

# Fairbanks Native Association Highlights

*A Voice for the People of Fairbanks*

Summer Issue 2016

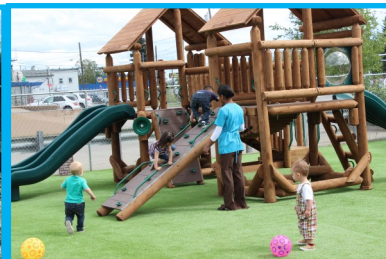
## *New Playground at the McKinley Site!*



**Head Start children enjoy the new playground.**

FNA Extended Day McKinley site, located at the old Foodland building on Gaffney Road, was awarded funding from the Office of Head Start for a new age-appropriate playground for toddlers and preschool children. The playground was completed this summer. The staff hosted a family gathering July 14<sup>th</sup> for the children to share the playground with their families; activities and food were provided. The children are very proud of their new playground and they can't wait for their daily outdoor play time. The FNA McKinley site offers 40 slots for age 3-5 and 16 slots for ages 0-3, which are full day services. We are currently recruiting to fill the slots at the McKinley site for this school year.

To enroll your children, or for more information regarding the FNA Head Start 0-5 Program, please contact Rebecca Ginn, Enrollment Specialist at 451-8814.



### **Inside this Issue:**

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### **Board of Directors**

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Executive Director



**Message from Executive Director, Steve Ginnis**

I would like extend my gratitude to the employees of FNA and to the people we serve. Through the hard work of our employees we are making positive impacts for families around the state. Mahsi'



**Thank you Holland America!**

*FNA was awarded a grant from Holland America to purchase traditional drums and drum kits for the FNA JOM Potlatch Dance group.*



**GET OUT THE NATIVE VOTE**

Let Your Voice Be Heard! Cast Your Vote!

**Primary Election Day**  
August 16, 2016  
**General Election Day**  
November 8, 2016

Register to vote online at:  
[www.elections.alaska.gov](http://www.elections.alaska.gov)  
For more information email:  
[gotnv@doyon.com](mailto:gotnv@doyon.com)



**Thank you Brice Companies!**

BRICE, Inc volunteered their staff and equipment in clearing and extending the Birch Hill area Native Section. There are 8 acres set aside at Birch Hill for American Indian and Alaska Natives and their spouses which makes it possible for us to traditionally take care of loved ones throughout the year. The Birch Hill Native Section is managed by Fairbanks Native Association in partnership with Doyon, Limited, and Tanana Chiefs Conference.

*BRICE, INC is a subsidiary of the Calista Corporation.*



For more information regarding the Birch Hill Native Section:  
[www.fairbanksnative.org](http://www.fairbanksnative.org) \* 907-452-1648 \* email [info@fairbanksnative.org](mailto:info@fairbanksnative.org)

**Life is short.**  
**Work Somewhere Awesome!**

JOIN THE FNA TEAM! To apply or view job openings visit our website at: [www.fairbanksnative.org](http://www.fairbanksnative.org)



**FNA Employee of the Month**

<b>December 2015</b>	<b>January 2016</b>	<b>February 2016</b>
<b>Amee McHatten</b> Behavioral Health Services	<b>Jeremy Agee</b> Headstart 0-5	<b>Tonya Garnett</b> Administration
<b>March 2016</b>	<b>April 2016</b>	<b>May 2016</b>
<b>Lorraine David</b> Behavioral Health Services	<b>Hilda Johnson</b> Tribal Home Visiting	<b>Karen Eddy</b> Community Services

## FNA Head Start in DC!



FNA Head Start staff pose for a picture during the National Grantee meeting held in June in Washington, DC. Pictured Left to Right: Melissa Charlie, Lisa Murkowski, Linda Pitka, Serena, Mary Willey, Colleen Hasbrouck, and Elijah.

FNA Head Start located at the Poldine Carlo Building also received funding to renovate the exterior building. The funding covered new paint and siding on the outside of the building. This project was completed in July, before the children return back to school. The Poldine Carlo Building provides free part day preschool services to 80 children, ages 3-5, each school year.

