

**Valdez Native Tribe
PO Box 1108
Valdez, AK 99686**

DO NOT FOWARD

PLEASE RETURN TO SENDER



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Valdez Native Tribe

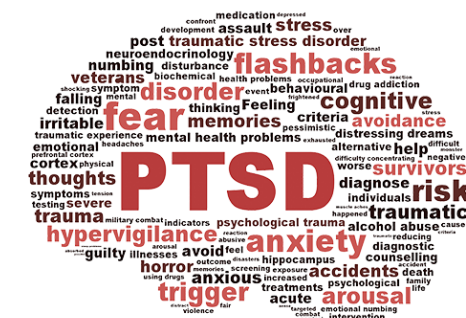
June 2019

Are you a Veteran? Are you signed up for all your Veteran benefits? If you or someone you know need help or assistance with any of these questions, please call William F. Smith at 835-3925. If there is no answer please call his cell at 831-1378 or send an e-mail to imeyak@valdezak.net



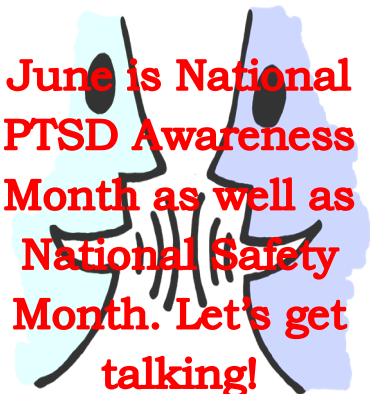
There will be an extra Board Meeting June 3rd at 4:00pm in the VNT chambers.

Do you experience PTSD from a difficult situation? Come to our supportive talking circle at VNT.



Last Thursday of every month, at 7pm.

June is National PTSD Awareness Month as well as National Safety Month. Let's get talking!



June 16th marks Father's Day! Don't know what to do for dad, your husband, uncle, grandpa or friend? Download the Groupon App and see what activities there are in Anchorage that will have discounts on Father's Day! Maybe you want to take him to the golf course? Maybe there is a great deal on free or discounted meals at his favorite restaurant. Treat him well and don't break your bank! Look up Groupon today on the App store and save.

Have you always wondered the usage, healing power and native use for plants? We have a class you can join to learn the benefits and utilization of certain plants. Please see page 7 for more details!





Barbequed Ribs Recipe

- 2lbs pork loin ribs
- 4 cloves garlic, sliced
- 1 tablespoon caster sugar
- 2 teaspoons ground black pepper
- 2 teaspoons chilli powder
- 1 clove crushed garlic
- 1/2 cup of ketchup
- 2 teaspoons ground cumin
- 1/2 cup of chilli sauce
- 1/2 teaspoon mustard powder
- 1 tablespoon paprika
- 2 teaspoons salt
- 1/4 cup of dark brown sugar
- 1/2 cup of cider vinegar
- 4.5 tablespoons of Worcestershire sauce

Method

Prep: 30min › Cook: 3hr › Extra time: 8hr › Ready in: 11hr30min

1. Preheat oven to 150 C / Gas 2. Place ribs on a rack in a shallow roasting tin. Scatter 4 cloves of sliced garlic over ribs. Cover, and bake for 2 1/2 hours. Cool slightly.
2. In a small bowl, mix together caster sugar, paprika, salt, black pepper, chilli powder and ground cumin. Rub spices over cooled ribs. Cover, and refrigerate overnight.
3. In a small saucepan, mix together brown sugar, cider vinegar, ketchup, chilli sauce, Worcestershire sauce, lemon juice, onion, mustard and 1 clove garlic. Simmer over medium-low heat, uncovered, for 1 hour. Reserve a small amount for basting; the remainder is a dipping sauce.
4. Preheat BBQ for medium heat. Place ribs on BBQ cooking grate. Barbecue, covered, for about 12 minutes, basting with the reserved sauce, until nicely browned and glazed. Serve with remaining sauce for dipping.

June is National Safety Month. Here are a few tips and tricks to being a safe and responsible BBQ host:

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **15 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



www.nfpa.org/education

If you see a fire spreading from beyond the grill, please make sure to use proper precautions and measures to maintain the fire until fire fighters can come and help. Do not ever put your life at risk. Please only proceed if you feel it is safe to do so. Call the Valdez Fire Department at (907) 835-4560 if you have any questions about your fire pit, fire safety, or if you are having a fire emergency. You can also call 911 and a police dispatcher will help. Stay safe and eat great!

Congratulations Class of 2019! The VNT congratulates it's Seniors!



Left to Right: Danielle Tapp, Oceana Holt, Kendall Wesenburg, Sydney Johnson, Dakota Brown, Isaac Watson, Jerreth Ginn, Logan Beem. Not Pictured: Kyler LaBonte, Dezirae Wiley, Dustin Woods.



Left to Right: Kendall Wesenburg, Sydney Johnson and Oceana Holt. Congratulations ladies!

SENIOR 2019



Melinda Smith BIA and IHS Program's Manager for the VNT, congratulating the VNT Seniors pictured here with her son graduating senior Logan Beem.

