



OUR VISION IS:
SELF SUFFICIENCY

OUR CORE VALUES ARE:

LAND, EDUCATION, HEALTHY PEOPLE, ACCOUNTABILITY &
 PERSONAL RESPONSIBILITY, COMMITMENT AND UNITY



COUNCIL OF ATHABASCAN TRIBAL GOVERNMENTS

JUNE/JULY 2009

C.A.T.G. Holds Strategic Planning Session in Fairbanks

C.A.T.G held its annual strategic planning session during the week of June 8th at the Westmark hotel in Fairbanks, AK. The C.A.T.G Board of Directors, as well as the department directors gathered during the week to discuss many important issues regarding C.A.T.G villages and their needs.

The mission statement and goals from last year's strategic planning meeting was re-looked at in order to ensure C.A.T.G is following its mission statement, and making progress in accomplishing its goals. Department directors gave overviews of their departments, programs, and future plans. The board and staff then addressed the needs of the villages as they pertained to each

department. Many great ideas for existing and new programs, policies, and procedures were formed, and the task of implementing them was left to the department directors.

The board expressed concerns that C.A.T.G was more "Ft. Yukon-focused" rather than regionally so solutions to this problem were discussed; one idea of sending different departments to the different villages had come up. Communication between C.A.T.G and the villages was also an issue for the board members, and ways to improve communication were addressed. Some of the ways that C.A.T.G will be improving communication is through regular distribution of the newsletter, updating the website, and more public outreach.



Executive Director, Ben Stevens



Strategic Planning in Fairbanks

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OUR GOVERNING BOARD OF DIRECTORS

ARCTIC VILLAGE.....	JONATHON JOHN
BEAVER.....	SELINA PETRUSKA
BIRCH CREEK.....	EDDY JAMES
CANYON VILLAGE.....	JOHN S. JONAS
CHALKYITSIK.....	WILLIAM SALMON JR..
CIRCLE.....	LARRY NATHANIEL
FORT YUKON.....	MICHAEL S. PETER
RAMPART.....	TOM WIEHL
STEVENS VILLAGE.....	HAROLD SIMON
VENETIE,.....	CHRISTIAN TRITT JR..

Be sure to check out CATG's website! It is in the process of being updated. www.catg.org



Nadine Carroll, Administrative Intern

Hello, my name is Nadine Carroll I am the daughter of Janet and Clifton Carroll, and I am originally from Ft.



Yukon, AK. I have been living in Fairbanks for the past 5 years where I have been attending the University of Alaska Fairbanks. I am currently a college junior and I am seeking a Bachelors degree in Business Management. I plan to graduate in the fall of next year. I have previously interned at the Interior Regional Housing Authority, Doyon, Ltd., and The AK Dept. of Fish & Game. During the school year I am an office assistant at the School of Engineering at UAF. This summer I am going to be working with the Executive Director to develop a business plan for C.A.T.G, assist with public relations, and to provide support for our Board of Directors. I will be returning to Fairbanks in the fall to continue school. I am thankful to have the opportunity to intern at C.A.T.G. where I am close to my home and family.

NEW EMPLOYEES

Richie Carroll, Environmental Technician

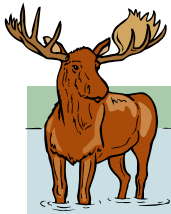


My name is Richard Carroll III. I live in Fort Yukon and I'm 24 years old. I like to do outdoor activities like hunting, fishing, and trapping. I just started a job at CATG Natural Resources Department as an environmental technician. I will be taking water samples on the Yukon and Porcupine Rivers this summer with the Yukon River Intertribal Watershed Council. I will be leaving on July 5th for a two week trip, taking water samples every mile all the way to Tanana. It is important to monitor our rivers so we can enhance and preserve life along the Yukon and Porcupine Rivers. I'm very excited to work out in the field and in the office. I like to work hard and look forward to working with the Yukon Flats tribes.

Janis Carroll, Administrative Assistant

Hi my name is Janis Carroll and I was recently hired as the administrative assistant for the CATG Natural Resources Department. My parents are the late Daniel Carroll and the late Pamela Bluekins and I have one son, Devin Talbott, who is 10 years old. I am looking forward to working in the CATG Natural Resources Department to promote the well-being of our communities in the Yukon Flats region.