FNA Head Start 0-5 is now enrolling for the school year.

For enrollment information please contact Rebecca Ginn, Enrollment Specialist at 451-8814.



## THV National Spotlight: "In the Life of a Home Visitor"

*"Laughter is universal! Enjoy your job regardless of the many challenges! That is how important a child is to me. In hopes of making a difference, even if it was just for that one child, those kids had fun that day, it was about them and what they learned that day, and that's all that matters to me."* ~Hilda Johnson



**Tribal Home Visiting Team**  
Lisa Larranaga, Hilda Johnson, Alisha Gilbert

Hilda Johnson was honored with the opportunity to present the keynote during this year's Tribal Home Visiting Grantee Meeting to several hundred people in Washington, DC. Hilda has immense experience in the Early Childhood Education programs and she has been employed with FNA for 20 years!

Hilda's presentation titled, "In the Life of a Home Visitor", provided a heartfelt and honest look into the many roles they play in the lives of the families we serve. In her experience as a Home Visitor in the Tribal Home Visiting program, she states "I sometimes come home crying and often times laughing...Every day I look into clear blue eyes to dark brown eyes in the hopes of making a difference in our community and future generation."

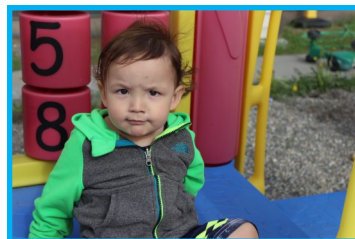
Hilda often drives 60 miles to visit a family so she can provide positive experiences through cultural activities. She teaches non-Native foster parents of Native children to cook Native foods such as moose soup and fish heads. She also shows them how they can participate in cultural activities such as berry picking, potlatches, and fishing. She has provided support to young mothers, single fathers,

foster parents, and grandparents from all areas of the community. She tells us "I have done home visits in tents for a family down on their luck and I have been to immaculate homes. I have gone on Home Visits at the Rescue Mission and trailer parks and also to five bedroom homes. All children are the same and all have needs. We are all people." Great job Hilda and the Tribal Home Visiting team!

*"I carry all this with me and I strive to be the best that I can for the children in my community. Together we can make a difference to prevent adverse childhood experiences!"* ~Hilda Johnson



**Hilda Johnson, FNA Tribal Home Visiting Interim Director giving the keynote presentation "In the Life of a Home Visitor" at the Tribal Grantee meeting in DC this past June .**



# Behavioral Health Services



Youth that completed the training were presented with a certificate and other gifts.

Pictured above: Rhiannon Smoke

Pictured below: Trenity Washington

# Natural Peer Helpers!

Our SAYA Program held a Natural Peer Helpers training June 21-23 at the Mt Pleasant Baptist Church. Youth enjoyed the three day workshop where they learned leadership, communication, and referral skills.

## What is the Natural Helpers Program?

### Youth (14-18 years old), who;

- are mature, dependable, and caring.
- provide support and referrals to peers.
- are trust worthy, responsible and have characteristics of readiness, integrity, and responsibility in their everyday lives.
- recognize personal limits, are supportive and respond in healthy ways to stress.
- are interested in fulfilling a leadership role.
- invite and embrace opportunities to lead and maintain a positive attitude.

For more information contact:

**Carolyn Walker**

**SAYA Youth Coordinator**

Office 907-452-6251 Ext. 6241



## YOUTH VOLUNTEER OPPORTUNITY!

**Are you between the ages of 10-25?**

**Interested in being a part of positive change?**

**Are you Alaska Native or American Indian?**

**Do you live in the Fairbanks or North Pole?**



As part of our new Youth Prevention Services, the Visions Program helps young Alaska Natives ages 10-25 struggling with suicide and will develop and implement tribal-wide youth suicide prevention and early intervention strategies for the Interior region including the 42 villages of the Doyon region. We are working to expand our youth council and interagency transition council to include one suicide survivor and one parent of a suicide survivor. Both are preferred to have come through the experience of suicide and could inform the councils on how the system of care could be improved to better serve families and increase access to services for young people and their families struggling with suicide. Representatives do not need to be from the same family to participate. If you are interested in joining either of these councils, please contact Karen Blackburn at 907-452-1648 ext. 6418 or [kblackburn@fairbanksnative.org](mailto:kblackburn@fairbanksnative.org).

