty, Ruby
* Must be eligible to serve on TCC Board of Directors
- Employees of TCC or IRHA are not eligible to serve as IRHA Commissioners (Article 7, Section 7)
* The election of the IRHA seat is not affected by the TCC Bylaws pertaining to the declaration of candidacy requirements; however, we notify villages of IRHA candidates who declare their written intent as a candidate for informational purposes.

FULL BOARD OF DIRECTIONS ELECTIONS

Officer Positions
TCC Vice President ........................................... 3 year term (2019-2022)
  Currently Julie Roberts-Hyslop, Tanana

ELIGIBILITY CRITERIA

Officers must be members of a member village of the corporation and eligible to be selected as a Director of a member village. (Article 5, Section 1)

On March 19, 2009, the TCC full board of directors adopted Resolution 2009-30 “Barrier Crimes” directing TCC to come into compliance with federal and state background check requirements. The TCC President, Executive Board or Health Board positions will have regular and foreseeable contact with Indian children and therefore must pass the Indian Child Protection and Family Violence Prevention Act (ICPA) and the State DHHS background checks. Executive Board and Health Board members also have foreseeable contact with Indian children as well as oversight of financial budgets with funds received by the State of Alaska. Potential candidates to the Executive Board and Health Board must turn in a completed and correct background check application to Heather Rogers in Human Resources by February 8 to guarantee background checks will be completed by February 28. Individuals contemplating running for a board position should turn in a background check application now to ensure the ability to make corrections to mistakes in the lengthy application. All background check applications will be confidential and only Human Resources will have access to the application and the names of individuals. Those individuals that do not submit complete paperwork or fail to pass a background check will not be eligible candidates for the TCC President, Executive Board or Health Board positions.

DECLARATION OF CANDIDACY

Individuals who want to declare themselves a candidate for any of the above seats must submit a written, signed and dated letter of intent between 8:00 AM-January 31, 2019 and 5:00 PM-March 1, 2019. We recommend that you confirm receipt of your letter of intent with the TCC Executive Secretary prior to March 1st. We may not know of the submission of your letter of intent; but we can confirm the receipt of your letter of intent. Individuals may submit a letter of intent for AFN Village Representative and IRHA Commissioner Seats but they must be nominated from the floor to declare themselves a candidate. Letter of intent (see example on page 4) must be received by fax, mail or delivered in person no later than 5:00 PM on March 1, 2019 to:

Tanana Chiefs Conference
ATTN: Norma Dahl, Executive Secretary
122 First Avenue, Suite 600
Fairbanks, AK 99701
1-800-478-6822 ext. 3118 FAX # (907) 459-3884

2019 TCC Full Board elections process follows the TCC Elections Rules; the elections rules are posted on the TCC website at www.tananachiefs.org under the 2019 TCC Annual Convention information and is also enclosed with the First and Official Call to Convention mailed to TCC member tribes. A copy of the elections rules can be requested by contacting Natasha Singh, General Counsel, at ext. 3178.

March 1st at 5:00pm: The open period in which a candidate may declare candidacy ends. Candidates must declare their candidacy in writing. TCC must provide a list of eligible candidates to member tribes.

March 14th: TCC elections held at the TCC Full Board of Directors Annual Meeting at the Westmark Hotel in Fairbanks.

Important Dates for the 2019 TCC Elections

Submit between now and February 8th:
- The last day TCC is able to guarantee a background check will be completed in time for the required 10 day announcement of candidates before the meeting.

January 31st at 8:00am:
- The open period in which a candidate may declare written candidacy begins. Please confirm receipt of your letter of intent.
Background Checks and TCC’s Full Board of Directors Election

ICPA BACKGROUND CHECK INFORMATION:
The Indian Child Protection Act (ICPA), requires TCC Executive and Health Board of Directors to pass a federal ICPA background check, and the Alaska Barrier Crimes Act background check.

The TCC Executive Board has made the commitment to both comply with current laws, Board policies and advocate for reasonable changes in background check requirements. As part of compliance, TCC Executive Board and Health Board candidates must submit their complete background check application which includes fingerprints by February 8th submitted to Heather Rogers, Human Resources Director. This allows enough time for the check to be complete. Only those candidates that pass the background check will be eligible to continue as official candidates for the March 14, 2019 election. This process was mandated in the 2014 Presidential Election as well.

2019 TCC ELECTIONS: ELECTION RULES

RULE 10. MAJORITY VOTE REQUIRED

To be elected to a position, nominees are required to receive a majority vote from the votes cast by the TCC Board of Delegates. If no nominee receives a majority vote on a ballot, the Election Committee shall conduct a subsequent ballot provided by these Election Rules until a nominee receives a majority vote.