Help the Moose Population and Take Home \$1000



This undertaking is a coordinated effort between Beaver Village Council, CATG and other tribes to positively affect the moose population within the Yukon Flats by increasing the Black bear harvest. Open to all residents of the Yukon Flats. Largest legally taken Black bear skull wins \$1000.00; skulls must be boiled and cleaned. Hunters must have current license, and each hunter is allowed 3 Black bears a year. Transport skull to CATG in Ft. Yukon. For more information contact the Beaver Village Council at (907) 628-6125, email: Wilma_pitka2000@yahoo.com or Laurie Montour in Ft. Yukon at (907) 662-7590 or (800) 478-7590, email: lmontour@catg.org



Are You a “Mindful Eater?”

By David Akin, Diabetes Educator

So, the first question is what the heck is a “Mindful Eater?”

Several studies have shown that weight gain is often a function of not being aware of what you eat, where you eat and how much you eat. Here are examples.

If you are at work and someone bring’s food, do you eat some of it, even though you are not hungry? (not being MINDFUL of if you are really hungry or not)

When you eat a meal, are you doing other things too? Things like watching TV, talking on the phone or with other people in the family? (not being MINDFUL of the eating process itself)

When you get a plate of food, do you LOOK at the size of the serving and make a conscious decision about if the serving is too large or too small? (not being MINDFUL of portion size)

When you are preparing food are you thinking of how many calories it contains and how nutritious the food is? (not being MINDFUL of foods nutritional value)

Not being MINDFUL of these eating habits almost guarantee that we will eat too many calories and gain weight.

The next time you eat, take some time to think about what you’re about to do...because eating is important to our health and taking a moment to be MINDFUL of the process of eating can help keep us healthy.



Health News Announcements

Many patients continue to ask the clinic staff to do things that we are not legally allowed to do. There are other requests that are turned down as a matter of policy. Please do not ask our providers to break these rules. They are there for the protection of all.

- * We cannot fill prescriptions that you are given in another facility. We are only allowed to dispense the medications that we prescribe for you here. If you come back from Fairbanks with a prescription, we have to see you as a patient in order to give you medicine. We may not have the medicine you were prescribed, or have the number of pills you need.
- * We keep small quantities of medications in this clinic. If you are running out of your medication you should call Chief Andrew Isaac Health Center Pharmacy at least a week before you run out. If you find that you are going to run out before receiving your medication, you must be seen in the clinic here by a provider to get more medicine. We don’t keep all medicines here that patients are prescribed.
- * Do not ask us to see you after hours for an illness that is not an emergency.
- * Plan ahead. If you wait until the last minute to call there may not be openings in the schedule.
- * We do not dispense over-the-counter medicines without a provider visit.
- * Medications dispensed through CAIHC Pharmacy will come with a label stating the number of refills remaining. When you start the last refill call for an appointment at the clinic. Many times you will also need to have lab work done.
- * The providers’ schedules are kept at the front desk. Don’t call providers or leave messages on voice mail asking for an appointment. This just slows down the process. Ask at the front desk for an appointment.





From the desk of Laurie Montour, Natural Resources Director



The Fish Scale Sampling training session on Monday, June 22nd went well. We had 7 participants described by the Tanana Chiefs Conference fish biologist as her liveliest group yet. They certainly came up with creative ways to acquire scales from as many king salmon possible, since every properly-sampled fish earns them \$5. In addition to taking 3 scales from the side of the fish to determine its age and how many years it was in the ocean, participants learned how to measure the length of the salmon from eyeball to fork in the tail and to record the sex of the fish. Two participants also agreed to take a measurement of the widest part of the salmon for an extra dollar/fish. This Fish Scale project is for the Ft. Yukon area only although other villages may be asked to provide samples from their fishing areas in future years.