# Behavioral Health Services



**Not sure where to start?**  
Call us today to see how we can help!

For more information:  
Phone 907-452-6251  
Visit our website:  
[www.fairbanksnative.org](http://www.fairbanksnative.org)

## FNA BHS PROGRAMS:

Residential Treatment  
Outpatient Treatment  
Youth Residential Treatment  
Prevention Programs  
Detox Services  
Support Services



# Community Services



FNA Community Services Elders Program partners with our Head Start 0-5 program throughout the year. This past spring, the head start children learned about plants by planting seeds with the Elders.

## Summer Activities

Monday-Friday, Elder hot lunch,  
11:30AM-12:30PM

Wednesday: Native Food Day!

Monday, Walking with the  
Elders, 1:15-2:30PM

Tuesday, Elder Council Meeting  
(every other Tuesday), 12PM

Tuesday, Gardening  
Ravens Landing 1-2PM

Friday in July only  
Blueberry Picking

Visit our website at:  
[www.fairbanksnative.org](http://www.fairbanksnative.org) for  
our calendar of events  
or call 452-5225.

Native food donations  
welcome!

Our Community Services Program provides the following services year round:

### Elder Services

- Transportation, home visits, information and referrals
- hot lunch on weekdays (Monday-Friday)
- Elder activities (such as swimming, berry picking, walking)
- Elder abuse awareness and prevention services

### Support Services

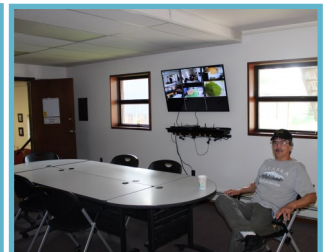
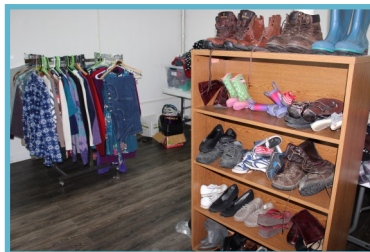
- Clothing distribution (clothing donations accepted)
- Weekly Food Box distribution
- Advocacy Support
- BIA burial assistance
- Assistance completing applications for housing, energy, employment, and other services

### Cancer Survivors Support Group

- Support for cancer survivors, their friends, and family



Community Services held a BBQ in celebration of Mothers Day and Fathers Day. Both events were well attended. Great job FNA staff!



### FNA Community Services Upgrades!

Upgrades to the FNA Community Services building include spring cleaning of the basement, clothing room, and reception area to name a few. The staff, along with our facilities crew, have been taking on projects to better serve our community. There is now a room to display clothing donations for clients, a receptionist desk to welcome visitors, a conference area for meetings and classes, and new flooring.



### Elders enjoy the fruits of their labor!

The Elders Program partnered with Raven's Landing and planted seeds outside their building. The Elders shared the vegetables with all the Elders during a lunch at Raven's Landing.



