

Emily and Ryan were invited to provide the Key Note address at this year's Yukon-Kuskokwim Health Corporation Tribal Gathering XXVII in Bethel, Alaska. The event was especially exciting as it was the first gathering of its kind in 4 years due to the impacts of COVID-19. The theme of the event this year was 'Striving to be the Healthiest People' and the topic of the Key Note was the new Qavartarvik Customer Lodging building currently under construction. The presentation discussed the ways that this building will improve access to quality timely healthcare for the people of the region. The audience of tribal delegates from villages throughout the region, the YKHC Board, and a range of Bethel based healthcare providers were eager to learn about this new resource and share their perspectives.



Emily and Ryan brought back stories shared with them at the event about the importance of this project to making sure all Alaskans can take care of themselves and their loved ones. It can be easy to overlook the value of being able to see a dentist on our lunch break here in Fairbanks, it is good to remember that this may be a multi day errand in other parts of the state. This project is designed to provide YKHC and its customers with healthy, safe, and reliable housing to support their healthcare journeys.

Cinco de Mayo



For Cinco de Mayo, we had a taco bar, complete with ground beef, carnitas, cilantro rice, and all the toppings. For dessert we had tres leches cake.

With the amount of snow we had last week, we were worried we would have to celebrate inside. Luckily the sun came out and we were able to move the picnic tables and corn hole game so employees could enjoy.

We were also joined by three members of the Military Spouse Professional Network, Bambi, Lisa, and Jennifer.

More pictures on page 5.



What is your favorite joke?	
Samuel Mitchell	"Sure, I can do that. It should only take an hour." Unfortunately, just like other jokes, when you tell it enough, it stops being funny.
Mary Sue Dates	<p>If prisoners could take their own mugshots...They'd be called cellfies.</p> <p>Why do seagulls fly over the sea? If they flew over the bay they would be called bagels.</p> <p>What would the terminator be called in retirement? The Exterminator</p> <p>What do you call a cow with no legs? Ground beef</p>
Kayla Messina	<p>What state is known for its tiny drinks? Minnesota</p>
Deanna Woods	<p>What does a nosey pepper do? It gets jalapeño business.</p>
Blake Burley	I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.
Dantasia Baum	<p>My dad always told me "don't be quick to find faults"... Good man, terrible geologist.</p> <p>Did you know that Stephen King has a son named Joe? I'm not joking, but he is.</p>
Tessa Anderson	<p>PSB/PAJ Interviewer: would you call yourself a hard worker? ELT me: absolutely. I make almost everything harder than it has to be.</p>



Spirituality

By Ryan Morse



It's easy to get lost in our busy lives and forget to pause to look within. Spirituality offers a path to connect with ourselves, find meaning, and live a fulfilling life. Spirituality is not the same as religion or in conflict with theology, but rather a personal journey of discovery. If you are looking for a place to start or some new inspiration, below we'll explore a list of books (in no particular order) that can provide guidance regardless of where you are today.

The Power of Now - Eckhart Tolle: This is a guide to spiritual enlightenment centered around the idea of living in the present moment. Tolle believes that by focusing on the present, one can escape the negativity and anxiety of past and future thinking and live a more peaceful life.

Conversations with God - Neale Donald Walsch: This book is a series of conversations between the author and God, covering topics such as love, faith, and the meaning of life. The writer explains that the messages they received from God transformed their lives and hopes to inspire readers to seek deeper understanding.

The Eye of the I - David Hawkins: An exploration of consciousness and the nature of the self. Hawkins suggests that the self is not a separate entity, but rather an aspect of the unified consciousness that permeates all of existence. Expect clear and concise language with insightful commentary on the human experience.

Practicing Peace in Times of War - Pema Chödrön: A short collection of teachings and practices from the Buddhist tradition, with a focus on cultivating inner peace and compassion. Full of practical advice for dealing with difficult emotions and situations, the writer encourages readers to see conflict as an opportunity for growth.

The Wisdom of Unicorns - Joules Taylor: This book is a guide to harnessing the wisdom and magic of unicorns and is geared towards readers interested in exploring spirituality through myth and fantasy. Taylor offers meditations and exercises for connecting with the energy of unicorns and explores their role in spiritual traditions throughout history in this imaginative and engaging approach to the spiritual realm.

The Sermon on the Mount - Emmet Fox: Commentary on the teachings of Jesus in the Sermon on the Mount. Fox offers a metaphysical interpretation of the text, emphasizing the importance of love, forgiveness, and faith. The book is well known for its accessible and inspiring approach to Christianity, and commonly recommended by spiritual leaders.

To Know Your Self - Philip Mandelkorn: This is a transcription of teachings from Swami Satchidananda. The book covers a wide range of spiritual topics, including meditation, self-awareness, and the nature of the self. The series of discussions and stories make it an accessible and down-to-earth approach to the spiritual side of yoga practice.

The Gateless Gate - Koun Yamada: A collection of Zen koans, or paradoxical riddles, accompanied by commentary from the author. The koans are not meant to be solved, but rather to inspire contemplation and introspection, to challenge the reader's thinking and invite deeper insights into the nature of reality.

I hope something on the list has sparked interest in exploring your spirituality further. This is a personal journey, and there is no one-size-fits-all approach. Take what resonates with you from these books and leave the rest, no need to hang on to an idea that makes you uncomfortable. Spirituality is a powerful tool that can help us find peace, connection, and meaning in our lives. It is up to each of us to find our own path.

Happy Contemplating!



Spring Clean Your Closet for Fairbanks Resource Agency



When you donate items directly to FRA Closet Collections, you help support FRA programs and create training and employment opportunities for individuals with disabilities.

FRA is a United Way partner nonprofit and supplier of donated items to the Value Village thrift store. Closet Collections is a recycling service that collects donated items from its FRA Drop-off bins and picks up items from the Fairbanks North Star Borough, Fort Wainwright, Eielson AFB, and North Pole areas, and delivers these items to Value Village. Through this partnership and recycling service, FRA generates revenue from the clothing/ fabric items it brings to the thrift store.

Drop off your donation at a FRA blue Drop-off Bin near you.

Bentley Mall parking lot

UAF Student Recreation Center

North Pole Plaza

Fox General Store

FRA parking lot at 805 Airport Way

*reusable clothing and fabric items only



Cinco de Mayo continued...



June 2023 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 Company Picnic	10
11	12	13	14	15	16	17
18	19 Cake Day	20	21 Massages	22 Managers' Meeting Food Truck	23	24
25	26	27	28	29	30 Pre-4th of July BBQ	

June Birthdays

Patrick Brandon June 18
Emily Steele June 20
John Rowe June 20



Design Alaska Anniversaries

Susan Walker 23rd Anniversary June 12, 2000
Bill Kinne 19th Anniversary June 01, 2004
Mitchell O'Bryant 13th Anniversary June 01, 2010
Lyle Axelarris 11th Anniversary June 04, 2012
Isaac Ladines 4th Anniversary June 02, 2019

Local Events in June

Music in the Gardens	UAF Georgeson Botanical Garden	Every Thursday in June	Starts at 5:30 pm
Concerts in the Plaza	Golden Heart Plaza	Every Friday in June	Starts at 12:30 pm
Mosquito Meander 5K	Pioneer Park	June 10, 2023	Starts at 10:00 am
Design Alaska Wild Arts Walk	Creamer's Field	June 11, 2023	Starts at 11:00 am
Midnight Sun Run 10k	UAF Patty Center	June 24, 2023	Starts at 10:00 pm
Midnight Sun Festival	Downtown Fairbanks	June 24, 2023	Starts at 12:00 pm