The information from each king salmon will be added to the sampling being done by other Native village sample-takers up and down from us on the Yukon River. The information will tell us about how many salmon are making it up here, how healthy they are, the proportion of male and females on each day. We compare this to information taken from previous years to see whether the king salmon are roughly the same number as in previous years. These estimates from the past, this year's sonar & experimental net counts, plus harvests by Native subsistence fishers described on the Tuesday teleconferences (1pm @1(800)315-6388, then 98566#) are revealing an extremely low king salmon run, although summer chums and whitefish (sheefish) are doing OK.

In July and until fishing ends, CATG Natural Resources staff Janis Carroll and Richie Carroll will be asking for your assistance in estimating fishing effort. If people are spending more time and more money to get the same amount of fish for their family's needs, this tells a story of extra effort and perhaps dwindling fish. One fisherman told me how the fish were so early and so plentiful one year that he got his whole year's worth of fish by June 20th!

I would like to acknowledge Kevin Solomon for providing a whitefish, and Richie Carroll for providing a king salmon for

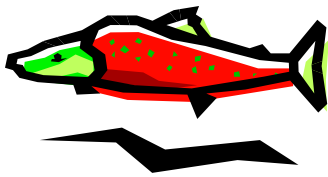
2009 Yukon Area King Salmon Outlook

The run of Canadian-origin Chinook salmon in 2009 is expected to be below average to poor, with a run outlook of 60,700-71,600 fish based on anticipated low production as observed in 2007 and 2008. In comparison, the average run size from 2000 to 2008 was 97,000 Chinook salmon.

The total Yukon River Chinook salmon run can be estimated by applying historical average proportions of Canadian-origin fish in the total run to the outlook estimated for the Canadian component of the run. The 2009 run outlook estimate is based on the 2007 and 2008 proportions. Using this method, the expected total Yukon River run size is 166,000, but it could be as low as 149,000 based on sibling and the Ricker models (note there is a lot of uncertainty associated with this method).

Thus, the 2009 Yukon River Chinook salmon run will likely be below average to poor, with the primary concern being for a poor run of Canadian-origin Chinook salmon. As a result it is important to remember to enter the 2009 season with the expectation that subsistence conservation measures, beyond those used in 2008, will be required in order to share the available subsistence harvest amount and meet escapement goals. It is unlikely that there will be a directed Chinook salmon commercial fishery in 2009 on the mainstream river.

Fishermen are reminded that they should consult both the State of Alaska fishing regulations and the Federal Subsistence Management Regulations for Federal Public Lands before fishing in the Yukon Area. Subsistence fishing in portions of the Yukon Area is under dual management authority of the AK Dept. of Fish & Game and the U.S. Fish and Wildlife Service.



For those of you interested, you can call in and participate in the Yukon River In Season Management Teleconference on Tuesdays at 1pm to discuss fishing throughout the entire Yukon River region. This is a forum to increase communication throughout the Yukon River. The number is 1-800-315-6338, the participation code is 98566 followed by the # sign.



From the desk of Karen Dixon, Education Director

Native American Career Technical Assistance Program: (NACTEP)

Karen Dixon, Education Director, Debbie VanDyke and Carrie Stevens are actively working on summer NACTEP recruiting and public relations in the surrounding villages. On June 25, 2009 a dinner was provided to recognize the achievement of May 2009 NACTEP graduates. They are our foundation cornerstone for meeting CATG's *Core Purpose: Self-Sufficiency*.

On-site village visits are scheduled for June 29-July 2, 2009. If you missed the presentation and are interested please call for information @ (907) 662-3266 and ask for Debbie VanDyke.



Early Head Start (EHS)

The Early Head Start program welcomes two Early Head Start consultants who have been assisting with program development and professional development with Janette Jackson, Disabilities Coordinator and our Home Educators: Rachel Solomon, Amy Carroll, in Fort Yukon, Patsy Sperry of Circle and Cora Alexander of Venetie. Susan Workman and Jim Gage have significant work the week of June 22-26, 2009.

Parents and Families: if you have children ages Birth-3years old, please stop by the Education Building for a application to enroll your child into our EHS program. We conduct one home educator technical assistance visit per week with each family enrolled and have two group socials per month with fun/educational activities for the whole family. You and your child's success is our goal.