# Johnson O'Malley (JOM)

Math tips for students and parents

## MULTIPLICATION TABLE

	1	2	3	4	5	6	7	8	9	10
1	1	2	3	4	5	6	7	8	9	10
2	2	4	6	8	10	12	14	16	18	20
3	3	6	9	12	15	18	21	24	27	30
4	4	8	12	16	20	24	28	32	36	40
5	5	10	15	20	25	30	35	40	45	50
6	6	12	18	24	30	36	42	48	54	60
7	7	14	21	28	35	42	49	56	63	70
8	8	16	24	32	40	48	56	64	72	80
9	9	18	27	36	45	54	63	72	81	90
10	10	20	30	40	50	60	70	80	90	100

**DIRECTIONS:** Steps to making a Multiplication Table. Multiplication is very important and is easy to practice with your child. Here's how to build a table to practice multiplication. On a blank sheet of paper number across the top 1 to 12 and down the left side 1 to 12. Then start multiplying placing each product in its correct space. Practice, completing this table, a couple of times each week for no more than 15 to 20 minutes, each session, and over the summer your child will have multiplication memorized. This will build confidence and enable them to learn new math concepts and rules without being bogged down trying to remember the products of 9 times 7 or 5 times 9, without using their fingers.

## Camp Read-A-Lot



On May 17, 2016, JOM coordinated a summer reading and enrichment family event for pre-school-12th grade students who are JOM eligible. This event was held at the Chief David Salmon Tribal Hall and was sponsored by Alyeska Pipeline Service Company. Students received free books to take home, won door prizes, were able to sign up for summer reading programs, and received summer learning kits. This event was well attended by the members of our community. Thank you to all guests, volunteers, and sponsors.

## WHAT IS PEMDAS?

Ask your student and see if they can answer. Math is easy when you can break it down to small steps. These steps are called Order of Operations. The Order of Operations is a rule that tells you the sequence to follow when you are performing operations in a mathematical expression.

# Order of Operations

To solve math problems with more than one operation (+, -, x, ÷), remember this sentence for the correct order:

**P**lease **E**xercise **M**y **D**ear **A**unt **S**ally

1.	2.	3.	4.
parentheses	exponents	multiplication	division
<b>P</b>	<b>E</b>	<b>M</b> or <b>D</b>	<b>A</b> or <b>S</b>
( )	$y^x$	$\times$	$\div$
Do <b>P</b> , then <b>E</b> . Then do <b>M</b> or <b>D</b> , left to right. Lastly, do <b>A</b> or <b>S</b> , left to right.			

Do each operation from left to right.

$$(6-3) + (2 \times 3)^2 \times 4 + (3+1)$$

First, do what's in **P**arenthesis

$$3 + 6^2 \times 4 + 4$$

Then, do the **E**xponents

$$3 + 36 \times 4 + 4$$

Next, **M**ultiply and/or **D**ivide

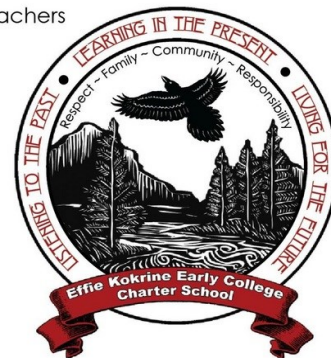
$$3 + 144 + 4$$

Last, **A**dd and/or **S**ubtract

$$= 151$$

## Looking for a different sort of middle school?

- Small classes
- One-on-one support from tutors and teachers
- After-school tutoring
- Learn about your Cultural Heritage
- Fall and Winter Culture Camp
- Hunter Education/4-H Mushing Class
- Fall hunting break
- Different learning styles



## Effie Kokrine

Application available online:  
[ekc.k12northstar.org](http://ekc.k12northstar.org)

Give us a call or come in for a visit  
 @ 601 Loftus Rd. (Across from U Park Elementary)  
 907.474. 0958

Bus service from Fairbanks & North Pole available

# FNA JOM Alaska Native Youth Basketball Tournament Championship



The FNA JOM Alaska Native Youth Basketball Tournament held at Tanana Middle School March 14-16, 2016 had a great turn out of players, volunteers, and supporters. This tournament is open to Alaska Native/American Indian youth in grades 3rd-12th and is the only Native tournament for children in Alaska for all these grade levels. This tournament provides our children with a fun and healthy activity where they learn skills and teamwork. The preparation and coordination of this tournament begins in the Fall and takes a lot of hard work and commitment.

Thank you JOM, Volunteers, Players, and Contributors!