RULE 11. FAILURE TO ACHIEVE MAJORITY

1. In the event of a tie occurring for a Subregional seat, a coin toss will occur to determine the outcome of the election.

2. Ballots where there are four (4) nominees or more. If no nominee receives a majority vote on the first ballot the following rules will apply with the intent to eliminate candidates to achieve a majority:

   The Election Committee will eliminate all nominees except for the three (3) nominees receiving the highest number of votes and conduct a subsequent ballot.

   If there are three (3) or more candidates that receive the second highest number of votes, all those with the second highest number of votes will proceed to the next ballot including the candidate with the most votes. The remaining candidates will be eliminated.

   If there is a tie for candidates with the third highest vote and there are two (2) or more candidates that receive the first and/or second highest number of votes, only the two (2) or more candidates that receive the highest number of votes will proceed to the next ballot. The rest will be eliminated.

   If there are more than three (3) candidates tied for first highest vote, all of those receiving the first highest will proceed to the next ballot. The rest will be eliminated.

   If all but one candidate ties for second, the Election Committee will distribute an "elimination ballot" that includes only the nominees who tied for second. The Election Committee will eliminate the one nominee receiving the lowest number of votes on the "elimination ballot" and resume the balloting between all remaining nominees.

3. Ballots where there are three (3) nominees. If no nominee receives a majority vote on a ballot having three (3) nominees, the Election Committee will eliminate the one nominee receiving the lowest number of votes, and conduct a subsequent ballot. If all three (3) nominees tie for the votes cast, the Election Committee shall conduct a subsequent ballot including all nominees. If two nominees tie for the fewest votes cast, the Committee will distribute an “elimination ballot” that includes only the two nominees who tied for the fewest votes cast on the prior ballot. The Election Committee will eliminate the one nominee receiving the fewest number of votes on the "elimination ballot" and resume the balloting between all remaining nominees.

4. Ballots with two (2) nominees. The nominee receiving a majority vote shall be elected. If neither nominee receives a majority vote, the Election Committee will prepare another ballot without elimination of the nominee receiving the fewer votes. This Election Committee will repeat this process as necessary until one nominee receives a majority vote.

** Majority is based on the number of Directors present for the 2019 Full Board of Director’s roll call.

LETTER OF INTENT

Tanana Chiefs Conference
ATTN: Norma Dahl, Executive Secretary
122 First Ave, Suite 600
Fairbanks, AK 99701 | Fax (907) 459-3884

Indian Child Protection and Family Violence Prevention Act, 25 USC sec. 3207 provides that each tribal organization that receives funds under the Indian Self-Determination and Education Assistance Act shall not employ individuals that have committed certain crimes when the position involves regular or foreseeable contact with Indian children. The TCC Executive Board has reviewed and passed procedures to implement the ICPA background checks and the Board requires all Executive Board of Directors, Health Board of Directors and TCC employees to pass ICPA background checks and the Alaska Barrier Crime Act, when applicable.

Nominees must fill-out a background check application. The background check application can be obtained from Heather Rogers, Human Resources Director at ext. 3095, and is due by February 8, 2019 to allow for processing before the election. Only those candidates that pass the background check will be official candidates for the 2019 Full Board of Directors’ elections.

TCC recommends that you confirm the receipt of your Letter of Intent with the TCC Executive Secretary prior to 5:00 P.M. March 1, 2019.
Village Vacancies
• Behavioral Health Aide (Anaktuvuk Pass)
• Community Health Aide/Practitioner (Alatna, Chalkyitsik, Dot Lake, Circle, Ruby)
• Physician Assistant-Upper Tanana Health Center (Tok)
• Healthy Transitions Clinician (Tok)
• Village Public Safety Officer (Grayling, Circle, Fort Yukon, Nulato, Ruby, Tanana, McGrath, Venetie)

Fairbanks Vacancies
• Addictions Counselor I
• Behavioral Health Assessment Clinician
• Behavioral Health Clinical Associate-Fairbanks
• Certified Medical Assistant II
• Child and Adolescent Psychiatric Case Manager
• Coding Manager
• Health and Safety Officer
• Healthy Transitions Clinician
• Healthy Transitions Project Director
• Hospitality Support Staff
• Old Minto Family Recovery Camp Traditional Counselor
• Psychiatrist
• RN

Region-Wide Vacancies
• Community Health Aide/Practitioner - Itinerant
• Itinerant Clinician - SOC

VOTE eProxy at https://eproxy.doyon.com

PROXY DEADLINE Tuesday, March 12

FRIDAY, MARCH 15
Westmark Fairbanks Hotel
8 a.m.