Parents as Teachers is the primary curriculum for EHS. As the curriculum is taught, supplemental resources, such as parental training in infant massage for 0-1 children can be incorporated. Earlier this summer, EHS staff attended this professional development course in Coeur d' Alene, Idaho. As EHS staff make village visits and schedule home visits, they will have more information regarding Parents as Teachers and other learning resources.

We look forward to providing you excellent teaching and learning experiences in early childhood education. Thank you for your continued support of the Education Department!



Eugina, Ashlyn, Elora and Lawrence



Kassy Jo and Kayley Carroll of Circle

Early Head Start Socials



Future Firewoman Nellie Ward



Rhianna Williams, Travis and Trinity Hardy




June 2009

CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 CATG Strategic Planning Mtg., Fairbanks	9	10	11	12	13 GZ Annual Mtg.
14	15 Bio Mass Mtg., Anchorage	16	17	18	19	20
21	22 Youth Music Festival, Chalkyitsik	23	24	25	26	27
28	29 Early Headstart Gathering, Fairbanks	30				

July 2009

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 CATG Holiday	4 Independence Day 
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Board of Director's Mtg, Ft. Yukon	24	25
26	27	28	29	30	31	



Arctic Village hosts Celebration of Land and Life



Photo courtesy Lou Dematteis/Spectral Q/ Redux

The Gwich'in Nation along with representatives from Alaska Native communities gathered in Arctic Village May 30 to June 1st 2009 for the "Celebration of Land and Life", which celebrated 20 years of protecting the Arctic National Wildlife Refuge from oil drilling.

The event was hosted by the Gwich'in Nation and supported by the Tck Tck Tck Alliance (www.tcktck.org for more info). The gathering called for permanent protection of the Arctic Refuge and urgent action on climate change.

A human aerial message was created that read "SAVE THE ARCTIC" complete with a caribou, and was designed by aerial artist John Quigley, the human banner took over one hundred people to create. The Arctic Village youth along with the Venetie Dance Group performed traditional dances. There was also fiddle dancing with Trimble Gilbert, and a concert by Red Thunder.

Rising temperatures is becoming a major problem, and this area is experiencing some of the most extreme impacts of climate change and global warming. ANWR is the last portion of the North Slope of Alaska that is currently unavailable to oil and gas development. Gwich'in experts and caribou biologists have concluded that allowing drilling in the Arctic Refuge coastal plain will detrimentally impact the porcupine caribou herd.

REGIONAL NEWS

CATG Visits Chalkyitsik Youth Camp

Chief William "Willy" Salmon invited CATG staff members to visit the David Salmon Art and Culture Gathering during the week of June 22-26. The camp was located up around the bend from Chalkyitsik along the beautiful black river and hosted students from the Yukon Flats area who were a part of a summer school program, but visitors were also welcome. The camp had a very nice atmosphere filled with good food, good weather, and good people and was a great example of youth and community members gathering together to celebrate culture. There were many activities for the kids including fiddle and guitar lessons, painting, beading, and canoe making, and the kids that were at the camp as a part of summer school had lessons every day. The staff at CATG would like to thank the community of Chalkyitsik and Chief William "Willy" Salmon for welcoming us and showing as a good time, and we look forward to next year. For more info about the camp contact the Chalkyitsik Village Council at (907) 848-8117



If you have any news, events, or announcements from you community that you would like to see in the C.A.T.G Newsletter, please contact Michelle VanDyke at mvandyke@catg.org, or Nadine Carroll at ncarroll@catg.org

**COUNCIL OF ATHABASCAN
TRIBAL GOVERNMENTS**

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Toll Free: 800-662-2591

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JOB OPENINGS

CATG HAS THE FOLLOWING JOB VACANCIES

FORT YUKON

HUMAN RESOURCE MANAGER
FAMILY SERVICES COORDINATOR
EARLY HEAD START PROGRAM MANAGER
ADMIN ASSISTANT— EDUCATION DEPT.

*These positions are open until Filled

For information regarding these positions or to apply, contact the HR department by calling 662-7504
Or Fax your resume to 907-662-3333, attn: Human Resources