## JOM Potlatch Dancers

The JOM Potlatch Dance Group

members can now introduce themselves in Koyukon Athabascan! This past year, our Cultural Specialist Irene Nicholia-Todd, integrated a Koyukon Athabascan language program and crafts with the JOM Potlatch Dance group. The children practice Native singing and dancing, learn to speak Koyukon, sing Native gospel songs in Koyukon, and are learning to bead.



## FNA Potlatch & Pageants

Thank you to everyone who helped to make the 2016 FNA potlatch and pageants an enjoyable and awesome event! The potlatch was held at the Chief David Salmon Tribal Hall on March 19, 2016 and there was a great turn out and we look forward to seeing everyone again next year! Baby Contest Winners: JC Frykman and Ryler Carlson.

FNA Princess Contest winter: Jaelynn Pitka. 2016 Miss FNA winner: Chanel Simon!



## FNA Annual Meeting

We had a huge turnout at the 2016 FNA Annual Membership Meeting on March 11, 2016 at the Chief David Salmon Tribal Hall. We welcome our new board members Sarah Obed, Andrea Durny, and Jessica Black. We look forward to working with them and are excited about the new energy they bring to strengthen FNA. This year we had 231 eligible voters and 10 nominations. In 2015 we had 198 voters and 9 nominations. We would like to thank Glenn 'Manny' Carlo, Rhonda Baker-Joseph and Susan Dayton for their years of service to the board.



# *FNA in our Community*





# 65 or older? Interior Alaska Native Elders Registry and Survey



Denakkanaaga, in partnership with TCC, IRHA and FNA is conducting an Interior Alaska Native Elders registry (census) and survey that will begin mid-July.

**Why?** To obtain a list of the 1,000 plus elders 65 and older who reside in Interior Alaska, get an assessment of their housing and health care service requirements, and to plan for future elder needs.

All survey responses will be kept confidential.

For assistance in completing the registry & survey or more information call:

**Pat Bessette**

Denakkanaaga, 907-451-3900

**Luann Strickland**

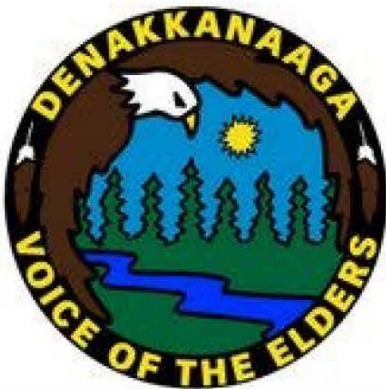
Tanana Chiefs, 907-452-8251 ext. 3243

**Karen Eddy**

Fairbanks Native Association, 907-452-5225

**Cash Prize Drawing  
Totaling \$2,500**  
For those completing the survey

**Deadline eligibility: September 30, 2016**  
**Drawing: October 14, 2016**



Tanana  
Chiefs  
Conference



FAIRBANKS NATIVE  
ASSOCIATION



**FREE!**  
Part Day  
Center Based Options



FAIRBANKS NATIVE  
ASSOCIATION

Full Day  
Center Based Option

**FREE!**  
Home Based  
Option

FNA Head Start 0-5 Program  
**NOW ENROLLING!**  
Free Preschool Services

**FREE!**  
Combination  
Option

451-8814



Primary Election Day  
August 16, 2016

General Election Day  
November 8, 2016

**VOTE**  
in the heart  
of Alaska

Register online at  
[elections.alaska.gov](http://elections.alaska.gov)

For more information email  
[gotnv@doyon.com](mailto:gotnv@doyon.com)

# CALL OUT FOR NATIVE FOOD DONATIONS

## AFN WELCOME & FAIRBANKS FOUR POTLATCH

OCTOBER 19 • BIG DIPPER, FAIRBANKS

HELP BY DONATING TRADITIONAL FOODS:

MOOSE

BEAVER

DUCK

FISH

BERRIES

MISC.

IF YOU'D LIKE TO DONATE CONTACT:

DOYON FACILITIES STAFF

459-2100



# 2016 FNA Community Needs Survey

You can fill out this survey and return to any FNA office, email [info@fairbanksnative.org](mailto:info@fairbanksnative.org) or complete the survey online at: [https://docs.google.com/forms/d/1gX5m\\_oLvO6hvN93JDtpRfHG7OQLV-Ane4jcb5OHPub4/viewform?usp=send\\_form](https://docs.google.com/forms/d/1gX5m_oLvO6hvN93JDtpRfHG7OQLV-Ane4jcb5OHPub4/viewform?usp=send_form) or find the link on the FNA Facebook page.

Have you lived in Fairbanks for at least 30 days?  Yes  No

How would you like to receive the FNA newsletter?

- U.S. mail (hard copy) Mailing Address: \_\_\_\_\_
- Email (e-newsletter only) Email Address: \_\_\_\_\_

Are you over 18?  Yes  No

Are you ¼ more Alaska Native or American Indian? If not, it's ok, please continue : )  Yes  No

Are you enrolled to an Alaska Native Regional Corporation?  Yes  No

Which AK Native Regional Corporation are you enrolled to? (We only ask this to collect demographics)

- Afognak
- Ahtna
- Aleut
- ASRC
- Bering Straits
- Bristol Bay
- Calista
- Chugach
- CIRI
- Doyon, Limited
- Koniag
- NANA (Northwest Arctic)
- Sealaska
- At-Large
- Not Enrolled to a Regional Corporation
- Other: \_\_\_\_\_

When you hear Fairbanks Native Association, what comes to mind? Please write 3 single words that you think of when you hear FNA:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How would you rate each of the following FNA Educational services?

	Excellent	Good	Fair	Poor	Don't know
FNA Head Start 0-5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FNA JOM (Johnson O'Malley) program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FNA Tribal Home Visiting program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How would you rate each of the following FNA BEHAVIORAL HEALTH services?

	Excellent	Good	Fair	Poor	Don't know
Ralph Perdue Center (Adult residential treatment)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
RPC Outpatient Treatment program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gateway to Recovery (Detox) program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FASAP (Fairbanks Alcohol Safety Action Program)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Graf Rheeneerhaanjii (Adolescent treatment program)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women's & Children's Center for Inner Healing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How would you rate each of the following FNA COMMUNITY SERVICES programs?**

	Excellent	Good	Fair	Poor	Don't know
Advocacy Support (help applying for housing, energy asst., employment, other welfare programs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food & Clothing distribution (weekly boxes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Elder Support Services (transportation, hot meals 5x per week, home visiting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancer Survivor Support Services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What community issues should FNA be working on? Please share any comments or ideas you have about FNA: \_\_\_\_\_

**On a scale of 1-5, how useful are the services provided by Fairbanks Native Association?**

	Not Useful at All	A little useful	Somewhat useful	Pretty useful	Very useful
Pick One	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*Thank you for helping us help the community!*

**DRAWING FOR A \$50 gift card: If you want to enter to win a \$50 gift/shopping card please enter your name, email and phone number below (all kept confidential).**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

**You can fill out this survey and return to any FNA office, email [info@fairbanksnative.org](mailto:info@fairbanksnative.org) or complete the survey online at: [https://docs.google.com/forms/d/1gX5m\\_oLvO6hvN93JDtpRfHG7OQLV-Ane4jcb5Ohpub4/viewform?usp=send\\_form](https://docs.google.com/forms/d/1gX5m_oLvO6hvN93JDtpRfHG7OQLV-Ane4jcb5Ohpub4/viewform?usp=send_form) or find the link on the FNA Facebook page.**



**605 Hughes Avenue, Ste. 100  
Fairbanks, Alaska 99701**



**Visit our website at:**  
[www.fairbanksnative.org](http://www.fairbanksnative.org)

**Like us on Facebook:**  
[www.facebook.com/Fairbanks.Native](https://www.facebook.com/Fairbanks.Native)